

TAK-SENG LODRO, PSY.D.

Licensed Clinical Psychologist

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Professional Profile

A strategic and forward-thinking clinical psychologist who has 15+ years of clinical experience and 8 years of business experience. A proven track record of employment advancement and this has been driven by a broad skill-set that's fueled by a passion for continued training and personal-professional development. Typical contributions that occur are improved organizational practices, organizational culture, business processes, efficiency, personnel management, clinical supervision, training and vision development. As a psychologist and administrator I have experience in nearly all levels of mental health treatment. I strive to utilize effective treatment modalities (e.g., CBT/DBT/ACT, Family Systems) and collaborate with other professionals to ensure that clients or families receive comprehensive and culturally sensitive care.

Areas of Expertise

- Interdisciplinary Treatment
- Neuroscience & Psychopharmacology
- ACT, DBT & CBT
- Family & Couple's Therapy
- Parenting & Child Development
- Adolescent, Adult & Group Therapy
- Self-Injury & Suicide in Adolescents/Adults
- Mood Disorders, Trauma & PTSD
- Eating Disorders
- Addiction & Substance Abuse
- Autism Spectrum Disorders
- ADHD & Impulsivity
- Career & Stage of Life Issues
- Team Development & Training
- Change Management & Process Redesign
- Theoretical Integration & Application

Professional Experience

Owner / Clinical Psychologist • Wakeful Psychological and Consulting Services, PLLC, 1740 Ridge Ave, Suite 200B-C, Evanston, IL **8/2014 to Present**

- Oversee infrastructure and processes for all business, billing, technical and facility resources
- Provide psychotherapy to individuals (adults, adolescents), couples and families (in-person and Telehealth)
- Supervise and provide consultation to other therapists, including recent graduates
- Conduct neuropsychological, psychological and career assessments

Director of NHA East Campus • NewHope Academy, 3633 W Lake Ave, Suite 200, Glenview, IL **1/2019 to 8/2020**

- Oversee a staff of 13 with the support of two direct reports (Principal and Clinical Director) to ensure the highest quality of educational and supportive services are provided to 30-40 special education students
- Maintain relationships with school districts administrators and parents
- Identify professional development needs of the staff and create/implement training programs
- Collaborate with the Executive Director to plan the redesign of business and administrative processes
- Lead regular all staff and clinical meetings to address various challenges within the student body and to

reinforce the collaboration between therapists and teachers

- Author various SOPs for regular business processes to enhance their efficiency and effectiveness
- Conduct tours and intakes for potential students and their parents
- Support budgetary management, as needed, with the direction of the Business Manager
- Ensure all special education laws, individual education plans, and safety protocols are consistently implemented

Clinical Consultant • NewHope Academy, 3633 W Lake Ave, Suite 200, Glenview, IL 3/2017 to 12/2018

- Collaborated with NHA Administration to hire new clinical and academic staff members
- Trained clinical team on NHA roles, responsibilities, administrative processes, IEP documentation and clinical report writing
- Oversaw clinical staff's treatment of students and families in therapy sessions and within the NHA environment

Clinical Psychologist • NewHope Academy, 3250 N Arlington Heights Rd, 200 Wing, Arlington Heights, IL 8/2014 to 7/2019

- Assessed adolescents and families in order to develop treatment plans that support long-term growth
- Provided individual, couple, family and group therapy
- Utilized Systems Therapies to support parents in improving roles, responsibilities and boundaries within the family
- Produced comprehensive psychological reports to aid treatment of students and their families
- Supported students in utilizing and developing aspects of their Individualized Education Plan (IEP)
- Supervised junior therapists to aid the diagnosis, conceptualization, and treatment of students and families

Director of Membership and Volunteering • Shambhala Chicago, 37 N Carpenter St, Chicago, IL 8/2013 to 8/2014

- Initiated strategic changes to business policies to enhance efficiency and communications
- Aided Shambhala International Executive team members in strategic redevelopment of membership policies, practices, and relations
- Collaborated with Board Members to improve organizational-wide relationships and talent development
- Established retail offerings and reduced general operating costs by developing financial transaction processes, wholesale vendor relationships, and managing budgets and inventories
- Led roll out of GSuite for Non-Profits across the organization
- Co-led redesign of the local website and produced digital and written content

Doctoral Student (Dissertation Completion) • ISPP, Chicago, IL 8/2012 to 8/2014

- Created a new psychological and systemic theory and therapy for Buddhist therapists and clients through comprehensive process of philosophical, theoretical, and technical integrations

Clinical Psychology Pre-Doctoral Intern • Linden Oaks at Edward, 852 S West St, Naperville, IL 8/2011 to 08/2012

