

Allyson Fellows, Psy.D.

CLINICAL PSYCHOLOGIST

CURRICULUM VITA

EDUCATION

08/2018 – 05/2022: Psy.D. Clinical Psychology. Alliant International University, Sacramento, CA, American Psychological Association, accredited clinical psychology program

08/2013 – 05/2017: B.S., Psychology. San Jose State University, San Jose, CA.

POSTDOCTORAL TRAINING

2022 – 2024: Postdoctoral Fellow. Alchemy Therapy and Yoga, PLLC. Dallas, TX.

Description: Conducted individual therapy sessions with clients to address a wide range of mental health concerns. Developed personalized treatment plans based on client needs and goals, utilizing evidence-based therapeutic techniques. Assessed risk factors for violence, self-harm, and suicide through a thorough evaluation of patient history and presenting symptoms. Demonstrated cultural sensitivity when working with diverse populations, respecting individual differences in values, beliefs, and backgrounds.

CLINICAL PRACTICE AND INTERNSHIP EXPERIENCE

2021– 2022: Doctoral Internship. Kern Behavioral Health and Recovery Services, Bakersfield, CA.

Description: Administered and interpreted psychological assessments to evaluate cognitive abilities, personality traits, and emotional functioning. Collaborated with interdisciplinary teams to provide comprehensive patient care in psychiatric hospitals and outpatient clinics. Participated in case conferences and team meetings to discuss treatment plans, progress updates, and client discharge planning.

2020- 2021: Sierra Vista Hospital Practicum Placement. Sacramento, CA

Description: Worked primarily with adolescents, conducting comprehensive assessments to identify client needs, strengths, and treatment goals. Facilitated group therapy sessions focused on topics such as stress management, coping skills, and interpersonal relationships. Collaborated with a multidisciplinary team of healthcare professionals to coordinate care and ensure holistic treatment approaches.

2019– 2020: Sharper Future Practicum Placement. Sacramento, CA

Description: Provided short-term and long-term therapeutic services to a post-incarcerated outpatient population. Responsible for administering various psychological assessments and

utilizing data to inform treatment goals. Engaged in administering therapeutic assessments, collecting data, group consultations, report writing, and treatment planning.

CLINICAL WORK EXPERIENCE

2024 - 2025: Outpatient Clinical Psychologist. Psychotherapy with Allyson Fellows, LLC. Port Charlotte, FL.

Description: Engaged in case formulation by integrating assessment results with clinical observations to thoroughly understand each client's unique presentation. Assisted clients in adapting to vocational, social, and educational changes through individual and group psychotherapy. Utilized evidence-based therapies, including cognitive-behavioral therapy (CBT), relational-cultural therapy, psychodynamic therapy, and attachment-based approaches.

2024 – 2025: Outpatient Clinical Assessor. Olympus Health, FL.

Description: Conducted standardized psychiatric assessments for disability and social security services.

LANGUAGES SPOKEN

English