

Dr. Gia Marson

California Licensed Psychologist

PSY18764

Santa Monica | Malibu

310-526-3123

Education

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

Private Practice, Santa Monica and Malibu CA; 2002-current

Psychologist: 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 and MBT. Specialty area- treating adults and adolescents with eating disorders.

UCLA, David Geffen School of Medicine, Eating Disorders Treatment Program, Nourished 4 Life: Westwood and Santa Monica, CA; 2017-Jan 2020

Psychologist Consultant: Under the supervision of the medical director in the Division of Adolescent Medicine. Consult on launch of this program as well as outpatient program development, infrastructure, treatments, training and networking. Member of search committee. Attend & contribute to weekly multi-disciplinary treatment team meetings. Lead treatment team annual retreats. Outpatient programs located in Santa Monica & Westwood, CA. Medical stabilization located at the UCLA Santa Monica Hospital.

Integrative Health Coach, trained by Duke University Integrative Medicine 2019- current

Trained under the Duke Health System as an Integrative Health Coach to support lasting behavior changes for a lifetime of health and well-being. Include target areas of physical,

mental, spiritual well-being and the medical care approaches utilized for their health. Trained to to successfully implement healthy, sustainable lifestyle behaviors that support both prevention and healing.

UCLA Counseling and Psychological Services [CAPS]: Westwood CA: March 2006-January 2014

- Program Director: Established and served as Director of the Eating Disorders Program. 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 and 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 Hope Levin, M.D. & 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, trained student trainers to provide UCLA students with peer-led evidenced based. positive body image program. Served as the on campus Program Director and 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: Provided emergent, urgent and ongoing psychological treatment to undergraduate, graduate, law and medical students for a wide range of issues. Provided clinical supervision to pre-doctoral interns and post-doctoral fellows for the UCLA CAPS APA Accredited psychology training program. Member of search, intern selection and training committees. Collaborated with psychiatrists. Provided expertise & psycho-education to student groups on various psychological issues-as panelist.
- UCLA Department of Athletics: Athletic Care Committee Psychologist 2008-2014
Served on the multi-disciplinary Athletic Care Committee and Health & Wellness Committee with athletic department leaders, physicians and athletic trainers to coordinate mental & physical

health care for student-athletes.

- UCLA Fielding School of Public Health; Lecturer

Co-taught *Cosmo Says You're Fat, I Ain't Down with That*. Co-lecturer, Eve Lahijani,

R.D. Taught this 1 credit, positive body image and intuitive eating seminar each academic quarter.

- UCLA Department of Athletics: Psychologist Liaison

Provided psychological care and triage of psychological services for student athletes.

Collaborated with team physicians, athletic trainers, psychiatrists and other health care providers to ensure timely and appropriate services for student athletes. Collaborated with coaches as allowed based on confidentiality.

- UCLA Clinical Supervisor for APA Accredited Psychology Interns and Postdoctoral Fellows

Served as clinical supervisor. Provided primary individual and group supervision to psychologists gaining year-long clinical experience for licensure within our APA accredited training program.

Www.lantern.com, San Francisco, CA 2013-2015

Advisor to Developers & Online Coach: Web-based guided self help program for anxiety with Megan Jones, Ph.D and Alejandro Fong.

Chaminade College Preparatory High School: West Hills CA; 2002-2007

Counselor: Within the Department of Guidance, provided counseling services to students; consultation to administrators, teachers and parents. Wrote *What Every Parent Should Know* guidelines. Served as needed on discipline council and student retreats.

Monte Nido Treatment Center: Malibu CA 2002

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

Licensure, Memberships, Certifications and Post-Graduate Training

- California Licensed Psychologist since 2002
- Integrative Health Coach since 2019 (trained by Duke Univ. Health System, Integrative Medicine)
- Co-Clinical Director, Board of Directors: Breaking the Chains Foundation- a non-profit organization with the mission of using art to change the conversation about eating disorders, since 2016
- Trained in Family Based Therapy for Eating Disorders with James Locke at Stanford University.

- Certified QPR Suicide Prevention Trainer, since 2014; 3 year certification renewed May 2017
- Certified Advanced Practitioner in Mentalization Based Treatment with Peter Fonagy, Ph.D. and Anthony Bateman 2014
- MBT: One-year licensed advanced clinician group supervision under Robin Kissell, M.D. from April 2015- April 2016
- Acceptance and Commitment Therapy 2013
- Cognitive Processing Therapy 2012
- Motivational Interviewing for Substance Abuse 2011
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders 2010
- Mindfulness Based Therapy 2008
- Member, Academy for Eating Disorders
- Member, National Eating Disorders Association
- Member, Los Angeles County Psychological Association