- Conducted psychology assessments and developed therapeutic approaches to treat adolescents (and their families) who were experiencing acute psychiatric symptoms
- Developed and led weekly multi-family group therapy to support parents and family members
- Collaborated with multi-disciplinary team members (e.g., nurses, medical doctors, education professionals) to determine diagnosis and treatment of inpatient clients

- Developed and provided DBT training to inpatient personnel to improve continuity of treatment
- Presented seminars on effective and ethical methods to integrate psychological theory and practices to various clinical teams

**Adv. Clinical Therapy Extern • Client-Centered Counseling Assoc, 15726 S Frederick Ave, Plainfield, IL
8/2010 to 7/2011**

- Provided individual, group, and family therapy to adults, children and adolescents in a Catholic school
- Administered psychological and achievement oriented assessments to aid treatment and goal setting

Clinical Therapy Extern • Families and Adolescents in Recovery, Schaumburg, IL 9/2008 to 7/2009

- Led multi-family and adolescent group therapy; conducted individual, couple's and family therapy
- Collaborated with outside professionals and schools to provide comprehensive therapeutic support
- Extended externship to acquire additional experience and doubled required clinic hours

Clinical Diagnostic Extern • CAAPS, 2153 W Belmont Ave, Chicago, IL 7/2007 to 6/2008

- Administered cognitive, objective and projective assessments for children, adolescents and adults
- Developed treatment recommendations from comprehensive integrated reporting
- Conducted individual and family therapy with adolescents and adults

Resident Careworker • Phoenix Care Systems, 1744 N Farwell Ave, Milwaukee, WI 8/2005 to 8/2006

- Maintained group home living environment, contributed to treatment plans, and initiated goal-oriented activities for six elderly males diagnosed with acute developmental and psychological disorders

Project Manager / Business Analyst • JP Morgan Chase, 10 S Dearborn St, Chicago, IL 3/1998 to 8/2004

- Led/Co-led various projects to enhance middle market and commercial banking corporate culture
- Utilized Process Redesign to fuel company-wide efforts to merge legacy computer systems and enhance departmental and operational work-flow efficiency
- Designed new applications, websites and databases to improve inter-group efficiency
- Co-Managed computer and software upgrades for 7000+ employees
- Provided and led business process and application training for various banking departments

Education

Doctorate in Clinical Psychology • ISPP, Chicago, IL 2014

Specialized in Human Systems and Theoretical Development and Applications
GPA 3.74

Bachelors in Psychology • ISPP, Chicago, IL 9/2005

Honors: Magna Cum Laude (GPA 3.84)

Additional Education

Extensive Coursework in Business Management, Organizational Development, IT Development, and Philosophy

Teaching Experience

Adjunct Professor of Psychology • Governors State University, University Park, IL

2014 to 2016

Instructed Undergraduate and Masters Level Coursework in General Psychology, History and Systems

Teaching Assistant • Illinois School of Professional Psychology, Chicago, IL

2007, 2011

Provided instructional support for Social Psychology and Difference and Advanced Client-Centered Therapy Courses

Clinical Presentations

Relational Frame theory, Language & Relationships, Governors State University

Integrative Psychotherapy and Buddhist Psychology, ISPP

DBT: Fundamental of Managing Emotional Chaos, Linden Oaks @ Edward

Comprehensive Methods to Theoretical Integration, Linden Oaks @ Edward

Anxiety Disorders: Overview and Treatment Strategies, Fischer Middle School

Professional Affiliations and Board Memberships

American Psychological Association (2004 to Present)

Member, Governing and Executive Boards, Shambhala (2013 to 2015)

Member, Conference Committee, IAMFT, Chicago, IL (2010 to 2014)

Volunteer Work / Community Service

- Meditation Retreat Coordinator, Shambhala, Chicago, IL
- Therapeutic Group Leader, Camp Success (Linden Oaks at Edward), Naperville, IL
- Guest Speaker, One Naperville Interfaith Event for 9-11 Anniversary, Naperville, IL
- Student Government, Vice-President of Communications, ISPP, Chicago, IL
- IPAGS Student Mentor, ACEPT Committee, Chicago, IL
- Reader Correspondent, Buddhadharma Magazine, Online
- Adolescent Mentor, Bank One Saturday Scholars, Chicago, IL

Additional Skills

Windows, macOS, MS Office/Office 365, GSuite (Use and Administration), Adobe Applications (Acrobat Pro, Photoshop, Illustrator, InDesign, Audition, Lightroom), EMR Applications (TheraNest, TherapyNotes), Project Management Software, Graphic Design, Business Branding, Website Development and Design