

# TRACINA L. SCHRADER

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Rowan Center for Behavioral Medicine 500 East Olive Avenue Suite # 540 Burbank, CA 91501

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Phone: (818) 446-2522 x 2004

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**PSYCHOLOGICAL ASSOCIATE, License #: PSB94027931**

**October 2023**

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## EDUCATION

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California School of Professional Psychology, PsyD: Clinical Psychology (2023).  
M.A. in Clinical Psychology, California School of Professional Psychology (2021)  
B.S. in Social Psychology, Park University, Parkville, MO, (2012)  
Psychiatric Nurse Course: Tripler, Honolulu, HI (2003)  
National Certification/License, Emergency Medical Specialist/LVN: U.S. Army, San Antonio, TX (2002)  
60 Units, Surgical Technology. San Joaquin Valley College (1997)

Completion of Dissertation (published in August 2023 ). Barriers to Care: Military Mothers with Postpartum Depression vs Non-Military Mothers with Postpartum Depression

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## CLINICAL EXPERIENCE

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**Rowan Center for Behavioral Medicine: Post-Doctoral Fellow**

**October 2023-Present**

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Hours weekly: 35. Clinical Supervisor: Dr. Daniel Garrett, Licensed Psychologist. (818) 446-2522 x 2005. Duties include:

- Provides integrated clinical services to a diverse population of clients
- Utilizes a variety of evidence-based practices with the goal of increasing skills and decreasing symptoms.
- Clinical interests and specialties include providing LGBTQIA+ affirming therapy to clients struggling with identity, gender issues/roles, and life transitions, unresolved childhood trauma, Clients with ADHD/ASD spectrum, and women's concerns, including infertility and peripartum.
- Receives supervision in both individual and group formats and consultation as needed.

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**Western Washington University/Counseling & Wellness Center: Doctoral Intern: 9/2022-9/2023**

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Hours weekly: 40. Clinical Supervisor: Dr. Nikki Cassidy, Interim Assistant Director. Supervisor's Phone: (360) 650-3164. Duties Include:

- Provides clinical assessments with triage-based disposition and referral.
- Practiced in relational cultural therapy, person-centered techniques, cognitive behavioral therapy, internal family systems, schema therapy, acceptance & commitment therapy, trauma-informed therapy, and motivational interviewing as well as suicide assessment and risk formulation.

- Provides individual counseling for students within a brief and focused counseling model (as well as a few longer-term, clinically appropriate clients)
- Assists students in need of more frequent, long-term, or specialized services find off-campus professionals for referral.
- Provides coordinated services for clients between the Counseling and Wellness Center, Substance Abuse Prevention, Survivor Advocacy, the Student Health Center's Behavioral Health Team, Disability Access Center, Residence Life, and various off-campus services.
- Facilitates/co-facilitates groups (Family Systems-based group and a DBT-based group, including mindfulness, emotional regulation, and distress tolerance).
- Participates in a variety of inclusive student focused workshops, and psycho-educational outreach.
- Provides at least three (3) hours per week of scheduled Same-day Drop-in Consultation/triage for WWU Students.
- Participates in the weekly intern seminar, staff meeting, medical consultation meeting, peer consultation group, and Intern Inclusive Action Team (IAT), other Counseling, Health, and Wellness and division meetings and events.

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**Practicum Student: Veterans Administration Northern California**

**5/2021-03/2022**

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Hours weekly: 20. Practicum/no compensation. Clinical Supervisor: Tara Neavins, Clinical Supervisor, Addiction Recovery Services Dept. Supervisor's Phone: (916) 366-5420. Duties included:

- Provided a full range of trauma-informed therapeutic interventions including cognitive behavioral interventions, acceptance and commitment therapy and relational cultural therapy.
- Worked with a diverse population, including LGBTQIA+ and substance use recovery clients.
- Developed accurate assessment, diagnostic, and treatment planning skills based on objective assessment and interview.
- Developed and administered appropriate assessment measures, specific to the patient's needs.
- Developed and integrated diagnostic interview and self-report measures into case formulation, treatment goals, and planning.
- Collaborated with new patients to determine appropriate treatment goals and therapy modalities for substance use coupled with other mental health problems from a relational/culturally responsive framework.
- Worked with a diverse veteran population, including varied age, gender, race/ethnicity, sexual orientation, SES, trauma history, religion, and other factors. Develop effective clinical documentation skills through routine note and report.

