

Vivian Romstadt

Psychologist

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Nashville, TN 37013

Education

B.A. in Psychology at Emory University, Atlanta, GA

Aug 2013 - May 2017

I learned how to research, write papers, and give presentations on topics within psychology.

Links

[linkedin.com/in/vivianromstadt](https://www.linkedin.com/in/vivianromstadt)

Skills

Patient interaction

Psychological diagnosis

Creating treatment plans

Referral to psychiatrists or other doctors

Documentation and Record keeping

Research

Supervising

Languages

English

German

Profile

I have worked as a psychologist for the past 12 years and I have experience in both private practice and clinical settings. I specialize in treating anxiety disorders, depression, and post-traumatic stress disorder (PTSD). In addition to my work as a therapist, I am also certified in meditation instruction and yoga therapy. My passion is helping people heal their minds and bodies so that they can live happier, healthier lives.

Employment History

Clinical psychologist at Blue Cross Blue Shield of Michigan

May 2022 - Present

- I identified the root cause of my patient's anxiety and helped them to work through it.
- I provided support and guidance to a family during a difficult time.
- I worked with an individual who was dealing with depression and suicidal thoughts, and helped them develop a plan for treatment.
- Through my research, I discovered new information about the human brain that could help people suffering from mental illness.
- I developed a new therapy approach that proved successful in treating patients with PTSD.

School psychologist at Henry Ford Health System

Aug 2017 - Apr 2022

- Advised a client with depression and anxiety for 10 sessions.
- Led a therapy group of 6 people who all reported satisfaction at the end of the 8-week program.
- Consulted with another psychologist to develop treatment plans for 3 clients with similar presenting issues.
- Presented research on prevalence of PTSD in college students at APA conference.
- Authored an article on therapeutic interventions for children that was published in The Journal of Developmental Psychology.
- Successfully implemented evidence-based treatments (CBT, EMDR, etc.) with 97%.

Certificates

Board Certified Clinical Psychologist (BCCP)

Apr 2021

Board Certified Counseling Psychologist (BCCP)

Feb 2020

Licensed Professional Clinical Counselor (LPCC)

Jul 2018