

# Marisa T. Mazza, Psy.D.

California Clinical Psychologist (PSY23800)

(415) 202-3031

info@choicetherapy.net

www.choicetherapy.net

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## EDUCATION

- 2005-2009 California School of Professional Psychology at Alliant International University; San Francisco, CA., Clinical Psychology, Psy.D.  
2003-2004 Pace University; Pleasantville, N.Y., Counseling Psychology, M.S.  
1999-2003 Pace University; Pleasantville, N.Y., Psychology, B.A.

## CLINICAL EXPERIENCE

- 11/10-Current **choicetherapy psychological services, inc.**, San Francisco, CA.

Group Practice Founder / Clinical Psychologist

### **Clinical**

Delivers short-term evidence-based treatment including exposure and response prevention and acceptance and commitment therapy to adults and teens struggling with OCD or Anxiety.

### **Consultation**

Facilitates consultation, workshops, and didactics to choicetherapy staff, therapists, and organizations in the following areas: OCD, Anxiety, ACT, ERP, and MSC. This includes clinical assessment, and individual and group psychotherapy.

- 7/13 – 7/15 **Institute for the Advancement of Psychotherapy,** San Francisco, CA.

Therapist

### **Clinical**

Delivered short-term evidence-based treatment to adults and teens struggling with OCD, Anxiety, or ADHD.

### **Assessment**

Administration of ADHD and OCD evaluations which included providing families and schools with recommendations.

- 7/08-6/13 **Frugé Psychological Associates, Inc.,** Oakland, CA.

Director of Training (Part-time)

### **Program Development**

Assisted in the implementation of a mental health care system in a middle school by developing policies and procedures for staff. Organized and managed group and individual therapy referrals for the students.

Provided consultation to teachers and administration to support children with diverse emotional and learning needs.

Assisted administration in meeting their organizational goals, such as growth and development, through consultation.

### **Clinical**

Applied health psychology concepts to a high-risk minority youth population through anger management and social skills groups.

Provide individual and family therapy, assessment and teacher/staff consults.

### **Education and Training**

Provided weekly training, and individual and group supervision for practicum and internship-level students in the areas of Assessment, Clinical Theory, and Technique.

### **Assessment (7/08-7/09)**

Co-facilitated assessment training and supervision.

Administration of psychoeducational and personality assessment batteries to minority youth and adolescents.

7/08- 6/10

### **San Mateo Medical Center**- Medical Psychiatry Clinic, San Mateo, CA.

Postdoctoral Fellow/ Intern

### **Management**

Organized, maintained, and triaged medical psychiatry clinic referrals.

Orchestrated group development and marketing for inpatient and outpatient groups.

Co-developed and managed an evening clinic, to address the patient population's time constraints.

Co-contributor of the psychology intern training program, including the assignment of rotations, training, and new patients.

### **Education and Training**

Created and co-facilitated bimonthly group training for interns and psychiatry residents and nurse practitioner students.

Provided peer consultation to interns.

Facilitated orientation training for interns, psychiatry residents, and nurse practitioner students.

### **Assessment**

Conducted capacity evaluations and psychodiagnostic assessments to an inpatient and outpatient medical population.

### **Clinical**

#### Primary Care/ Medical Psychiatry Rotation

Provided individual short and long-term therapy with low-income and culturally diverse individuals. Populations of focus include chronic pain, HIV/AIDS, Hepatitis C, heart disease, diabetes, and cancer.

Worked collaboratively with Primary Care and Specialty Physicians in order to provide consultation and supportive services to patients with medical and psychiatric issues.

Group Facilitation in the areas of, Anxiety, Depression, General Chronic Medical Conditions, and Hepatitis C.

#### Psychiatric Consult Liaison Service

Provided psychological consultation for medical physicians throughout the hospital's inpatient medical units to assess and outline treatment plans to meet medical patients' biological, psychological, and social needs.

Developed and implemented behavior modification plans.

Conducted capacity assessments for determination of competency.

#### Inpatient Psychiatric Rotation

Collaborated on the development of a recovery-based mental health program in the inpatient mental health unit. This included developing and co-facilitating semi-structured Mindfulness and Stress and Coping groups.

Provided training and consultation to inpatient psychiatrists and nursing staff.

Chronic Pain Clinic

Conducted multi-disciplinary intake evaluations, including motivational and substance abuse assessment.

Facilitated multiple 12-week CBT skills-based groups focused on increasing functioning and individualized goals.

Conducted individual therapy focused on issues related to chronic pain, such as pacing, relaxation training, and goal setting.

9/06 – 6/07 **Walden House Inc.**, San Francisco, CA.

Practicum II Psychology Trainee

Provided individual psychotherapy to men and women in a residential substance abuse and co-occurring disorder recovery program.

Diagnosed clients based on diagnostic interviews and assessments.

Identified patterns of destructive behaviors and created treatment plans and goals with the clients.

Attend individual and group supervision weekly, along with monthly training.