Presentations, Publications, Media

- Marson, Gia and Keenan-Miller, Danielle. 2019. Presented a Continuing Education: Binge Eating Disorder: An update on empirically based treatments and keys to effective intervention. Providence St. John's Hospital, Eating Disorders Conference for Professionals, Santa Monica, CA.
- Eisner, Hall, 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 Deoth.
- Eisner, Hal, Marson, Gia, DuBosse, Nikki, Berkman, Marc, Peisner, David, Peisner, Jordan and , Hao Li July 31, 2019. Podcast *The Dark Side of Social Media: Bullying, Deepfakes and Eating Disorders*. Fox 11 Podcast "What the Hal." audioboom.com/posts/7330604-...
- Marson, Gia. May 2019. *Eating Disorders: Overview, Assessment and Treatment*. Presented to the UCLA Department of Psychology, Clinical Ph.D. Program. Annual presentation 2010-2019.
- Rosen, Elaine, Marson, Gia, Rugless, Kelli and Liger, Rachel. April 2019. *FBT Mirroring in Outpatient Collaborative Level of Care*. Presented 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 presented by www.PsychAlive.com.
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 -with discussion. Workshop presented at *Deepening Relationships with Your Teens: A Parent-Teen Mental Health & Wellness Summit with Wendy Mogel, Ph.D.*, Los Angeles, CA.

Marson, Gia. Online, published December 13, 2018. *The Connection between Trauma and Eating Disorders.* *Www.goop.com.*

https://goop.com/wellness/health/the-connection-between-trauma-and-eating-disorders/

Marson, Gia. Online, published May 31, 2018. *Eating Disorder Myths-and How to Help a Loved One.* *Www.goop.com.*

https://goop.com/wellness/health/eating-disorder-myths-and-how-to-help-a-loved-one/

Marson, Gia, August 2017. Presented: *QPR: Suicide Prevention Training* to Rabbis, Rabbinic Interns, and permanent staff for *Congregation Or Ami* in Calabasas, CA.

Marson, Gia, Pattiz, Debby and Pattiz, Dani. March 2018. Presented workshop: *Talk Loudly and Talk a Lot: Story Sharing from a Parent, a Teen and a Psychologist-How to Get Through Tough Times 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. Presented: workshop *How to Understand and Work With the Developing Teen Brain* based on "Brainstorm" to Rabbis, Rabbinic Interns, and permanent staff at *Congregation Or Ami*, Calabasas, CA.

Marson, Gia and Keenan-Miller, Danielle. October 15, 2016. Presented: *Binge Eating: Bridging Science and Practice* at *Los Angeles County Psychological Association's 28th Annual Convention*, Los Angeles, CA.

Keenan-Miller, Danielle and Marson, Gia. Fall 2016 Issue. *Binge Eating: Bridging Science and Practice.* *The Los Angeles Psychologist.*

Marson, Gia. April 2016. Presented: *Treating Eating Disorders on College Campuses* to professionals attending the *Providence St. John's Health Center Eating Disorders Seminar*. Santa Monica, CA.

Marson, Gia. Published online September 20, 2016. *Redefining Recovery as the Glory of Winning.* *Www.recoverywarriors.com.*

https://www.recoverywarriors.com/redefining-recovery-glory-winning-clinical-perspective/

Marson, Gia. Published online July 27, 2016. *What Happens When You Leave the Isolation of Anorexia*

Nervosa Behind: A Clinical Perspective. [Wwww.recoverywarriors.com](http://www.recoverywarriors.com).

<https://www.recoverywarriors.com/leaving-the-isolation-of-anorexia-nervosa-behind-a-clinical-perspective/>

Marson, Gia. 2013. Co-wrote and hosted video presentation: *Dealing with Eating Disorders* for the [University of California, Public Service Announcement](#) on eating disorders.

<https://www.youtube.com/watch?v=pKpibQxZe4M>

Maria, Menounos. 2011. [The EveryGirls Guide to Life](#). With Gia Marson as contributor. Harper-Collins Publishers, New York, NY.

Marson, Gia. 2013, 2011, 2009. Interviewed for articles: *LA Popular culture hinders eating disorder recovery.*; *Weighing in on an important issues*; *Psychological impact of college can influence eating disorders*. Published in the [UCLA Daily Bruin](#).

Marson, Gia. 2006 Interviewed by Maria Menounos about the dangers of pro-eating disorders websites. [NBC](#). <https://www.youtube.com/watch?v=62-Qu95jB1I>

M. Carole Pistole, PhD and Gia Marson, Ed.D. 2005. Commentary on the Family's Vitality: Diverse Structures with TV Illustrations: [The Family Journal](#), V13(1), January 2005.

<https://doi.org/10.1177/1066480704269176>

Pre-licensure Clinical Experience

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, 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, group therapy.

Douglas College Office of Psychological Services: New Brunswick, NJ 1997-1999

Pre-doctoral 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

Pre-doctoral 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

Pre-doctoral Practicum: All sessions observed, conducted psychotherapy to students and low income community members.

Additional Workshops Presented

Suicide Prevention (QPR) Training Campus Trainers, Psychological Issues for Sororities, UCLA Parent Orientation, Adolescents and Sexuality, Bullying Prevention for High School Coaches, Acquaintance Rape Prevention in College , Assertiveness Training, Understanding the Party Culture, College Bound for Parents, Fat Talk Free, CBT for Weight Management, Athletes and Eating Disorders for UCLA Coaches and Athletic Department Administrators, Stop Body Bashing, Media Myths, Make Peace with Food.

Additional Teaching Experiences

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

CNN: Los Angeles, CA, Assignment desk editor, field producer, liaison for Larry King show. 1984-1987