

# Dr. Gia Marson

California Licensed Psychologist, PSY18764

Malibu | Santa Monica

## Education

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Rutgers, The State University of New Jersey, New Brunswick, NJ. Counseling Psychology, Ed.D. 1999

Rutgers, The State University of New Jersey, New Brunswick, NJ. Counseling Psychology, M.Ed. 1995

Pepperdine University, Malibu, CA. Communications, B.A. 1984

## Professional Experience

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**Psychologist**, private practice: Santa Monica and Malibu, CA; 2002–current

Provide individual and family psychotherapy to adolescents and adults for a range of treatment issues, utilizing empirically based therapies including CBT, CBT-E, FBT, ACT, MI, the Unified Protocol, mindfulness, CPT, MBT, and psychodynamic interventions. Specialty area: treating adults and adolescents with eating disorders.

**Integrative Health Coach**, private practice: Santa Monica and Malibu, CA; 2019–current

Trained by Duke Integrative Medicine under the Duke Health System, support lasting behavior changes for a lifetime of health and well-being, targeting areas of physical, mental, and spiritual well-being. Successfully implement healthy, sustainable lifestyle behaviors that support both prevention and healing.

**Psychologist Consultant**, UCLA, David Geffen School of Medicine, Eating Disorders Treatment Program, Nourished 4 Life: Westwood and Santa Monica, CA; 2017–2020

Consulted on the launch of this program as well as on outpatient program development, infrastructure, treatments, training, and networking under the supervision of the medical director in the Division of Adolescent Medicine. As a member of the search committee, attended and contributed to weekly multidisciplinary treatment team meetings. Also led treatment team annual retreats at outpatient programs in the area.

**Psychologist Consultant and Health Coach**, [www.golantern.com](http://www.golantern.com), Anxiety and Eating Disorders Online Program, San Francisco, CA; 2013–2017

Advised developers of web-based guided self-help program for anxiety and eating disorders with Megan Jones, Ph.D., and Alejandro Fong. Provided online health coaching to participants.

**Program Director**, UCLA Counseling and Psychological Services (CAPS): Westwood, CA; 2006–2014

Treated students with eating disorders in collaborative care with registered dietitians and medical providers. Co-led a multidisciplinary eating disorders consultation team with Hope Levin, M.D. Trained staff/unlicensed trainees in other departments. Served as leader for all ED services at CAPS. Developed two 10-week CBT-based eating disorder treatment groups: one for new onset and another for students working toward longer-term recovery goals. Co-authored an eating disorders treatment manual with Dr. Levin and the Student Health Center's clinical care director/physician to coordinate treatment planning across student health care settings. Brought UCLA campus into NIMH study for online eating disorders prevention programming for students. Developed and led student workshops. Brought the Reflections Body Image Program, an empirically validated positive body image program to campus, and trained student trainers to provide UCLA students with peer-led, evidence-based positive body image program. Served as a certified trainer. Co-established the Eating Disorder Campus Wide Partnership program with the UCLA Ronald Reagan Hospital in-patient unit and the Semel Neuropsychiatric Institute to bring together departments treating eating disorders across academic, hospital, and athletic settings on campus.

**Staff Psychologist, UCLA Counseling and Psychological Services (CAPS): Westwood, CA; 2006–2014**

Provided emergent, urgent, and ongoing psychological treatment to undergraduate, graduate, law and medical students for a wide range of issues. Provided clinical supervision to predoctoral interns and postdoctoral fellows for the UCLA CAPS APA-accredited psychology training program. Member of search, intern selection, and training committees. Collaborated with psychiatrists. As a panelist, provided expertise and psychoeducation to student groups on various psychological issues.

**Athletic Care Committee Psychologist, UCLA Department of Athletics: Westwood, CA; 2008–2014**

Served on the multidisciplinary Athletic Care Committee and Health & Wellness Committee with athletic department leaders, physicians, and athletic trainers to coordinate mental and physical healthcare for student-athletes.

**Lecturer, UCLA Fielding School of Public Health: Westwood, CA; 2007–2014**

Co-taught with Eve Lahijani, R.D. "Cosmo Says You're Fat, I Ain't Down with That," a positive body image and intuitive eating seminar, each academic quarter.

**Psychologist Liaison, UCLA Department of Athletics: Westwood, CA; 2010–2014**

Provided psychological care and triage of psychological services for student-athletes. Collaborated with team physicians, athletic trainers, psychiatrists, and other healthcare providers to ensure timely and appropriate services for student-athletes. Collaborated with coaches as allowed based on confidentiality.

**Clinical Supervisor, UCLA Counseling and Psychological Services (CAPS): Westwood, CA; 2006–2014**

Provided primary individual and group supervision to psychology interns and postdoctoral fellows gaining yearlong clinical experience for licensure within our APA-accredited training program.

**Counselor, Chaminade College Preparatory High School: West Hills, CA; 2002–2007**

Provided counseling services to students and consultation to administrators, teachers, and parents. Wrote *What Every Parent Should Know* guidelines. Served as-needed on discipline council and student retreats.

