

Lynette Lau, Ph.D.

Clinical Psychologist

(Emphasis Area: Child and Adolescent Psychiatry)

Lynette Lau, Ph.D., is a licensed clinical psychologist who specializes in early childhood development and mental health, family functioning, and stress, trauma, and resilience. Dr. Lau completed both her undergraduate and doctoral training at UCLA, where she majored in Psychology and Clinical Psychology, minored in Applied Developmental Psychology, Education, and Quantitative Psychology, and completed her doctoral dissertation on the influence of the interaction between the serotonin transporter gene variant and parenting stress on parent personality and parenting behavior under the direction and guidance of Dr. Steve S. Lee.

Clinically, Dr. Lau has expertise in and a passion for early intervention and working as part of an interdisciplinary team to support children and families who have experienced complicated trauma and/or who are involved in the foster care system. She will continue to expand her expertise in infant-parent and early childhood mental health as a fellow in the 2019-2020 cohort for the UC Davis Napa Infant Parent Mental Health Fellowship program. Dr. Lau has a strong commitment to evidence-based assessment and clinical practices and is trained to deliver a range of evidence-based treatment, including Child-Parent Psychotherapy (CPP), Reflective Parenting Program (RPP), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Integrative Behavioral Couple Therapy (IBCT), and Acceptance and Commitment Therapy (ACT). She is also trained in conducting comprehensive developmental and psychoeducational assessments for children, and has provided assessment and consultation /liaison services at the Harbor-UCLA Medical Center High Risk Infant Follow-Up clinic for children through the California Children's Services (CCS) program, as well as developmental and psychoeducational assessments for children with suspected neurodevelopmental disabilities at the UCLA Medicine-Pediatrics Comprehensive Care Center (MPCCC) in Santa Monica.

Dr. Lau has extensive research experience managing multi-site studies and working with large, longitudinal datasets, including: a fourteen-year longitudinal study of marriage and family development at the UCLA Marriage and Family Laboratory (PI: Dr. Thomas Bradbury), a nationally-representative survey of college students from over 1,900 institutions of higher education at the Higher Education Research Institute (HERI) that has been ongoing since 1973, as well as a 10-site Collaborative Improvement and Innovation Network examining recruitment practices and a 5-site pilot study of child health disparities for the NIH-run National Children's Study. Her current research interests center around the neurobiology of stress and epigenetic influences on parenting behavior.

Clinical Focus:

- Infant-Parent and Early Childhood Mental Health
- Trauma, Stress, and Resilience
- Interdisciplinary Systems of Care
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Professional Education:

- B.A., University of California, Los Angeles
- M.A., University of California, Los Angeles
- Ph.D., University of California, Los Angeles
- Pre-doctoral Internship, Children's Institute, Inc.
- Post-doctoral Fellowship, Children's Institute, Inc.