

# Kim Hollingdale MA

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## **LICENSE, CREDENTIAL, & REGISTRATION**

California Licensed Marriage & Family Therapist MFT88227  
NPI 1144789397

## **EDUCATION**

**PsyD Clinical Psychology (anticipated)** 2020  
**California Southern University** Costa Mesa California  
*Emphasis in Mind-Body Research and Sports Psychology*

**MA Clinical Psychology** 2012  
**Pepperdine University** Malibu California  
*Emphasis in Marriage & Family Therapy*

**BA Hons English Literature & Media Studies** 2002  
**University of Sussex** Sussex England

## **PROFESSIONAL TRAINING**

**Restorative Yoga Teacher Training** Nov 2015  
**TheraYoga** Los Angeles California

**Somatic Experiencing** May 2016  
**Somatic Experiencing Trauma Institute** Tucson Arizona

**Eye Movement Desensitization and Reprocessing (EMDR) I & II** 2017  
**EMDR International Association** Los Angeles California

**200 Hour Hatha Yoga Teacher Training** 2017-2018  
**Santa Monica Yoga** Santa Monica California

**Trauma Informed Yoga – Integrating Embodied Practices** Mar 2018  
**Kyra Haglund LCSW** Santa Monica California

**Certified Personal Trainer** 2008-2009  
**National Association of Sports Medicine** United States

## **PROFESSIONAL EXPERIENCE**

**Angeles Psychology Group, A Professional Psychology Corporation** 2019-Present  
**Licensed Marriage & Family Therapist MFT88227** Los Angeles California

- *Provide long-term individual psychotherapy with a focus on high-performing executives, academics and athletes*
- *Approaches include mind-body trauma resolution and overcoming unhealthy coping skills*

**Rosewood Centers for Eating Disorders** 2015-Present  
**Movement and Somatic Therapist** Santa Monica California

- *Design and implement movement and body awareness programs for clients at varying stages of recovery from disordered eating and co-occurring mental health diagnosis*
- *Program aims to facilitate client development of interoceptive skills to aid emotional regulation, healthy self-care, and body positive experiences*

**Loyola Marymount University** 2018-2019  
**Staff Psychotherapist** Los Angeles California

- Assessed needs and provided short-term, solution-oriented psychotherapy services for undergraduate and graduate student population dealing with a variety of mental health and life transition generated stressors

**Movemental, Private Practice** 2015-2019  
**Licensed Marriage & Family Therapist MFT88227 and Founder** Marina del Rey California

- Provided combination of somatic, therapeutic movement and traditional psychotherapy approaches to heal symptoms of trauma, anxiety, depression and disordered eating

**Life Adjustment Team** 2016-2017  
**Therapeutic Yoga Teacher** Culver City California

- Provided trauma-informed therapeutic yoga for clients predominately dually diagnosed with major thought disorders and self-medicating substance use and abuse behavior

**Psychological Care & Healing Treatment Center** 2014-2016  
**Therapeutic Exercise and Movement Coach** Los Angeles California

- Provided daily bespoke workouts for residential clients in coordination with lead psychiatrist in support of specific client mental health goals

**Airport Marina Counseling Services** 2013-2015  
**Marriage & Family Therapist Associate** Los Angeles California

- Provided low-cost counseling services for adults, adolescents, couples, and families

**Head First Fitness & Wellness** 2012-2015  
**Owner and Personal Trainer** Los Angeles California

- Provided concierge personal training services for busy executives focused on mental and physical health

**Ruder Finn** 2011-2013  
**Senior Account Supervisor, Technology** Los Angeles California

- Developed and managed publicity campaigns from messaging to event management for FTSE500 technology companies
- Supported brand marketing efforts through design and delivery of market research campaigns and the leveraging of resultant data for strategic publicity purposes
- Client brands included Microsoft, IBM, Logitech, and Google

**Various Public Relations Agencies** 2002-2010  
**Public Relations Manager and Director** United Kingdom and Asia-Pac

### **TEACHING & PRESENTATIONS**

Hollingdale, K. (Speaker). (April 2019). *The mind-body connection in treating trauma*. Los Angeles, CA: University of Southern California.

Hollingdale, K. (Speaker). (March 2019). *Applying somatic therapy skills in session*. Los Angeles, CA: Loyola Marymount University.

Hollingdale, K. (Speaker). (January-March 2019). *Yoga for mental health*. Los Angeles, CA: Loyola Marymount University.

Hollingdale, K. (Speaker). (2017-2018). *Wellness at work 360 workshop series*. Los Angeles, CA: Murphy O'Brien.

Hollingdale, K. (Speaker). (March 2017). *It's PR not ER – managing stress and maintaining wellness in the public relations industry*. Los Angeles, CA: Finn Partners.

Hollingdale, K. (Speaker). (February-December 2017). *Yoga for anxiety*. Los Angeles, CA: Yoga Vista.

Hollingdale, K. (Speaker). (February-December 2017). *Yoga for depression*. Los Angeles, CA: Yoga Vista.

Hollingdale, K. (Speaker). (June 2014). *Exercise interventions for mental health goals – what personal trainers need to know*. Los Angeles, CA: IDEA World Convention.