Maintained communication between psychiatrists, social workers, and correction officers.

Administration of neuropsychological tests to adult subjects undergoing stress management treatment of posttraumatic stress symptoms.

### WORKSHOPS PROVIDED

10/23 **U.S. Department of Veterans Affairs**, Online ACT Mini Lecture Series

Invited Speaker: Dr. Marisa T. Mazza

Workshop Title: Embracing Life Beyond Shame: ACT & Self-Compassion

Description: An hour-long intermediate workshop for VA therapists focused on ACT and Self-compassion strategies to overcome shame.

10/23 **choicetherapy**, Online OCD Awareness Week

Facilitator: Dr. Marisa T. Mazza

Workshop Title: What is OCD?

Description: A free hour-long community workshop for consumers and clinicians about OCD and evidence-based treatments (ACT + ERP).

10/23 **International OCD Foundation**, Online Conference.

Facilitator: Dr. Marisa T. Mazza

Workshop Title: ACT + ERP in Action: Learning Through Observation

Description: A 90-minute workshop for clinicians to observe my prerecorded therapy session and a live Q&A with myself and my client.

10/23 **International OCD Foundation**, Online Conference.

Facilitators: Dr. Dan Kalb, Patricia Zurtia Ona, & Dr. Marisa T. Mazza

Workshop Title: Practical Advice for Creating and Conducting OCD Groups

Description: A 90-minute CE workshop exploring the nuts and bolts of running an ACT treatment and support group.

07/23 **International OCD Foundation**, Conference, San Francisco, CA

Facilitators: Ms. Mai Manchanda, Ms. Sarah Carr, Dr. Joanne Chan & Dr. Marisa

T. Mazza

Workshop Title: Living Beyond Shame: Self-Compassion Strategies to Enhance OCD Treatment

Description: A 90-minute CE workshop on ACT-based self-compassion.

- 04/23 **choicetherapy**, Online Workshop  
 Facilitator: Dr. Marisa T. Mazza  
 Workshop Title: ACT + ERP: Targeting Uncertainty and Values in Exposure Scripts.  
 Description: A six-hour CE workshop for therapists aimed at addressing values and experiential avoidance.
- 11/22 **International OCD Foundation**, Online Conference.  
 Facilitators: Dr. Marla Diebler & Dr. Marisa T. Mazza  
 Workshop Title: Case Consultation Roundtable: Integrating ACT & ERP  
 Description: A 90-minute CE panel for therapists discussing ways to integrate ACT & ERP, difficulties in this process, case examples, and questions.
- 11/22 **choicetherapy**, Online Workshop  
 Facilitator: Dr. Marisa T. Mazza  
 Workshop Title: Assessment In Practice.  
 Description: a 90-minute workshop for therapists reviewing and practicing diagnostic and ACT evaluation processes.
- 10/22 **choicetherapy**, Online OCD Awareness Week Event Workshop  
 Facilitator: Marisa T. Mazza  
 Workshop Title: Killing It with Kindness: Self-Compassion Skills for Individuals with OCD.  
 Description: A free 90-minute workshop for consumers and therapists focused on practicing ACT and self-compassion skills.
- 07/22 **International OCD Foundation**, Conference, Dever, CO.  
 Facilitators: Dr. Lisa Coyne, Dr. Amy Jenks, Mr. Jon Hershfield & Dr. Marisa T. Mazza  
 Workshop Title: Am I an ACT Therapist or an ERP Therapist: How to Embrace Flexibility and Use What Works.  
 Description: A 90-minute experiential workshop for therapists exploring the self as context and therapists' fusion and rigidity as it pertains to professional identity.
- 10/21 **Walden House**, Substance Abuse Treatment Center, San Francisco, CA  
 Invited Guest Speaker: Ms. Sarah Carr & Dr. Marisa T. Mazza  
 Workshop Title: ACT & ERP for OCD.  
 Description: A 90-minute workshop for therapists focused on the assessment of OCD and evidence-based treatment.

