

1007 NORTH KELLOGG AVE • SANTA BARBARA, CALIFORNIA 93111
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IAN D. KAMINSKY

EDUCATION

Doctor of Philosophy in Clinical Psychology

Emphasis in Depth Psychology

Pacifica Graduate Institute- Carpenteria, California

Master of Arts in Counseling Psychology

Pacifica Graduate Institute- Carpenteria, California

Bachelor of Arts in Psychology

University of California, Santa Barbara- Santa Barbara, California

PROFESSIONAL EXPERIENCE

Present

Licensed Psychotherapist

Maintains private practice in private office. Working with children, adolescents, and adults; individuals, couples, and families. Specialization in the treatment of chemical dependency, obsessive compulsive disorder, mood disorder, post-traumatic stress disorder, anxiety disorder, family/couples issues, parenting, men's issues, and abuse issues.

Present

Adjunct Faculty- Pacifica Graduate Institute, Carpenteria

Course title: Group Therapy and Substance Abuse and Treatment

2001-2011

Director, Alcohol and Drug Program

University of California, Santa Barbara- Santa Barbara, California

Responsible for the overall direction and management of campus-wide Alcohol and Drug Prevention Program. Instructor and lead researcher for Alcohol and Drug education classes and services. Directs campus Alcohol and Drug early intervention program including the supervision of professional counselors. Sets campus policy for variety of substance abuse issues. Works in conjunction with multiple campus departments to provide leadership, interventions and treatment for UCSB. Acts as campus expert in all matters relating to the surrounding community and for presentations at state and national levels. Created key collaboration with the Santa Barbara District Attorney's office and Santa Barbara Superior Court to defer college students to be treated at UCSB. Created key collaboration with Santa Barbara Cottage Hospital to allow a UCSB Alcohol and Drug counselor to work in the emergency room on weekend nights. Created new mandated intervention for college students who violate substance abuse policy; College Alcohol and Substance Education (CASE).

- 2001-2011** **Lecturer, University of California, Santa Barbara**
Department of Education/Clinical/School Psychology Program
Course title: Substance Abuse, Detection, and Treatment
- 2005-2008** **Adjunct Faculty- Antioch University, Santa Barbara**
Courses titles: Substance Abuse Treatment; Clinical Skills; Theories of Psychotherapy
- 2000-2011** **Licensed Psychotherapist**
Maintains private practice. One of four licensed alcohol and drug counselors working in a hospital trauma unit. Specialization in the treatment of chemical dependency and compulsive behaviors. Additional diagnoses include: major depressive disorder, post-traumatic stress disorder, and anxiety disorders.
- 1996-2001** **Supervisor, Substance Abuse Treatment Court
Cottage Hospital- Santa Barbara, California**
Supervise and direct work of case managers and support counselors; facilitate interagency collaboration; organize and implement treatment milieu for over 70 court mandated clients and their families; develop individual treatment plans for up to 30 clients, including: case management, individual and family therapy, and other support services as needed. Facilitate five process and psycho-educational groups per week. Provide clients and their families with community based resources and referrals.
- 2000-2002** **Licensed Psychotherapist, Employee Assistance Program
Cottage Hospital- Santa Barbara, California**
Provide individual, couples, and family therapy. Clinical assessment, diagnostic interviewing, and treatment plan development in accordance with managed care behavioral health systems. Consult with referring physicians and agencies.
- 1994-1996** **Residential Supervisor
Devereux Foundation- Santa Barbara, California**
Directly responsible for an Assistant Supervisor and up to 30 residential staff in two group homes. Developed and implemented innovative treatment plans for clients in assigned settings. Prepared and presented clinical case information to treatment team. Co-facilitated group counseling sessions. Worked with individual children and parents using a variety of play therapy, family systems, and behavioral management techniques. Responsible for overall direction, coordination, and evaluation of residential units.

- 1994-1995 Counselor**
Los Prietos Boys Camp- Santa Barbara, California
 Facilitated group counseling session with 12-16 juvenile delinquent adolescent boys. Lessons included self-esteem awareness, positive self-concept building, and social responsibility. Maintained group cohesiveness and initiated interpersonal learning using group counseling skills.
- 1994-1995 Independent Behavioral Therapist**
Behavioral Therapy & Family Counseling Clinic- Santa Barbara
 Worked with families and their children addressing severe behavioral problems. Created and implemented individualized treatment plans to address behaviors. Used behavior modification techniques and creative programming to modify behaviors.
- 1993-1994 Counselor**
St. Vincent's Residential Treatment Facility- Santa Barbara, California
 Worked as a group and individual counselor for severely developmentally disabled youth. Incorporated independent living skills, self-awareness, tolerance training, and communication skills.
- 1989-1994 Residential Counselor**
Devereux Foundation- Santa Barbara, California
 Planned and implemented recreational, social, and educational activities for 24 adolescent females with developmental and learning disabilities. Taught independent living skills. Managed personal legal records for up to four clients. Co-facilitated group counseling sessions. Designed structured behavioral contracts for several clients.