**Counselor**, Monte Nido Treatment Center: Malibu, CA; 2002

Provided meal supervision, group psychotherapy, supervised outings, and milieu support to women recovering from eating disorders within a residential treatment setting.

## **Licensure, Certifications, Memberships, and Postgraduate Training**

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- California licensed psychologist, since 2002
- Certified Integrative Health Coach (trained by Duke Integrative Medicine), since 2019
- Certified QPR Suicide Prevention Trainer, since 2014
- Certified Advanced Practitioner in Mentalization-Based Treatment, with Peter Fonagy, Ph.D., and Anthony Bateman, 2014
- Trained in family-based therapy for eating disorders, with James Locke at Stanford University
- MBT advanced clinician training; supervision provided by Robin Kissell, M.D., April 2015–April 2016
- Acceptance and Commitment Therapy training, 2013
- Cognitive Processing Therapy training, 2012
- Motivational Interviewing for Substance Abuse training, 2011
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders training, 2010
- Mindfulness-Based Therapy training, 2008
- Co-clinical director and board member, Breaking the Chains Foundation, a NEDA Network member, nonprofit with the mission of using art to change the conversation about eating disorders, since 2016
- Member, Academy for Eating Disorders
- Member, National Eating Disorders Association
- Member, Los Angeles County Psychological Association

## **Presentations, Publications, and Media Spotlights**

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Marson, Gia, and Keenan-Miller, Danielle. 2020. *The Binge Eating Prevention Workbook: An Eight-Week Individualized Program to Overcome Compulsive Eating and Make Peace with Food*. Oakland, CA: New Harbinger Publications Inc.

Marson, Gia. June 15, 2020. “Make Peace with Food and Your Body.” Webinar featured on [www.psychalive.com](http://www.psychalive.com).

Marson, Gia. January 2020. “How Eating Disorders Affect Men.” Goop, <https://goop.com/wellness/health/eating-disorders-in-men/>.

- Marson, Gia, and Keenan-Miller, Danielle. 2019. "Binge Eating Disorder: An Update on Empirically Based Treatments and Keys to Effective Intervention." Presentation at Eating Disorders Conference for Professionals, Providence St. John's Hospital, Santa Monica, CA.
- Eisner, Hal, Marson, Gia, DuBosse, Nikki, Berkman, Marc, Peisner, David, Peisner, Jordan, and, Hao, Li. August 4, 2019. "The Dark Side of Social Media: Bullying, Deepfakes, and Eating Disorders." Television interview for Fox 11: *In Depth*.
- Eisner, Hal, Marson, Gia, DuBosse, Nikki, Berkman, Marc, Peisner, David, Peisner, Jordan, and Hao, Li. July 31, 2019. "The Dark Side of Social Media: Bullying, Deepfakes, and Eating Disorders." Fox 11: *What the Hal* podcast, <https://audioboom.com/posts/7330604-64-the-dangers-of-social-media>.
- Marson, Gia. 2010–2019. "Eating Disorders: Overview, Assessment, and Treatment." Annual presentation to the UCLA Department of Psychology, Clinical Ph.D. Program.
- Rosen, Elaine, Marson, Gia, Rugless, Kelli, and Liger, Rachel. April 2019. "FBT Mirroring in Outpatient Collaborative Level of Care." Presentation to the International Association of Eating Disorders Professionals Symposium (IAEDP) Los Angeles Chapter.
- Marson, Gia. March 2019. "How to Stop Binge Eating: 6 Keys to Freedom." Webinar featured on [www.PsychAlive.com](http://www.PsychAlive.com). [https://www.psychalive.org/pl\\_resources/how-to-stop-binge-eating-6-keys-to-freedom/](https://www.psychalive.org/pl_resources/how-to-stop-binge-eating-6-keys-to-freedom/).
- Marson, Gia, and Manne, Jeremy. February 2019. "What Teens Do to Themselves: Internal and External Manifestations of Being a Teenager." Workshop and discussion presented at Deepening Relationships with Your Teens: A Parent-Teen Mental Health & Wellness Summit with Wendy Mogel, Ph.D., Los Angeles, CA.
- Marson, Gia. December 13, 2018. "The Connection Between Trauma and Eating Disorders." Goop, <https://goop.com/wellness/health/the-connection-between-trauma-and-eating-disorders/>.
- Marson, Gia. May 31, 2018. "Eating Disorder Myths—and How to Help a Loved One." Goop, <https://goop.com/wellness/health/eating-disorder-myths-and-how-to-help-a-loved-one/>.
- Marson, Gia, Pattiz, Debby, and Pattiz, Dani. March 2018. "Talk Loudly and Talk a Lot: Story Sharing from a Parent, a Teen, and a Psychologist—How to Get Through Tough Times." Workshop presented at The Yes Brain: How to Cultivate Courage, Curiosity, and Resiliency within Your Child: Teen-Parent Mental Health & Wellness Summit with Dan Siegel, M.D., Los Angeles, CA.
- Marson, Gia. August 2017. "How to Understand and Work with the Developing Teen Brain." Workshop presented at Congregation Or Ami, Calabasas, CA.
- Marson, Gia. August 2017. "QPR: Suicide Prevention Training." Presentation to rabbis, rabbinic interns, and permanent staff for Congregation Or Ami, Calabasas, CA.
- Marson, Gia. January 2017. "What Steve Jobs Can Teach You About Recovery." Recovery Warriors, <https://www.recoverywarriors.com/steve-jobs-teach-recovery/>.
- Marson, Gia. September 20, 2016. "Redefining Recovery as the Glory of Winning." Recovery Warriors, <https://www.recoverywarriors.com/redefining-recovery-glory-winning-clinical-perspective/>.
- Marson, Gia, and Keenan-Miller, Danielle. October 2016. "Binge Eating: Current Science and Practice." Los Angeles County Psychological Association Convention, Los Angeles.