- 10/21 **choicetherapy**, OCD Awareness Week, Online  
 Facilitator: Dr. Marisa T. Mazza  
 Presentation Title: OCD Q & A  
 Description: A free hour-long community workshop for consumers and clinicians about OCD and evidence-based treatments (ACT & ERP).
- 10/20 **International OCD Foundation**, Online Conference.  
 Facilitator: Dr. Marisa T. Mazza  
 Workshop Title: Acceptance Based ERP- Incorporating ACT - Creative Hopelessness, Values, & Willingness Hierarchy.  
 Description: A 90-minute workshop for therapists to address motivation as well as the underlying issues that maintain OCD.
- 10/20 **choicetherapy**, OCD Awareness Week, Online.  
 Facilitator: Dr. Marisa T. Mazza  
 Presentation Title: OCD Q & A  
 Description: A free hour-long community workshop for consumers and clinicians about OCD and evidence-based treatments (ACT & ERP).
- 7/20 **International OCD Foundation**, Online Conference.  
 Facilitators: Dr. Marisa T. Mazza  
 Workshop Title: Acceptance Based ERP- An ACT Workshop for Clinicians.  
 Description: A 90-minute workshop for therapists that included a review of ACT and OCD clinical trials and an overview of ACT.
- 6/20 **choicetherapy**, Online Workshop  
 Facilitator: Dr. Marisa T. Mazza  
 Workshop Title: Acceptance-based ERP: An ACT Workshop for Clinicians.  
 Description: A 90-minute workshop for therapists that included a review of ACT and OCD clinical trials and an overview of ACT.
- 10/19 **Stanford University**, OCD Awareness Week, Palo Alto, CA  
 Invited Guest Speaker: Dr. Marisa T. Mazza  
 Workshop Title: Supporting Loved Ones with OCD  
 Description: A 90-minute workshop for OCD caregivers that addressed OCD accommodation and caregiver values in an ACT lens.
- 10/19 **Bay Area ACBS, choicetherapy, & TMS Health Solutions**, OCD Week, San Francisco, CA  
 Panelists: Dr. Ryan Vidrine, Ms. Sarah Carr, & Dr. Marisa T. Mazza  
 Title: Evidence-Based Therapy for OCD  
 Description: A 90-minute panel in which each of the speakers addressed OCD-related topics including ACT and barriers to OCD.
- 7/19 **International OCD Foundation**, Conference, Austin, TX.  
 Facilitators: Dr. Joan Davidson & Dr. Marisa T. Mazza  
 Workshop Title: OCD: Killing It with Kindness  
 Description: A 90-minute workshop focused for consumers focused on learning about and practicing ACT-based self-compassion.

- 7/19 **International OCD Foundation**, Conference, Austin, TX.  
 Facilitators: Dr. Michael Twohig & Dr. Marisa T. Mazza  
 Workshop Title: Living Boldly  
 Description: A 90-minute workshop focused on using the ACT Matrix and experiential exercises to foster acceptance and overcome OCD barriers.
- 10/18 **Bay Area ACBS, choicetherapy**, TMS Health Solutions, OCD Awareness Week, San Francisco, CA  
 Facilitators: Sarah Carr, LMFT & Dr. Marisa T. Mazza  
 Workshop Title: How to Cultivate Compassion and Connection During Exposures.  
 Description: A 90-minute presentation sharing information about how to practice acceptance and compassion during ERP exposures.
- 10/17 **Bay Area ACBS & choicetherapy**, OCD Awareness Week, San Francisco, CA  
 Panel Member and Moderator: Dr. Marisa Mazza & Three Consumers  
 Presentation Title: Living Fully and Freely with OCD  
 Description: A 2-hour panel that included education about ACT & ERP for OCD and consumers sharing what they learned on their OCD journey.
- 9/17 **Kaiser Permanente**, Outpatient Program, South San Francisco, CA.  
 Invited Guest Speaker: Dr. Marisa T. Mazza  
 Workshop Title: Evidence-Based Therapy for OCD and Related Disorders  
 Description: A 90-minute workshop for therapists exploring how to use ACT and ERP to support consumers with OCD and OCPD.
- 7/17 **International OCD Foundation**, Conference, San Francisco, CA.  
 Facilitators: Dr. Lisa Coyne, Sarah Carr, LMFT, Dr. Amy Jenks & Dr. Marisa T. Mazza  
 Workshop Title: How to Live Full Life- ACT for Everyone  
 Description: A 75-minute workshop for consumers practicing ACT and shifting the focus from suffering to living.
- 2/17 **Walden House**, Substance Abuse Treatment Center, San Francisco, CA  
 Invited Guest Speaker: Dr. Marisa T. Mazza  
 Workshop Title: Cultivating Curiosity, Courage, and Compassion: The Role of Mindfulness and Acceptance in Overcoming OCD.  
 Description: A 90-minute workshop for counselors that included education and experiential exercises demonstrating mindfulness and acceptance.
- 4/16 **Bay Area ACBS**, San Francisco, CA.  
 Facilitator: Dr. Marisa T. Mazza  
 Presentation Title: Integrating ACT & ERP for OCD, 2-hour workshop.  
 Description: A 2-hour workshop for therapists on how to expand ERP for OCD by incorporating ACT.