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**Practicum Student: Fair Oaks Psychiatric Associates**

**08/2020-12/2022**

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Hours weekly: 17-20. Practicum/no compensation. Clinical Supervisor: Dr. Sherif Zaher, Licensed Clinical Psychologist. Supervisor's Phone: (916) 359-9969. Duties Included:

- Performed weekly face to face/telementalhealth therapy with clients, including clinical intakes, lethality and mental health assessments, interventions, and care plans.
- Worked with diverse clientele (ages 10-65) with the following diagnoses: bipolar disorder, bipolar disorder with psychotic features, post-traumatic stress disorder, adjustment disorder,

generalized anxiety disorder, borderline personality disorder, major depressive disorder, bereavement, obsessive compulsive disorder, eating disorder and intermittent explosive disorder.

- Maintained a weekly caseload of 8-13 patients.
- Conducted assessments through brief psychological measures including the Beck's Depression inventory (BDI-II), Beck's Anxiety Inventory (BAI), Beck's Hopelessness Scale (BHS), Beck's Scale for Suicidal Ideations (BSS), Beck's Youth Inventories (BYI-II), Beck's Obsessive-Compulsive Inventory (CBOCI), Mood Disorder Questionnaire (MDQ), Columbia Suicide Severity Rating Scale (C-SSRS), Young Schema Questionnaire (YSQ-L3), Mini-Mental State Examination (MMSE) and the Montreal Cognitive Assessment (MoCA).
- Participated in weekly case-management sessions and didactic instruction with supervisor and other practicum students.
- Participated in weekly individual supervision with supervisor in which patient cases and interventions were conceptualized and discussed, received feedback, and worked through any issues that came up in patient sessions.

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**Practicum: Placer County Office of Education****02/2020-03/2020**

Placer High School, Loomis High School & Transitional Adult Learning (TAL) Program. Hours worked weekly: 5-20. Internship/no compensation. Supervisor: Laura Owens, School Psychologist. Placer Unified High School District. (530) 392-8309. Duties included:

- Made student introductions, built rapport, and completed forms and questionnaires such as student, teacher and parent reports regarding academic achievement and behavior at both school and home.
- Conducted student observations in various settings (classroom, private instruction, and social environment).
- Conducted intellectual assessments such as the Wechsler Intelligence Scale for Children-V (WISC-V) and the Wechsler Adult Intelligence Scale-IV (WISC-IV), the Behavioral Assessment for Children (BASC-II) and the Comprehensive Test of Nonverbal Intelligence (C-TONI), Beck Depression Inventory (BDI-II)

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**Combat Medic/LVN: United States Army****10/2001-03/2004**

United States Army, various duty locations: 121st Combat Support Hospital, Yongsan, Korea & William Beaumont Army Medical Center: 5001 N. Piedras Street, El Paso, TX. 79920. Hours worked weekly: 60. Salary: \$31,200.00 annually. Supervisor: SSG Nickie Taylor, (915)238-6841. Duties included:

- Managed and counseled a caseload of 35 patients.
- Conducted patient interviews, explained available services, and identified high-risk behavior.
- Collected and documented detailed patient assessments; prepared patient summaries, made recommendations for treatment care plans and social services.
- Provided patient support and advocacy.
- Co-facilitated group therapy sessions and led life skills presentations.

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**RESEARCH EXPERIENCE**

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Doctoral Dissertation: Aliant International University

Defended: 4/2023

Dissertation Chair: Emil Rodolfa, Ph. D.