- Keenan-Miller, Danielle, and Marson, Gia. 2016. "Binge Eating: Bridging Science and Practice." *The California Psychologist* 30(3): 14–15.
- Marson, Gia. July 27, 2016. "What Happens When You Leave the Isolation of Anorexia Nervosa Behind: A Clinical Perspective." Recovery Warriors, <https://www.recoverywarriors.com/leaving-the-isolation-of-anorexia-nervosa-behind-a-clinical-perspective/>.
- Marson, Gia. April 2016. "Treating Eating Disorders on College Campuses." Presentation to professionals attending the Providence St. John's Health Center Eating Disorders Seminar, Santa Monica, CA.
- Marson, Gia. 2013. "Dealing with Eating Disorders." Written and hosted for the University of California, Public Service Announcement on eating disorders, <https://www.youtube.com/watch?v=pKpibQxZe4M>.
- Marson, Gia. 2013, 2011, 2009. "LA Popular Culture Hinders Eating Disorder Recovery," "Weighing in on an Important Issue," "Psychological Impact of College Can Influence Eating Disorders." Interviews published in the *UCLA Daily Bruin*.
- Maria, Menounos. 2011. *The EveryGirls Guide to Life*. With Gia Marson as contributor. New York: Harper-Collins Publishers.
- Marson, Gia. 2006. Interviewed by Maria Menounos about the dangers of pro-eating disorders websites, NBC, <https://www.youtube.com/watch?v=62-Qu95jB1I>.
- Pistole, M. Carole, and Marson, Gia. 2005. "Commentary on the Family's Vitality: Diverse Structures with TV Illustrations." *The Family Journal* 13(1), <https://doi.org/10.1177/1066480704269176>.

## Pre-licensure Clinical Experience

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### **The Renfrew Center:** Allendale, NJ; 1999–2001

Postdoctoral fellow: Psychologist under supervision, served as interim director and staff counselor in the Intensive Outpatient Program, provided assessments and individual and group therapy for eating disorders and other treatment issues.

### **The Koch Center:** Waldwick, NJ; 1999–2001

Postdoctoral fellow: Psychologist under supervision, provided individual, family, and group therapy.

### **Douglas College Office of Psychological Services:** New Brunswick, NJ; 1997–1999

Predoctoral intern: Worked within a multidisciplinary team, provided short- and long-term psychotherapy for students, conducted emergency evaluations, served on the Eating Disorders Task Force, provided student workshops.

### **Cook College Counseling Center:** New Brunswick, NJ; 1996–1997

Predoctoral extern: Worked within a multidisciplinary team, provided short- and long-term psychotherapy for all students, conducted emergency evaluations.

**Rutgers, The State University of New Jersey:** New Brunswick, NJ; 1995–1996

Predoctoral practicum: All sessions observed, conducted psychotherapy to students and low-income community members.

## **Additional Workshops Presented**

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- Train the Trainers in QPR Suicide Prevention, UCLA
- Overview of Common Psychological Issues, for UCLA Nursing Program
- Counseling and Psychological Services Overview, UCLA Parents Orientation
- Treating Eating Disorders, UCLA Nursing Program
- CBT for Weight Management, UCLA Student Health Center
- How Parents Can Help Their Children Transition Well to College, UCLA Parents Orientation
- Athletes and Risks of Eating Disorders, UCLA Athletic Department
- Bullying Prevention, Chaminade High School Coaches
- College Bound, Chaminade High School
- Psychological and Medical Treatment for Eating Disorders, UCLA Student Health Center
- Adolescents and Sexuality, UCLA
- The Party Culture, Chaminade High School
- Fat Talk Free, UCLA
- Stop Body Bashing, UCLA
- Media Myths, UCLA
- Make Peace with Food, UCLA
- Understanding Eating Disorders and How to Help Your Friends, UCLA sororities
- Acquaintance Rape Prevention, Rutgers University
- Assertiveness Training, Rutgers University

## **Additional Teaching Experiences**

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Rutgers, The State University of New Jersey: Teaching Assistant; Family Psychology 1 & II; 1994–1996

Chaminade College Preparatory High School: Peer Facilitating; 2002–2003

Notre Dame High School: Journalism and Psychology; 1987–1989

## **Other Professional Experience**

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CNN: Los Angeles, CA, Assignment desk editor, field producer, liaison for *Larry King Show*; 1984–1987