

Lisa Bolden, Psy.D.

Clinical Psychologist

CalWORKS/GROW Externship Director

(Emphasis Area: Adult Cognitive Behavioral Therapy)

As a veteran clinical psychologist, Dr. Bolden uses cutting-edge, research-backed therapy proven effective for a variety of emotional issues, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Mindfulness Based Therapies. Dr. Bolden has over 20 years of experience counseling individuals, couples, families, and groups. She is the founder Southern California African American Mental Health Professionals, a networking group that promotes collaboration to enhance the treatment, research, advocacy, and community mental health needs of African Americans.

Clinical Focus:

- Brief, focused psychotherapy
- Trauma Treatment
- Spiritually-integrated Psychotherapy

Academic Appointments:

- Clinical Instructor, Department of Psychiatry and Biobehavioral Sciences, Geffen School of Medicine, UCLA
- Clinical Associate, Department of Psychology, USC

Professional Education:

- B.A., UCLA
- M.A., Pepperdine and Fuller Theological Seminary
- Psy.D., Fuller Theological Seminary