



# Tak-Seng Lodro, Psy.D.

m. 312.690.3719 | Dr.Lodro@Wakeful.life

www.Wakeful.life | 1740 Ridge Ave, Suite 101, Evanston, IL 60201

## LICENSED CLINICAL PSYCHOLOGIST

### PROFESSIONAL PROFILE

- Highly skilled and trained psychologist who is experienced in nearly all levels of mental health treatment who established a comprehensive theoretical and therapeutic integration of Family Systems, Acceptance and Commitment Therapy, Client-Centered Therapy, Neuroscience, and Buddhist Psychology.
- Strategic leader and experienced business professional whose broad skill set improves organizational practices, processes, efficiency and personnel management while focusing on vision development or refinement.

### AREAS OF EXPERTISE: PSYCHOLOGY, MEDITATION & BUSINESS

- |  |                             |   |
|--|-----------------------------|---|
| • Family & Couple's Therapy                          | • Self-Injury & Suicide     | • Leadership & Team Development & Training                |
| • Adolescent & Adult Therapy                         | • Trauma & PTSD             | • Change Management                                       |
| • Interdisciplinary Treatment                        | • Depression & Bipolar      | • Total Quality Management                                |
| • ACT & DBT  | • Autism Spectrum Disorders | • Improvement of Operational Processes and Infrastructure |
| • Client-Centered Therapy                            | • ADHD & Impulsivity        | • Revenue Goal and Growth                                 |
| • Psychological Theories & Philosophical Foundations | • Eating Disorders          | • Communications  |
| • Group Therapy                                      | • Exposure Therapy          | • Strategic Planning                                      |
| • Anxiety Disorders & OCD                            | • Addiction & Recovery      | • Corporate Culture & Change                              |
| • Parenting/Child Development                        | • Relationships             |   |
| • Meditation & Mindfulness                           | • Career & Stage of Life    |   |
|  | • Psychological Assessments |   |

### PROFESSIONAL AND CLINICAL EXPERIENCE

#### LICENSED CLINICAL PSYCHOLOGIST, *NewHope Academy*, Arlington Heights, IL **2014 TO PRESENT**

- Independently assess adolescents and families and develop treatment plans that support long-term growth.
- Provide individual, couple, family and group therapy by utilizing Systemic and Third-wave CBT therapies.
- Provide therapy to parents on effective methods to manage roles and responsibilities in the home in order to reduce stress and support the independent development of adolescents.
- Produce comprehensive psychological reports to aid multi-disciplinary support of clients and their families.
- Support clients in utilizing all aspects of their Individualized Education Plan (IEP) and other resources.
- Supervise unlicensed/junior therapists to aid their overall professional development, therapeutic effectiveness and ability to comprehensively diagnosing and conceptualization the client

#### FOUNDER & CEO, *Wakeful Life*, Chicago, IL **2014 TO PRESENT**

- Provide psychotherapy to individuals, couples and families in order to manage a wide variety of psychosocial difficulties or changes in their career, stage-of-life, relationships, and/or general life satisfaction.
- Serve as a consultant to entrepreneurs and business leaders in developing business plans, vision and mission statements, and improving business processes and personnel management.

#### DIRECTOR OF MEMBERSHIP AND VOLUNTEERING, *Shambhala*, Chicago, IL **2013 -2014**

- Initiated strategic changes to business policies and processes to enhance efficiency and communications.
- Aided Shambhala International Executive team members in strategic redevelopment of membership policies, membership practices, and public relations.
- Collaborated with Chicago Board Members to improve organizational-wide relationships and talent development through membership and volunteering opportunities and training.
- Established retail offerings and reduced general operating costs by developing financial transaction processes, wholesale vendor relationships, and managing budgets and inventories.
- Led implementation of Google Apps for Non-Profits.
- Co-led redesign of the local website and produced digital and written content.

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## PROFESSIONAL AND CLINICAL EXPERIENCE CONTINUED

### **DOCTORAL STUDENT (DISSERTATION COMPLETION), *ISPP*, Chicago, IL 2012 TO 2014**

- Created a new psychological and systemic theory and therapy for Buddhist therapists and clients through comprehensive process of philosophical, theoretical, and technical integrations.

### **CLINICAL PSYCHOLOGY PRE-DOCTORAL INTERN, *Linden Oaks*, Naperville, IL 2011 TO 2012**

- Conducted psychology assessments and developed therapeutic approaches to treat adolescents (and their families) who were experiencing acute psychiatric symptoms.
- Developed and led weekly multi-family group therapy to support parents and family members.
- Collaborated with multi-disciplinary team members (e.g., nurses, medical doctors, education professionals) to determine diagnosis and treatment of inpatient clients.
- Developed and provided DBT training to inpatient personnel to improve continuity of treatment.
- Presented seminars on effective and ethical methods to integrate psychological theory and practices to various clinical teams.

### **ADVANCED CLINICAL THERAPY EXTERN, *Client-Centered Counseling, Assoc.*, Plainfield, IL 2010 TO 2011**

- Provided individual, group, and family therapy to adults, children and adolescents in a Catholic school.
- Administered psychological and achievement oriented assessments to aid treatment and goal setting.