- 6/14 **St. Francis Hospital, Emergency Department**, San Francisco, CA.  
 Invited Guest Speaker: Dr. Marisa T. Mazza  
 Presentation Title: Stress Management for Emergency Care Professionals  
 Description: Observation, needs assessment, and workshop addressing trauma and ACT-based mindfulness for emergency health care workers.
- 3/14 **choicetherapy**, San Francisco, CA.  
 Facilitator: Dr. Marisa T. Mazza  
 Presentation Title: Behavioral Medicine Approaches for Chronic Pain  
 Description: A 90-minute workshop for Chronic Pain Providers about ACT for Chronic Pain.
- 3/13 **LightHouse for the Blind and Visually Impaired**, San Francisco, CA  
 Invited Guest Speaker: Dr. Marisa T. Mazza  
 Presentation Title: Stress Management  
 Description: A 90-minute workshop for staff that included experiential practice of ACT-based stress management and mindfulness strategies.
- 11/12 **choicetherapy**, Private Practice, San Francisco, CA  
 Facilitator: Dr. Marisa T. Mazza  
 Workshop Title: Chronic Pain: A Multidisciplinary Approach  
 Description: A 90-minute workshop for consumers and providers about ACT for chronic pain and the utilization of a multidisciplinary approach.
- 1/12 **San Francisco Zen Center**, San Francisco, CA  
 Facilitator: Dr. Marisa T. Mazza  
 Workshop Title: Coping with Stress  
 Description: A 2-hour workshop for consumers about helpful (ACT consistent) ways to move through stress.
- 11/11 **National MS Society**, Northern CA Chapter, Group Leader Conference, San Jose , CA.  
 Invited Guest Speaker: Dr. Marisa T. Mazza  
 Presentation Topic: Resilience and Empowerment  
 Description: A 90-minute workshop for staff about ACT and the psychological factors that contribute to chronic illness.
- 10/08 **San Mateo Medical Center**, Medical Psychiatry Clinic. San Mateo, CA  
 Grand Rounds Invited Speaker: Dr. Marisa T. Mazza  
 Presentation Topic: Chronic Pain from a CBT perspective.  
 Description: A 60-minute presentation about chronic pain and evidence-based treatment strategies.

## TEACHING EXPERIENCE

- 06/23      **Behavioral Training Institute**, IOCDF, Online  
 Faculty: Dr. Marisa T. Mazza  
 Intensive Training: Evidence-Based Treatment for OCD  
 Description: As a part of the BTTI's OCD intensive training course I facilitated 6-hours of training that included ACT and ERP for OCD demonstrations and practice.
- 11/22      **Behavioral Training Institute**, IOCDF, Online  
 Faculty: Dr. Marisa T. Mazza  
 Intensive Training: Evidence-Based Treatment for OCD  
 Description: As a part of the BTTI's OCD intensive training course I facilitated 6-hours of training that included ACT and ERP for OCD demonstrations and practice.
- 08/22      **Behavioral Training Institute**, IOCDF, Online  
 Faculty: Dr. Marisa T. Mazza  
 Intensive Training: Evidence-Based Treatment for OCD  
 Description: As a part of the BTTI's OCD intensive training course I facilitated 6-hours of training that included ACT and ERP for OCD demonstrations and practice.
- 10/21      **Behavioral Training Institute**, IOCDF, Online  
 Faculty: Dr. Marisa T. Mazza  
 Intensive Training: Evidence-Based Treatment for OCD  
 Description: As a part of the BTTI's OCD intensive training course I facilitated 6-hours of training that included ACT and ERP for OCD demonstrations and practice.
- 08/20      **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Theories of Counseling.  
 Description: A semester-long weekly course that covered the development of psychological theories and techniques in chronological order.
- 1/20      **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Child and Adolescent Development.  
 Description: A semester-long weekly course that delved into the theoretical frameworks that underpin the understanding of child and adolescent psychology.
- 1/20      **University of San Francisco**, Undergraduate program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Evidence-Based Therapies.  
 Description: A semester-long weekly course covering an in-depth exploration of evidence-based therapeutic approaches (ACT, CBT, DBT).



- 6/17 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Individual and Systems Assessment.  
 Description: A semester-long weekly course that explored assessment practices in both individual and systemic contexts within the field of psychology.
- 5/17 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Psychopathology  
 Description: A semester-long weekly course that focused on the study of abnormal behavior and mental disorders and theoretical foundations.
- 1/17 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Individual and Systems Assessment.  
 Description: A semester-long weekly course that explored assessment practices in both individual and systemic contexts within the field of psychology.
- 8/16 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Trauma & Crisis Intervention  
 Description: A semester-long weekly course that covered understanding trauma, crisis, and the various intervention strategies employed to support individuals experiencing acute psychological distress.
- 5/16 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Individual and Systems Assessment.  
 Description: A semester-long weekly course that explored assessment practices in both individual and systemic contexts within the field of psychology.
- 1/16 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Intermediate Cognitive Behavioral Therapy.  
 Description: A semester-long weekly course that built on the foundational principles of Cognitive Behavioral Therapy (CBT) and delved deeper into the application of advanced CBT techniques. Emphasis was placed on case conceptualization, treatment planning, and therapeutic alliance.
- 8/15 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Introduction to Cognitive Behavioral Therapy.  
 Description: A semester-long weekly course that provided a foundational understanding of Cognitive Behavioral Therapy (CBT) for working with individuals experiencing various mental health challenges.

