

RICHARD J. PALMER, PH.D.
Clinical Psychologist

VITA

Name: Richard J. Palmer, Ph.D., QME

Education:

Indiana University (9/1967-7/1972) - Ph.D. in Clinical Psychology with minors in Special Education, Developmental Psychology, and Personality

S.U.N.Y. at Buffalo (9/1963-6/1967) - B.A. magna cum laude with Honors in Psychology, Psychology Major

Professional Experience:

San Quentin State Prison (8/2007 to present) – Individual psychotherapy; assessment & evaluation; consultation; supervision. Worked with the entire population of inmates ranging from condemned to those reincarcerated on parole violations – Former co-coordinator of Mental Health Services for the Condemned. Working in Administrative Segregation for the last 4 years.

Norelahi Medical Clinic (NMCI) in Sacramento and Stockton, CA – Part time since 7/2013. Individual psychotherapy, assessment/evaluation, consultation, & treatment planning.

MDSI - Psychiatric/Psychological SSI Disability Evaluations (2008 to 2013) - part-time, throughout northern and central California. I also did approximately 4 SSI evaluations per week from 1982 through 2007 in my private practice in the Seattle area.

San Rafael City Schools (1/2008 to 7/2008) - worked part-time (1 day/wk) filling in a vacant School Psychologist position. Assessment, testing and IEPs. Consultation with school staff.

Private Practice in Psychology (2/1983 to 8/2007 and from 6/1975 to 10/1978): Individual, couples, adolescent, & family psychotherapy. Extensive work with the Boeing and Microsoft EAP programs including treatment, assessment and evaluations for threat of violence. Psychological evaluations for SSI, medical screening, Juvenile Court, DVR, schools, and various other agencies and individuals. Consultation with drug/alcohol treatment programs. Supervisor and participant in state gambling treatment program in 2002. Supervision of other mental health professionals. Educational assessments.

Washington State Advisory Board on Problem Gambling (1/2005 to 8/2007) - member of state advisory board to oversee implementation of state treatment program for problem gambling.

Washington State Council on Problem Gambling (6/1992 to 8/2007) - one of the original board members starting the council and Advisory Board member; helped design and participate in a state program for treatment of problem gambling in 6/2002-5/2003; chairman of Certification Committee that implemented problem gambling treatment credential in Washington

Parenting Insights (4/1993 to 5/1998) – co-publisher, partner, and business manager of magazine turned into a web site founded with my wife. Parenting Insights is focused on improving parenting and education for children in the 7 to 14 age group. Articles are concise, practical, and easy to read. Distributed nationally. Winner of a Parents' Choice Award and The National Parenting Center Seal of Approval.

Highline Youth Service Bureau drug/alcohol program (9/1984-3/1986) - Individual and family psychotherapy. Assessments and evaluations. Groups for parents of chemically dependent adolescents. Consultation with drug/alcohol counselors.

CareUnit Hospital (1/1982-6/1984). Inpatient drug/alcohol treatment program. Individual and family therapy. Assessment and evaluation. Treatment planning. Consultation with other professionals. Crisis intervention. Various groups, including adult and adolescent treatment groups, and multiple family groups. Lectures. Interventions.

Seattle Schools Special Education Dept. (9/1973-6/1975). Worked with students in classes for the emotionally disturbed at both the elementary and secondary levels. Teacher consultation/supervision/management. Assessment. Intervention and training with parents.

Green River Community College Counseling Center (9/1973-6/1975). - Individual, marital, and group psychotherapy. Some vocational counseling. Group leader for a number of interpersonal relations courses and couples relationship courses.

University of Washington Hospital, Department of Psychiatry (9/1970-8/1971). Psychology Internship with rotations on Adult Psychiatry and on Child Psychiatry. Individual, group, marital, family and child psychotherapy. Assessment and evaluation. Consultation.

Harborview Hospital Emergency Room (Jan to Aug, 1971). Part-time ER mental health worker at the central hospital for King County (Seattle). Consultation, crisis intervention (both in-person and telephone), short-term psychotherapy, referral work, and group psychotherapy.

Indiana University Psychology Department (9/1967-7/1972). Individual, group, marital, family & child psychotherapy. Implemented and operated a walk-in clinic. Testing and evaluation. Consultation. Research assistant throughout graduate school which involved designing and conducting research, data analysis, write-ups of studies, and supervision of undergraduate students. Several authorships and coauthorships in professional publications.

Licensed Psychologist in California since 6/2008.

Licensed Psychologist in Washington since 6/1974. (now inactive)

Certified Chemical Dependency Counselor II in Washington (now inactive)

Certified Gambling Treatment Counselor in Washington from (now inactive)

NPI #: 1093892549

Areas of Clinical Expertise:

individual, marital, adolescent & family psychotherapy
assessment & evaluation of all DSM-IV categories
alcohol & drug problems, including related family issues

depression

- 3 -

anxiety, including PTSD
grief & loss issues including illness and physical limitations
educational & personality assessment of children
correctional psychology
problem gambling

-

Orientation: My therapeutic orientation is eclectic with a strong cognitive-behavioral emphasis. The general areas that I believe important for healthy emotional functioning include the recognition and acceptance of one's own feelings, needs and behavior; finding new ways to conceptualize means that allow you to feel better or act more efficaciously; actively making choices which best meet your needs from the alternatives available to you; and taking responsibility to actively and assertively (versus passively or manipulatively) implement your choices. I strongly believe in the importance of action and trying new behaviors versus inaction and introspection. Over the years I have become increasingly appreciative of the critical role of physiology in emotional/personality functioning. As a result I see psychotropic medications as a vital part of treatment planning for individuals with mood disorders, anxiety disorders, impulse control disorders and ADHD.

Professional Memberships:

American Psychological Association
National Council on Problem Gambling (now inactive)
Washington State Psychological Association (now inactive)
Washington State Council on Problem Gambling (now inactive)

References:

Douglas Peter-Frank, Psy.D., San Quentin State Prison, 1 Main St., San Quentin, CA
Phone 415-454-1460

David Chu, Psy.D., San Quentin State Prison, 1 Main St., San Quentin, CA
Phone 415-454-1460

John Bush, Ed D., 1819 South Central Bldg. - Office 111, Kent, WA 98031
phone 253-852-5503

Mary Ann Lloyd, Ph.D., 3900 E. Valley Rd. - Suite 100, Renton, WA 98055
phone 425-251-0698