### **CLINICAL THERAPY EXTERN, *Families & Adolescents in Recovery*, Schaumburg, IL 2008 TO 2009**

- Led multi-family and adolescent group therapy; conducted individual, couple's and family therapy.
- Collaborated with outside professionals and schools to provide comprehensive therapeutic support.
- Extended externship to acquire additional experience and doubled required clinic hours.

### **CLINICAL DIAGNOSTIC EXTERN, *Chicago Assessment & Psychological Services*, Chicago, IL 2007 TO 2008**

- Administered cognitive, objective and projective assessments for children, adolescents and adults.
- Developed treatment recommendations from comprehensive integrated reporting.
- Conducted individual and family therapy with adolescents and adults.

### **RESIDENT CAREWORKER (prep for doctoral program), *Phoenix Care Systems*, Milwaukee, WI 2005 TO 2006**

- Maintained group home living environment, contributed to treatment plans, and initiated goal-oriented activities for six elderly males diagnosed with acute developmental and psychological disorders.

### **PROJECT MANAGER/BUSINESS ANALYST, *JP Morgan Chase*, Chicago, IL 1998 TO 2004**

- Led/Co-led various projects to enhance middle market and commercial banking corporate culture.
- Utilized Process Redesign to fuel company-wide efforts to merge legacy computer systems and enhance departmental and operational work-flow efficiency.
- Designed new applications, websites and databases to improve inter-group efficiency.
- Co-Managed computer and software upgrades for 7000+ employees.
- Provided and led business process and application training for various banking departments.

## CLINICAL TRAINING

- Acceptance & Commitment Therapy
- Dialectical Behavior Therapy
- Relational Frame Theory
- Effective Treatments for Eating Disorders
- Therapeutic Approaches to Self-Injury
- Interface of Science and Religion & Spirituality
- Emotional Intelligence & Neuroscience in Couples
- Emotion Focused Therapy (By Sue Johnson)
- Rethinking Black Racial Identity: Theory, Research and Practice
- Physical and Psychological Abuse in Relationships
- Spirituality & Religion in Therapy

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## TEACHING EXPERIENCE

**PROFESSOR OF PSYCHOLOGY**, *Governors State University*, University Park, IL **2014 TO 2016**

- Instructed Undergraduate and Masters Level courses in Psychology and related subjects.

**TEACHING ASSISTANT**, *ISPP*; Chicago, IL **2007, 2011**

- Provided Support and Instruction for “Social Psychology and Difference” and “Advanced Client-Centered Therapy” Courses.

## CLINICAL PRESENTATIONS

- Relational Frame Theory, Language & Relationships, *Governors State University*
- Integrative Psychotherapy from a Buddhist Perspective, *ISPP*
- DBT: Fundamentals of Managing Emotional Chaos, *Linden Oaks @ Edward*
- Comprehensive Methods to Theoretical Integration, *Linden Oaks @ Edward*
- Anxiety Disorders: Overview and Treatment Strategies, *Fischer Middle School*
- Comprehensive Methods to Theoretical Integration, *ISPP*

## EDUCATION

**DOCTORATE IN CLINICAL PSYCHOLOGY**, *ISPP*, Chicago, IL **2014**

- Specialized in Human Systems Processes and Theoretical Development

**BACHELORS IN PSYCHOLOGY**, *ISPP*; Chicago, IL **2005**

- Additional Coursework Equivalent to Minors in Business Management, IT Management, & Philosophy

**CONTINUING EDUCATION**, *Various Sources and Locations* **PRESENT**

- Subjects include: Finance & Investments, Business Development, Real Estate, Project Management, Branding and Marketing, Technology and Development, Organizational Psychology, Clinical Psychology, Neuroscience, Systems Theories.

## PROFESSIONAL AFFILIATIONS AND BOARD MEMBERSHIPS

- American Psychological Association
- Illinois Psychological Association
- Member, Governing and Executive Boards, *Shambhala* **2013 TO 2015**
- Member, Conference Committee, *IAMFT*, Chicago, IL **2010 TO 2014**
- Member, Board of Directors, *Story Tellers Theatre Company* **2006 TO 2007**

## VOLUNTEERISM

- Meditation Retreat Coordinator, *Shambhala*, Chicago, IL
- Therapeutic Group Leader, *Camp Success (Linden Oaks at Edward)*, Naperville, IL
- Guest Speaker, *One Naperville Interfaith Event for 9-11 Anniversary*, Naperville, IL
- Guest Speaker, *Unity Church*, Naperville, IL
- Student Government, Vice-President of Communications, *ISPP*, Chicago, IL
- IPAGS Student Mentor, *ACEPT Committee*, Chicago, IL
- Higher Learning Commission Student Representative, *HLC & ISPP*, Chicago, IL
- Reader Correspondent, *Buddhadharma Magazine*, Online
- AIDS Walk Team Captain, *AIDS Resource Center*, Milwaukee, WI
- Adolescent Mentor, *Bank One Saturday Scholars*, Chicago, IL