- 5/15 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Intermediate Cognitive Behavioral Therapy.  
 Description: A semester-long weekly course that built on the foundational principles of Cognitive Behavioral Therapy (CBT) and delved deeper into the application of advanced CBT techniques. Emphasis was placed on case conceptualization, treatment planning, and therapeutic alliance.
- 1/15 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Intermediate Cognitive Behavioral Therapy.  
 Description: A semester-long weekly course that built on the foundational principles of Cognitive Behavioral Therapy (CBT) and delved deeper into the application of advanced CBT techniques. Emphasis was placed on case conceptualization, treatment planning, and therapeutic alliance.
- 8/14 **University of San Francisco**, MS Counseling program, San Francisco, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Introduction to Cognitive Behavioral Therapy.  
 Description: A semester-long weekly course that provided a foundational understanding of Cognitive Behavioral Therapy (CBT) for working with individuals experiencing various mental health challenges.
- 3/11-6/11 **California State University**, MS Counseling program, Concord, CA.  
 Faculty: Dr. Marisa T. Mazza.  
 Class: Assessment.  
 Description: A semester-long weekly course that explored assessment practices in both individual and systemic contexts within the field of psychology.
- 3/11-6/11 **California State University**, MS Counseling program, Hayward, CA.  
 Faculty: Dr. Marisa T. Mazza.  
 Class: Practicum I.  
 Description: A semester-long weekly course that provided counseling students with theoretical (CBT & ACT), case, and practical consultation.
- 9/10-12/10 **California State University**, MS Counseling program, Concord, CA.  
 Faculty: Dr. Marisa T. Mazza  
 Class: Group Theory and Technique.  
 Description: A semester-long weekly course that in-depth exploration of group dynamics, theories (Yalom), and therapeutic techniques within a counseling or psychotherapy context.
- 2/10 **California State University**, MS Counseling program, Hayward and Concord, CA.  
 Invited Guest Lecturer: Dr. Marisa T. Mazza  
 Presentation Topic: Psychopathology of Anxiety Disorders.  
 Description: Reviewed the DSM-IV-TR criteria for common anxiety disorders. Emphasized prevalence rates and differential diagnosis. Used group work and case vignettes to reinforce the material.

## ACT CONSULTATION AND SUPERVISION EXPERIENCE

- 2017- Current     **choicetherapy**, Online, and In-person ACT and ERP Weekly Consultation and Supervision  
 Facilitator: Dr. Marisa T. Mazza  
 Description: Provides ACT + ERP group and individual consultation to choicetherapy employees and to therapists outside of choicetherapy.
- 7/23-9/23         **Behavioral Training Institute**, IOCDF, Online  
 Facilitator: Dr. Marisa T. Mazza  
 Description: As a part of the B'TTP's OCD intensive training course I facilitated three 90-minute post-training consultation groups focused on ACT and ERP for OCD.
- 12/22-2/23       **Behavioral Training Institute**, IOCDF, Online  
 Facilitator: Dr. Marisa T. Mazza  
 Description: As a part of the B'TTP's OCD intensive training course I facilitated three 90-minute post-training consultation groups focused on ACT and ERP for OCD.
- 09/22-12/22     **Behavioral Training Institute**, IOCDF, Online  
 Facilitator: Dr. Marisa T. Mazza  
 Description: As a part of the B'TTP's OCD intensive training course I facilitated three 90-minute post-training consultation groups focused on ACT and ERP for OCD.
- 11/21- 2/22      **Behavioral Training Institute**, IOCDF, Online  
 Facilitator: Dr. Marisa T. Mazza  
 Description: As a part of the B'TTP's OCD intensive training course I facilitated three 90-minute post-training consultation groups focused on ACT and ERP for OCD.
- 10/22             **International OCD Foundation**, Online Conference.  
 Invited Consultant: Dr. Marisa T. Mazza  
 Description: Provided 2 hours of educational consultation to consumers about OCD and evidence-based treatments.
- 10/21             **International OCD Foundation**, Online Conference.  
 Invited Consultant: Dr. Marisa T. Mazza  
 Description: Provided 2 hours of educational consultation to consumers about OCD and evidence-based treatments.

## TRAINING AND CONFERENCES ATTENDED

- 2014- Current **TLC Consultation and Psychological Services:** ACT Consultation  
Description: Monthly consultation with Dr. Robyn Walser since 2014 covering theory and application of ACT, RFT, and professional development.
- 10/23 **International OCD Conference,**  
Description: A 3-day online conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 08/23 **Zur Institute:** Law & Ethics.  
Description: A 4-hour online course covering an overview of current law and ethics meeting the CA state requirements.
- 07/23 **International OCD Conference,** Denver, CO.  
Description: A 4-day conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 07/23 **Zur Institute:** Diversity & Cultural Competence for Mental Health.  
Description: A 4-hour online course exploring diversity and cultural issues that may impact the assessment and treatment of minority groups, meeting the CA state requirements.
- 11/22 **Portland Psychotherapy:** Values in Action.  
Description: A 3-hour live online training exploring how to address values in ACT and stuck points.
- 10/22 **International OCD Conference,** Virtual  
Description: A 3-day online conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 07/22 **International OCD Conference,** Denver, CO.  
Description: A 4-day conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 11/21 **Portland Psychotherapy:** Overcoming Barriers to Effective ACT-Informed Exposure Therapy Group.  
Description: A 3-hour live online training exploring how to effectively address roadblocks when conducting ACT.
- 09/21 **ACT Book Club:** Mastering the Clinical Conversation.  
Description: A monthly hour-long meeting for a year discussing RFT and its application with Bay Area ACBS Peers.
- 08/21 **Zur Institute:** Certificate Program in TeleMental Health and Digital Ethics.  
Description: 13 hours of online instruction covering an overview of current law and ethics as it pertains to telehealth and meeting the CA state requirements.

