



ANNA THOMAS, PH.D.

Licensed Clinical Psychologist

TX License # 37636, PSY-PACT Certified

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Summary

Experienced Psychologist and Mental Health Consultant with a demonstrated history of working in the Mental Health Care and Health Psychology fields. Frequent consultation and liaison role with other professionals in healthcare, technology, education and business.




Education

The University of Texas Southwestern Medical Center	Dallas, TX
Doctor of Philosophy - Clinical Psychology	08/2012 - 08/2016
Hunter College, City University of New York	New York, NY
Master of Arts - General Psychology	08/2009 - 05/2011
The University of Texas	Austin, TX
Bachelor of Arts - Plan II Honors and English	08/2003 - 05/2007

Experience


Behavioral Health Dallas, PLLC	Dallas, TX
Clinical Psychologist and Director of Clinical Training	2017 - Present
Provide psychological interventions to individuals, families and couples across the lifespan using evidence-based strategies. Conduct interdisciplinary care by routinely collaborating with physicians and treatment providers. Provide relevant educational opportunities and consultation to patients, professionals and community members. Direct and supervise training of postdoctoral fellows.	
Rosy Wellness	Dallas, TX
Mental Health Consultant	08/2020 - Present
Rosy is a women's health technology company that connects women who have health concerns with research-based solutions. Collaborate and consult on issues related to women's sexual health, research methods and other mental health-related questions and integration into technology platform.	
Women's Psychology Service, Baylor University Medical Center	Dallas, TX
Co-Director of Clinical Training	08/2017 - 08/2018
Provided administrative support and clinical supervision for Women's Psychology Service postdoctoral fellowship program. Assisted in program development, consultation with hospital staff and aided in facilitation of screening and research initiatives.	
Women's Psychology Service, Baylor University Medical Center	Dallas, TX
Post-Doctoral Fellow in Clinical Psychology	08/2016 - 08/2017
Baylor University Medical Center, Department of Ob-Gyn	Dallas, TX
Clinical Psychology Intern	08/2015 - 08/2016
Parkland Hospital, Consult-Liaison Service	Dallas, TX
Clinical Psychology Intern	08/2014 - 08/2015


Strengths

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|  Clinical Psychology
Skilled in providing psychological interventions to individuals, couples, and families using evidence-based strategies. |  Women's Mental Health
Special interest and expertise in women's mental health, including sexual concerns, perinatal mood disorders and infertility. |  Consultation and Collaboration
Strong ability to collaborate and consult with medical professionals, physicians, and treatment providers regarding behavioral health issues. |
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Strengths

 **Technology Interest**
Knowledgeable and interested in the intersection of technology and mental healthcare.

 **Clinical Supervision**
Experience in providing clinical supervision and training to postdoctoral fellows within a group practice and hospital setting.

 **Communication Skills**
Strong and effective communicator including education to patients, community members and other professionals and organizations.

Additional Certifications

Licensed Clinical Psychologist in Texas and PSY-PACT Therapist


Perinatal Mental Health Certification (PMH-C), Postpartum Support International


AASECT Sex Therapy Certification through Sexual Health Alliance (in progress)


Skills

Cognitive-Behavioral Therapy (CBT) · Psychodynamic Psychotherapy · Individual Psychotherapy · Family & Couples Therapy · Health Psychology · Career Coaching · Burnout Coaching · Crisis Intervention · Assertiveness Training · Physician Education · Community Presentations · Patient Education

Passions

 **Perinatal & Maternal Mental Health**
Passionate about raising awareness and providing support for perinatal and maternal mental health issues.

 **Women's Sexual Health**
Dedicated to promoting women's sexual health and providing research-based solutions.

 **Caregiver Stress**
Experienced in providing advanced support for those who give and receive care including patients, their caregivers and health care providers.

Languages

English Native ●●●●●

Spanish Beginner ●●●●●