

Dr. Lucy Fathy

PhD

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SEEKING ONLINE-ONLY REMOTE WORK OPPORTUNITIES.

Authorized to work in the US for any employer

Work Experience

Faculty Member Specializing in Psychology and Family Therapy

Alliant International University - San Diego, CA

January 2023 to Present

- Successfully provided students with a comprehensive and foundational understanding of therapy assessment, theory, and intervention as an instructor
- Encouraged in-depth discussions on various dysfunctions and difficulties, alongside major behavioral and systemic treatment approaches utilized in therapy
- Equipped students with a comprehensive overview of disorders and their corresponding treatments, with particular emphasis on fostering clinical considerations for diverse populations
- Emphasized working with LGBTQI+ individuals, aging adults, and those with physical disabilities
- Created a dynamic and inclusive learning environment to nurture students' skills and knowledge in therapy
- Imparted valuable insights into the intricacies of therapy, empowering students to approach future clients with sensitivity and effectiveness
- Cultivated students' profound understanding of unique client needs, ensuring their competence in the field of therapy

Pet Bereavement Specialist

self employed - Newport Beach, CA

May 2020 to Present

- Specialize as a Grief Counselor in pet loss and bereavement, offering compassionate support to individuals navigating various types of grief, including the loss of a beloved pet due to death, illness, or special needs.
- Possess a profound understanding of the underlying causes of human grief, especially in cases of human loss, and recognize the unique pain and challenges that arise from losing a cherished pet, whether due to death, illness, or special needs.
- As a Pet Grief Counselor, provide guidance and assistance to individuals in comprehending their grief reactions and coping with the complexities of pet loss, encompassing scenarios such as illness and special needs.
- Acutely aware of the psychological impact of pet loss, including situations where a pet is ill or requires special care, acknowledging the emotional toll comparable to losing a human loved one.
- Offer empathetic and insightful counseling tailored to address the multifaceted emotions surrounding pet bereavement, including feelings of guilt, shame, and the unique challenges of caring for a pet with special needs.

- Foster an inclusive and supportive environment that empowers individuals to navigate the intricate emotions tied to pet loss, whether due to death, illness, or the demands of caring for a special needs pet.

Mobile Assessment Team

Heritage Oaks Hospital - Sacramento, CA

September 2021 to September 2022

- Held certification to execute 5150 holds in Sacramento County, showcasing expertise in crisis intervention and mental health assessments.
- Demonstrated proficiency in conducting thorough and high-quality 5150 assessments, utilizing clinical expertise to determine appropriate dispositions and engaging in limited case management services.
- Collaborated closely with emergency departments and medical floors at Mercy hospitals in Sacramento, as well as other medical facilities, to provide timely and effective assessment and intervention services to clients in crisis.
- Carried out comprehensive evaluations that encompassed assessment, intervention, triage, and educational components, all aligned with the philosophy, objectives, policies, and procedures of Heritage Oaks Hospital.
- Applied a compassionate and empathetic approach in interactions with clients, recognizing the sensitivity of the situations and prioritizing their emotional well-being.
- Worked collaboratively with interdisciplinary teams to ensure cohesive and coordinated care for clients, fostering a seamless transition from assessment to appropriate interventions.
- Displayed a commitment to upholding ethical standards, patient rights, and confidentiality in all interactions and documentation.
- Successfully contributed to the overall mission of Heritage Oaks Hospital by providing essential assessment and intervention services to individuals in crisis, thereby promoting mental health and well-being within the community.

Intake Clinician

Heritage Oaks Hospital - Sacramento, CA

September 2020 to August 2021

- Gathered personal details, medical backgrounds, and insurance information necessary for admission to services.
- Demonstrated comprehensive understanding of physicians' offerings, prerequisites, and methodologies to align with patients seeking mental health services.
- Coordinated with physicians and team members to facilitate seamless care coordination.
- Schedules and managed appointments for new patients across three distinct locations.
- Regularly reviewed and generated reports to monitor phone activities, scheduling, and rescheduling.
- Proactively confirmed appointments with new patients before their initial visits and ensured completion of required paperwork and portal setup.
- Conducted in-person assessments to enhance patient care, encompassing psychosocial evaluations along with scale assessments.
- Maintained professional interactions with potential patients, clinic staff, physicians, and departments.

Marriage and Family Therapy

Ocean Recovery - Fountain Valley, CA

February 2019 to December 2019

- Specialized in providing individual therapy to children, teenagers, and parents, offering personalized and effective interventions to address a wide range of emotional and behavioral challenges.

- Conducted family therapy sessions, working collaboratively with families to enhance communication, understanding, and overall functioning within the family system.
- Leveraged a variety of evidence-based therapeutic approaches to tailor interventions to each client's unique needs and circumstances, facilitating meaningful and lasting positive change.
- Employed a compassionate and client-centered approach to therapy, fostering a supportive and nonjudgmental environment where clients felt comfortable exploring their thoughts, emotions, and concerns.
- Developed and implemented treatment plans that integrated therapeutic techniques, goals, and outcomes, providing clients with a clear roadmap for their therapeutic journey.
- Collaborated with other clinicians and professionals within the practice to ensure a comprehensive and holistic approach to clients' mental health and well-being.
- Upheld the highest ethical standards in maintaining client confidentiality and adhering to professional guidelines in therapy practice.
- Demonstrated effective communication skills when interacting with clients, families, and colleagues, creating a positive and productive therapeutic atmosphere.
- Continued professional growth through ongoing education, training, and staying updated on the latest advancements in the field of Marriage and Family Therapy, which contributed to providing the best possible care to clients.