- 08/21 **Zur Institute:** Suicide Prevention  
Description: 6 hours of online instruction covering how to prevent and address suicide in assessment and treatment meeting the CA state requirements.
- 08/21 **ACBS SoCal Chapter:** Learning to “Speak” RFT: The Art and Practice of Relational Framing for Clinicians.  
Presenter: Phillip Cha, LMFT  
Description: An online 90-minute online workshop that assists therapists in applying RFT in clinical practice.
- 08/21 **International OCD Conference,** Virtual  
Description: A 3-day online conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 05/21 **Bay Area ACBS,** ACT on Climate Change: Values and Committed Action, San Francisco, CA  
Presenter: Dr. Robyn Walser  
Description: An online 3.5-hour training exploring climate change through the ACT lens.
- 04/21 **Bay Area ACBS,** Ecotherapy in Action: Cultivating Connection with the Natural World for Healing, Resiliency and Activism,  
Presenter: Ariana Candell, LMFT, R-DMT  
Description: An online 3-hour training, experiencing and learning Ecotherapy practices to use with ourselves and our clients
- 11/20 **Praxis:** Magic ACT: Transforming Pain Into Purpose with Clinical RFT  
Presenter: Lou Lasprugato, LMFT and Phillip Cha, LMFT  
Description: An online 90-minute training about RFT and its application.
- 10/20 **Bay Area ACBS,** Anti-Racist and Culturally Responsive Counseling  
Presenter: Ms. Christy Tadros and Ms. RaQuel Neal  
Description: A 6-hour online training aimed to develop therapists’ ability to effectively support a client from a different racial background than them, especially focusing on Black, Indigenous, and People of Color.
- 09/20 **Bay Area ACBS,** Book Discussion of "How to Be an Antiracist?"  
Presenter: Peer Led  
Description: An online book discussion of Ibram X. Kendi’s: How to be an Antiracist with the intent to increase knowledge/awareness and foster understanding about what steps we can take in being an antiracist.
- 08/20 **Bay Area ACBS,** DNA-V  
Presenter: Dr. Louise Hayes  
Description: A live online 6-hour didactic presentation and experiential clinical skills practice helping therapists learn how to confidently and dynamically engage young people aged 12-24 years old.

- 08/20      **International OCD Conference**  
Description: A 3-day online conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 03/20      **ACT Consultation:** Application of ACT for OCD  
Paid consultation from Dr. Lisa Coyne regarding case and theoretical questions.
- 02/20      **ACT Consultation:** Application of ACT for OCD  
Multiple exchanges with Drs. Lisa Coyne and Michael Twohig regarding ACT research and application while writing The ACT Workbook for OCD.
- 01/ 20      **Center for Mindful Self-Compassion,** Mindful Self-Compassion Teacher Training, Scotts Valley, CA  
Presenter: Drs. Chris Germer and Kristine Neff  
Description: A 5-day intensive training focused on practicing Mindfulness Self-Compassion and how to teach it to others.
- 01/20      **Bay Area ACBS,** The Heart of ACT, San Francisco, CA  
Presenter: Dr. Robyn Walser  
Description: A 12-hour training aimed at helping therapists apply Intermediate and Advanced ACT skills flexibility in clinical practice.
- 07/19      **International OCD Conference,** Austin, TX.  
Description: A 4-day conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 05/19      **Bay Area ACBS,** ACT and ERP: Curiosity, Willingness, & Flexibility in Exposure-Based Treatment, San Francisco, CA  
Presenter: Dr. Lisa Coyne  
Description: A 12-hour training focused on how exposure-based treatments work at the level of basic learning processes and how to use ACT and RFT to enhance exposure-based treatment through supporting curiosity, willingness, and flexibility with individual cases across anxiety disorders and OCD.
- 03/19      **Bay Area ACBS,** Integrating ACT and Schemas to Strengthen Relationships, San Francisco, CA  
Presenter: Dr. Avgail Lev  
Description: A 2-hour training focused on a special protocol designed to treat individuals by identifying 10 core interpersonal schemas (primary pain) that trigger key schema avoidance strategies (experiential avoidance) and result in interpersonal dysfunction (secondary pain).
- 02/19      **Bay Area ACBS,** ACT and Self-Compassion, Oakland, CA  
Presenter: Dr. Ellis Edmunds  
Description: A 2-hour training exploring how self-compassion fits into the ACT model and why self-compassion works so well with anxiety and depression.
- 08/18      **Bay Area ACBS,** Interventional Psychiatry, San Francisco, CA  
Presenter: Dr. Ryan Vidrine

Description: A 2-hour training on enhancing workability through increasing new treatment options and optimizing current ones.