Title: *Barriers to care: military mothers with postpartum depression (PPD) vs. non-military mothers with PPD. Examined how employer/social support and internal/external stigma affected help seeking behaviors in mothers with PPD.*

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**PROFESSIONAL EXPERIENCE**

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**Contracting Officer's Representative/Writer/Editor**

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**2016-2019**

Veterans Administration. VA NCHCS Grade: GS -07. Hours worked weekly: 40. Annual Salary: \$50,736. Supervisor: Gloria Boston: (530) 899-6339. Duties include:

- Drafted and formatted complete procurement packages, including the limited acquisition plan, funding memorandum, quality assurance surveillance plan, performance work statement, schedule of items market research and Information Security (Appendix A) documents used to solicit nursing home care services for eligible veterans in the VA Northern California Health Care System Contract Nursing Home Program.
- Drafted, formatted, and edited program standards of procedure (SOPs) per VA/VHA policy.
- Maintained accuracy and efficacy of all documents per the Federal Acquisition Regulation (FAR), the Veterans Administration Acquisition Regulation (VAAR) and various other references.
- Maintained financial expenditure spreadsheets of current Contract Nursing Home Program Vendors.
- Drafted and formatted other professional and patient correspondence for all the Community Care Programs.

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**Procurement Specialist**

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**2012-2016**

US Forest Service: Nevada City, CA. Grade: GS 1106-07/04. Hours worked weekly: 40. Salary: \$46,801.00 annually. Supervisor: Donald Tinsley. Phone: (530) 478-6121. Duties include:

- Interpreted established guidelines and adapted procedures to solve a wide variety of increasingly difficult tasks, including pre-award, award, and post-award contract administration.
- Under the supervision of a Contracting Officer, conducted acquisition planning and market research to interpret government need, prepared and submitted actionable procurement packages,
- Prepared solicitation proposals to ensure adequate competition, posted completed documents according to the Federal Acquisition Regulation (received incoming bids, utilized various resources to verify vendor eligibility, completed an abstract of offers and compiled technical packages for the assigned Contracting Officer Representative (COR), and assisted with bid evaluation and negotiation to obtain best value.
- Drafted the award documents, transmitted award documents and COR's Designation Letter to the vendor. Notified Awardee and unsuccessful candidates and posted award decision to public advertising platform.
- Audited assigned vendor invoices, ensured they matched the schedule of items and processed corrected invoices for payment.
- Served as the secondary point-of contact for contractors and CORs and vendors during the entire contract process.

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**Procurement Technician (Internship)**

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**05/2012-10/2012**

US Forest Service: McClellan, CA. Grade: Internship. Hours worked weekly: 25. Salary: \$200 weekly. Supervisor: Paulette Gordon. Phone: 916-640-1000. Duties included:

- Provided administrative support to Contracting Officer on tasks such as soliciting offers; evaluating quotes, bids, and proposals; compiling necessary data or reports on contractor performance; and awarding, administering, and closing out contracts.
- Served as first point of contact for inquiries from individuals outside the immediate organization for planning and coordinating actions to correct or prevent errors, delays, or other complications occurring during the procurement cycle.

Attended full-time college

2010-2012

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**Tricare Patient/Provider Service**

**2010-2011**

Kelly Employment Services: Sacramento, CA 95816. Hours worked weekly: 40. Salary: \$25,267.20 annually. Supervisor: Colleen Howard (916)441-2440. Duties included:

- Provided excellent customer service for Government/Military providers and beneficiaries.
- Coordinated complete resolution of service issues by interfacing with other departments, including enrollment, claims and health care services.
- Documented all communications involving beneficiaries and health care providers.
- Researched and documented federal health regulations for other departments.
- Developed and maintained working relationships with external clients; facilitated provider network services such as training and accreditation.

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**Treasury/Patient Services Specialist**

**2006-2009**

William Beaumont Army Medical Center: 5001 N. Piedras Street, El Paso, TX. 79920. Grade: GS-0679-04/03. Hours worked weekly: 40. Salary: \$28,531.00 annually. Supervisor: Sylvia Tapia, (915) 569-2327. Duties included:

- Performed a variety of clerical and record-keeping duties associated with insurance eligibility, completed financial audits, and prepared delinquent files for delivery to the Defense Finance and Accounting Service
- Verified patient eligibility for treatment through the Defense Eligibility Enrollment Reporting System (DEERS) and referred ineligible patients to the Patient Administration Division.
- Maintained Excel spreadsheets regarding insurance eligibility and TRICARE accountability logs and presented monthly accountability reports to chain of command quarterly.
- Assisted Treasurer and lead cashier with bank deposits, collection and inventory of patient valuables and other administrative duties as needed.

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HONORS & AWARDS

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Alliant Impact Scholarship 2019/2020

Alliant International University