TEACHING EXPERIENCE

- 2000-2002 Instructor**
Ventura County Community College- Ventura, California
 Create comprehensive curriculum, reading assignments, examinations, homework, and lectures for the three Psychology 1 courses. Responsible for college administrative duties, including grading, attendance, and performance reviews. Utilized diverse learning approaches to promote interest in diversified student population.
- 1998-2001 Lecturer for Cottage Health System Mental Health Services**
Cottage Hospital- Santa Barbara, California
 Topics include: the benefits of meditation in recovery.
- 2000 Guest Lecturer in Chemical Dependency Course**

Pacifica Graduate Institute- Carpinteria, California

Topics include: Depth Psychological interventions for drug and alcohol treatment, dream analysis with addicts from a Depth Psychological perspective, and the use of mythological Archetypal Psychology in addiction treatment.

1999

Guest Lecturer in Group Psychotherapy Course

University of California Extensions- Santa Barbara, California

Topics include: group counseling techniques and drug and alcohol counseling theory for court mandated clients.

PROFESSIONAL PRESENTATIONS

Working with Mandated Adolescents for Alcohol and Drug Treatment

2005 U.S. Department of Education Alcohol and Drug Violence Prevention National Meeting.

Driving What Works: Evidence Based Strategies in Prevention
Indianapolis, Indiana

Highlights of UCSB's Comprehensive Alcohol and Drug Program Initiatives

2005 California Office of Traffic Safety Summit

Changing People, Saving Lives
San Diego, California

Alcohol and the Millennial Student

2005 University of California Campus Life Retreat

A UC Focus On: Strategies for Serving the Millennial Generation
Newport Beach, California

Using Motivational Interviewing to Speak to Your Students

2005 Local Preparatory School Tour

Parents are Pupils too Series
Santa Barbara, California

Highlights of UCSB's Comprehensive Alcohol and Drug Program Initiatives

2003 National Meeting on Alcohol and Other Drug Abuse and Violence Prevention in Higher Education

Deep in the Heart of Prevention: Collaboration for Accountability and Effectiveness
Austin, Texas

Binge Drinking on College Campuses: A community Response

2003 Santa Barbara Cottage Hospital

Psychiatric Grand Rounds
Santa Barbara, CA

Motivational Interviewing

2002 National Association of Drug Court Professionals
Annual Conference
New Orleans, Louisiana

Speaker at the Autism Society of America Conference, 1995.

Speaker at the National Tourettes Syndrome Conference, 1994.

RESEARCH & GRANTS

**Program Director for the Regents of the University of California,
College DUI Project, Department of California Highway Patrol.**

**Principle investigator for UC Santa Barbara, California State
Incentive Grant (SIG) project for the reduction of the binge-drinking
related problems among youth and young adults, 2004-2007.**

**Principle investigator for UC Santa Barbara, California Safer Schools
Survey, 2003-2007.**

**Program Director for UC Santa Barbara, Tobacco Prevention
Grant 2001-present.**

PUBLICATIONS

***The landscape of addiction: A phenomenological study of the
experience of addiction.***

Kaminsky, I. Pacifica Graduate Institute, 2004.

***CASE: college alcohol skills education program at the University
of California, Santa Barbara.***

Kaminsky, I., Cosden, M., & Walker, S, 2006.

College alcohol treatment for serious and moderate drinkers.

Cosden, M., Walker, S., Patz, S. Kaminsky, I. & Benki, C., 2007

***Response to the treatment for college students with family and personal
risk for alcohol abuse.***

Cosden, M., Walker, S., Patz, S., Kaminsky, I., & Benki, C. (under
review)

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS & LICENSES

Marriage, Family, and Child Therapist- CA License #36842

California Association of Marriage and Family Therapists

**Appointed to the County of Santa Barbara Advisory Board for
Alcohol and Drug Problems**

**Board of Directors for Santa Barbara Chapter, California Association
of Marriage and Family Therapists. 2005-2007**

**Past Board Member of the Fighting Back Educational Task Force,
Santa Barbara, California**