- 07/18 **Bay Area ACBS**, Psychedelic Medicine and Therapy, San Francisco, CA  
 Presenter: Dr. Marina Bystrisky  
 Description: A 2-hour lecture discussing recent research, separating facts from fiction, and discussing how a mindfulness-based approach can make an ideal mode for psychedelic-assisted therapy. Also discussed was whether lessons learned from reported psychedelic experiences are consistent with RFT.
- 07/15 **International OCD Conference**, Washington, DC.  
 Description: A 4-day conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 06/18 **Bay Area ACBS**, The Heart of ACT, San Francisco, CA  
 Presenter: Dr. Robyn Walser  
 Description: A 2-hour training aimed at helping therapists assist clients to acknowledge and hold pain while continuing to take steps, each day, each moment, that are connected to personal meaning. This presentation explored the overarching and ongoing process of ACT as well as the interpersonal and intrapersonal process that leads to engagement in a greater purpose- meaningful life.
- 05/18 **Bay Area ACBS**, ACT II with Steve Hayes - Praxis CE Training Event, San Rafael, CA  
 Presenter: Dr. Steve Hayes  
 Description: a 12-hour training on helping therapists learn how to identify evidence-based processes that address clinical challenges in real-time.
- 2/18 **Bay Area ACBS**, ACT Metaphors Through Exercises Games, San Francisco, CA  
 Presenter: Dr. Ellis Edmunds  
 Description: A 2-hour training exploring the power of ACT metaphors through discussion, exercise, and games. Discussing a variety of metaphors to use with clients, having time to practice with a partner, and playing a new game based on the Drop the Rope Metaphor.
- 1/18 **Bay Area ACBS**, ACT Case Consultation, San Francisco, CA  
 Presenter: Michael Vurek, LCSW  
 Description: A 2-hour-long meeting discussing ACT Case Consultation and role-playing using the Portland model.
- 09/17 **Center for Mindful Self-Compassion**, Mindful Self-Compassion, Big Sur, CA  
 Presenters: Drs. Kristin Neff and Chris Germer  
 Description: 5-day Intensive introduction to Mindful Self Compassion.
- 09/17 **Bay Area ACBS**, Virtual Reality: The Latest Innovation in Anxiety Treatment  
 Presenter: Dr. Elizabeth McMahan  
 Description: A 2-hour training in San Francisco, CA. discussing the benefits and limits of VR exposure, the research (re: its efficacy and whether results “in virtuo” generalize to “in vivo”).

- 12/17 **Bay Area ACBS**, Introduction to Functional Analytic Psychotherapy (FAP), San Francisco, CA  
 Presenter: Michael Vurek, LCSW  
 Description: A 2-hour training covering the foundational aspects of Functional Analytic Psychotherapy (FAP).
- 07/17 **International OCD Conference**, San Francisco, CA.  
 Description: A 4-day conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 07/17 **Bay Area ACBS**, Living Life from the Feet Up: Creating Well-Being in the Larger Context of Earth, Animals, and Humans, San Francisco, CA.  
 Presenter: Dr. Robyn Walser  
 Description: A 2-hour training exploring flexibility and pro-social behavior in approaching climate change.
- 06/17 **ACBS World Conference**, Seville, Spain.  
 Description: A 5-day conference in which I attended multiple ACT workshops and presentations (and of course the Folly's).
- 05/17 **Bay Area ACBS**, Compassionate Social Fitness for All, San Francisco, CA  
 Presenter: Dr. Lynne Henderson  
 Description: A 2-hour training focused on how to use Compassion-Focused Therapy (CFT) to work with shyness and social anxiety.
- 03/17 **Bay Area ACBS**, The Essential Guide to the ACT Matrix: Six Steps to Psychological Flexibility, San Francisco, CA  
 Presenter: Dr. Benjamin Schoendorff  
 Description: A 12-hour training aimed at presenting a six-step approach to doing ACT with the matrix based on the book "The Essential Guide to the ACT Matrix" (New Harbinger, 2016).
- 02/17 **TLC Foundation**, Advanced Clinical Training for Body-Focused Repetitive Behaviors, San Francisco, CA  
 Presenter: Dr. Charles S. Mansueto  
 Description: A 13-hour (plus follow up consultation) comprehensive CBT-based training for treating patients presenting with hair pulling, skin picking, nail biting, cheek biting, and associated behaviors
- 11/16 **Bay Area ACBS**, Mindfulness & Acceptance for Gender & Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection. And Equality Using Contextual Strategies, San Francisco, CA.  
 Presenter: Dr. Matthew Skinta  
 Description: A 2-hour overview of how gender and sexual orientation may affect case conceptualization and ACT treatment.
- 10/16 **Bay Area ACBS**, The Mindful Bus: ACT in a Dynamic Game Format, San Francisco, CA  
 Presenter: Dr. Ellis Edumunds  
 Description: A 2-hour training exploring the basics of "The Mindful Bus" and



providing context for using ACT concepts.