Course Instructor

Alliant International University - Los Angeles, CA
August 2018 to May 2019

- Instructed a comprehensive course titled "Therapy from the Therapist Perspective," encompassing theoretical orientations, impactful psychotherapeutic techniques, and interventions tailored to diverse family dynamics.
- Emphasized a holistic approach by considering various factors such as ethnicity, gender, sexual orientation, and social class in relation to effective therapeutic practices within the realm of family dynamics.
- Addressed the complexities of group therapy and provided insights into the professional standards integral to the field of Marriage and Family Therapy (MFT).
- Focused on equipping students with the skills necessary for adeptly engaging in therapeutic work with couples and families, fostering a deep understanding of effective interventions within diverse contexts.
- Navigated the intricate nuances of preparing students for successful therapeutic interactions, emphasizing the importance of upholding professionalism while engaging with clients and their families.
- Demonstrated a commitment to cultivating a learning environment that not only imparts theoretical knowledge but also encourages practical application, ensuring students are well-prepared for the challenges of real-world therapeutic practice.

Marriage and Family Therapy

Sovereign Health Group - San Clemente, CA
October 2017 to March 2019

- Implemented individual therapy sessions with a focus on substance abuse and chemical dependency, tailoring interventions to address the complexities of addiction and promoting recovery.
- Conducted family therapy sessions centered around individuals struggling with substance abuse and eating disorders, facilitating discussions on familial dynamics, communication patterns, and supportive strategies for recovery.
- Orchestrated group therapy sessions that catered to individuals dealing with substance abuse and eating disorders, fostering a sense of camaraderie and shared experiences to promote healing.

- Integrated evidence-based therapeutic techniques into individual and family therapy to address the specific challenges associated with substance abuse and eating disorders, aiming to empower clients in their recovery journey.
- Collaborated with clients to explore underlying triggers and emotional factors contributing to substance abuse and eating disorders, promoting self-awareness and healthier coping mechanisms.
- Utilized a strengths-based approach in family therapy to help families develop strategies to navigate the challenges posed by substance abuse and eating disorders, while enhancing communication and support.
- Designed group therapy sessions that encouraged members to share their experiences, challenges, and successes in overcoming substance abuse and eating disorders, fostering a supportive environment for growth and healing.

Marriage and Family Therapy

Partnerships to Uplift Communities - Los Angeles, CA

August 2015 to August 2016

- Conducted individual therapy sessions with children and teenagers spanning from kindergarten to high school, addressing a wide range of emotional, behavioral, and developmental challenges.
- Led family therapy sessions, collaborating with parents and caregivers to address issues impacting the well-being of children and teens, and implementing strategies to enhance family dynamics and communication.
- Organized and facilitated diverse group therapy sessions, including an LGBTQ support group, girl's group, and boy's group, providing a safe space for participants to discuss their unique experiences, challenges, and strengths.
- Developed and conducted teacher and staff training sessions, equipping school personnel with essential knowledge and skills to support the mental and emotional well-being of students, identify signs of distress, and implement appropriate interventions.
- Utilized evidence-based therapeutic techniques tailored to children, teenagers, and parents to address a variety of concerns, such as anxiety, depression, academic challenges, peer relationships, and family conflicts.
- Collaborated with parents and caregivers to explore effective parenting strategies, communication techniques, and behavior management skills to create a supportive environment for children and teenagers.
- Implemented group therapy sessions with a focus on fostering a sense of belonging and promoting social and emotional growth among participants, while addressing specific challenges faced by LGBTQ individuals and creating a safe space for open discussions.
- Designed and delivered comprehensive training modules for teachers and staff members, covering topics such as recognizing signs of mental distress, responding to crisis situations, and fostering a positive school environment conducive to students' well-being.

Advocate/Volunteer

LGBTQ Safe Space, California State University of Fullerton

August 2013 to September 2014

- Provided guidance and support to LGBTQ students, assisting them in accessing essential counseling and psychological services when required, and connecting them with resources such as counseling and psychological suicide prevention hotlines.
- Participated in regular meetings and training sessions aimed at enhancing the overall well-being of LGBTQ students and addressing discrimination both within and outside the campus environment.

- Collaborated with fellow advocates to raise awareness among the student body about the challenges and issues faced by LGBTQ students, fostering a more inclusive and supportive atmosphere on campus.
- Actively engaged in efforts to stop discrimination and promote equity and acceptance for LGBTQ students, advocating for their rights and well-being within the university community.
- Played a pivotal role in creating a safe and welcoming environment for LGBTQ students, contributing to the development of a campus culture that values diversity and supports the emotional and psychological needs of all students.

Psychology Internship

449 Recovery Center - San Clemente, CA

August 2011 to August 2014

- Collaborated as a vital member of a dedicated counseling team, offering guidance and support to clients by helping them comprehend their individual and interpersonal challenges.
- Employed a comprehensive approach to client care, gathering pertinent information through thorough interviews, comprehensive case histories, and observatory techniques, thereby facilitating an accurate understanding of their unique needs.
- Conducted drug testing for clients, contributing to the assessment and management of substance abuse and chemical dependency issues, an integral aspect of the recovery process.
- Managed administrative responsibilities, including insurance billing and the timely dissemination of drug test results, ensuring efficient communication and the maintenance of proper documentation.
- Actively participated in the therapeutic process, working closely with clients to address their concerns and aid in their personal growth and transformation throughout their journey of recovery.

Manager & Pharmacy Technician

South Coast Center West Pharmacy - Laguna Beach, CA

January 2002 to August 2014

- Successfully managed and oversaw daily operations within the pharmacy, demonstrating exceptional organizational skills and attention to detail.
- Executed a range of responsibilities, including prescription dispensing, medication compounding, and inventory management, ensuring the accurate and efficient provision of pharmaceutical services to patients.
- Played a pivotal role in maintaining compliance with regulatory standards and guidelines, contributing to the pharmacy's reputation for upholding the highest levels of safety and quality in pharmaceutical care.
- Provided valuable assistance to pharmacists in counseling patients on medication usage, potential side effects, and interactions, enabling patients to make informed decisions about their health.
- Demonstrated leadership qualities by supervising and training pharmacy staff, fostering a collaborative and cohesive work environment focused on delivering exceptional patient care.
- Utilized strong communication skills to liaise with healthcare professionals, patients, and insurance providers, facilitating seamless prescription processing and resolving any concerns or inquiries.
- Upheld a commitment to continuous improvement by staying updated on the latest developments in pharmacy practices and incorporating new techniques and technologies to enhance the overall service quality.

Project Together Mentor Program

MHA - Orange, CA

August 2011 to May 2012

- Served as a Big Sister mentor, contributing to the well-being and development of a young mentee under the program.
- Collaborated closely with the child's therapist as an integral part of the child's treatment team, working together to design and implement a non-clinical intervention strategy tailored to the mentee's needs and goals.
- Provided dedicated support, patience, and genuine enthusiasm in guiding and mentoring the young mentee, fostering a positive and nurturing environment for their growth and success.
- Demonstrated a strong commitment to the mentee's overall well-being by taking a genuine interest in their personal development and offering guidance that extended beyond the clinical context.
- Acted as a positive role model, influencing the mentee through consistent interactions and meaningful engagement, helping them build essential life skills and boosting their self-confidence.
- Leveraged effective communication and interpersonal skills to establish a trusting and supportive relationship with the mentee, creating a safe space for them to express themselves and explore their potential.

Volunteer

Women's Group - Cairo, EG

September 2007 to November 2007

- Provided valuable support and assistance to women who had experienced physical and emotional abuse resulting from oppressive circumstances.
- Played a significant role in organizing and planning events aimed at creating a safe and supportive environment for women to come together and engage in open conversations, allowing them to share their thoughts, opinions, and experiences.
- Demonstrated a compassionate and empathetic approach in interacting with the women, offering them a nonjudgmental space where they could express themselves freely and find solace in connecting with others who had similar experiences.
- Contributed to fostering a sense of community and solidarity among the women by facilitating opportunities for them to share their stories, exchange insights, and provide mutual encouragement.
- Recognized the importance of addressing the unique challenges faced by these women, and actively participated in initiatives designed to empower them and help them regain control over their lives after traumatic experiences.

Education

Doctor of Psychology

Alliant International University - Los Angeles, CA

August 2017 to May 2022

Master of Arts in Psychology in Couple and Family Therapy

Alliant International University - Irvine, CA

2016

Bachelors of Arts in Psychology

California State University of Fullerton - Fullerton, CA

2014

Skills

- Individual / Group Therapy
- Crisis Intervention
- Pharmacy Technician Experience
- Medical Billing
- Cognitive Behavioral Therapy
- Child & Family Counseling
- Addiction Counseling
- Intake Experience
- Presentation Skills
- Motivational Interviewing
- Case Management
- Meeting Facilitation
- Curriculum Development
- Crisis Management
- Applied Behavior Analysis
- Behavioral Health
- Mental Health Counseling
- Medication Administration
- Research
- Management
- Conflict Management
- Supervising Experience
- Teaching
- Training & Development
- Administrative Experience
- Behavior Management

Languages

- Egyptian Arabic - Fluent
- English - Expert

Certifications and Licenses

Marriage & Family Therapy

Registration No. AMFT112728

Certificate No. 249606

Assessments

Case management & social work — Proficient

December 2021

Determining client needs, providing support resources, and collaborating with clients and multidisciplinary teams

Full results: [Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

Additional Information

2019 AAMFT Annual Conference

- Lead Presenter
- Abstract Type: Forum
- Conceptual Frameworks: Education and Training
- Abstract Title: Cultural Expectations of Interracial Couples