- 08/16 **Bay Area ACBS**, Moral Injury a New Clinical Construct: How ACT can help, San Francisco, CA  
 Presenters: Dr. Robyn Walser  
 Description: A 2-hour training that outlined the construct of moral injury that has emerged related to war veterans.
- 6/16 **Praxis**, Learning ACT, San Francisco, CA.  
 Presenter: Dr. Steven Hayes.  
 Description: A day-long experiential workshop on ACT theory and application.
- 02/16 **Praxis**, ACT Bootcamp, Marin, CA.  
 Presenters: Drs. Steven Hayes, Robyn Walser, and Kelly Wilson.  
 Description: A 4-day experiential workshop on ACT theory and application.
- 07/15 **International OCD Conference**, Boston, MA.  
 Description: A 4-day conference in which I attended multiple panels and workshops exploring Evidence-Based treatments for OCD, including ACT.
- 01/15 **The Behavioral Therapy Training Institute, IOCDF** Training in Exposure and Response Prevention for OCD, Los Angeles, CA  
 Presenter: Dr. Alec Pollard  
 Description: A 4-day intensive training focused on the assessment of and Evidence-Based Treatment for OCD.
- 3/14 **San Mateo Medical Center Grand Rounds**, ACT For Chronic Pain, San Mateo, CA  
 Presenter: Dr. John Sorrell  
 Description: A grand rounds training reviewing how ACT can be used to help patients with chronic pain.
- 2/13 **Bay Area ACBS**, ACT for Perfectionism, San Francisco, CA.  
 Presenter: Dr. Kelly Werner  
 Description: A 2-hour experiential training focused on the application of ACT with an emphasis on perfectionism.
- 2013 **Institute for the Advancement of Psychotherapy**, ACT Mindfulness and Values in Clinical Practice, San Francisco, CA  
 Presenter: Dr. Robyn Walser  
 Description: This 90-minute experiential workshop was an introduction to ACT theory and practice with an emphasis on values exploration.
- 2013 **The Center for Treatment and Study of Anxiety at the University of Pennsylvania:**  
 OCD Advanced Supervision,  
 Description: Monthly consultation for 1 year from Dr. Elna Yadin predominantly focused on the application of Exposure and Response Prevention for OCD and some focus on Prolonged Exposure for PTSD.
- 2013 **The Center for Treatment and Study of Anxiety at the University of Pennsylvania,**

Training in Exposure and Response Prevention for OCD, Philadelphia, PA

Presenters: Drs. Edna Foa and Elna Yadin

Description: A 4-day intensive training focused on the assessment of and Evidence-Based Treatment for OCD.

### RELEVANT PUBLICATIONS & RESEARCH

1. Mazza, M. T. (2020, June). *The ACT Workbook for OCD: Mindfulness, Acceptance, and Exposure Skills to Live Well with Obsessive-Compulsive Disorder*. New Harbinger, Oakland, CA.
2. Mazza, M. T. (2018, April 5). Building a genuine life with OCD: Expert tips. [Blog post]. Retrieved from <https://www.treatmyocd.com/blog/building-a-genuine-life-with-ocd-expert-tips-from-dr-marisa-mazza/>
3. Sorrell, J., Ramchandani, K., Anderson, S., Wilcox, A., Date, E., Mazza, M., Datt, A., Lopez, R., Saito, P., & Yang, C. (2010, April). *Interdisciplinary pain management: Impact on psychological functioning and service utilization in a California county hospital*. Poster submitted to the 2010 Annual Conference of the California Psychological Association, Orange County, CA.

### AWARD

10/2019 **Stanford University Rodriguez Lab**, OCD Awareness Week Award for enduring commitment to the Obsessive-Compulsive Disorder Community.

### PROFESSIONAL AFFILIATIONS

Bay Area Association of Contextual and Behavioral Science, Past President, and Social Chair

OCD SF Bay Area, Past Board member

Association for Contextual and Behavioral Science

California Psychological Association

San Francisco Bay Area CBT Network

International OCD Foundation

### REFERENCES

Dr. Robyn Walser (Current ACT Consultant)  
robyn.walser1@gmail.com

Dr. John Sorrell (Former ACT Supervisor)  
jtsorrell@yahoo.com

Mr. Michael Vurek (Former Bay Area ACBS Board Member) Ms. Meg Grundy (Former consultee)  
michaelvurek@gmail.com meggrundy@yahoo.com

Ms. Sarah Carr (Former consultee and employee)  
sarah@mindfulsf.com

Ms. Karla Ulloa (Former supervisee)  
karla@therapyandwellness.com