

**Elizabeth (Betsy) Bates Freed, MA, PsyD**  
**Licensed Clinical Psychologist**

**Contact Information:**

2400 Bath Street, Suite 202  
Santa Barbara, California 93105  
(805) 979-3440 (Office)  
(877) 935-8686 (Fax)  
[betsy@drbatesfreed.com](mailto:betsy@drbatesfreed.com)  
Web: <http://drbetsybatesfreed.com>

**Professional**

**Licensure**

State of California Board of Psychology  
License number: CA PSY25652  
Renewal date 2/28/2021

Santa Barbara County Psychological Association

COVID-19 Task Force, 2020  
Racial Injustice Subcommittee 2020  
Past President, 2019  
President, 2018  
President-elect, 2017  
Media chair, 2013-2017  
Secretary, 2012

**Adjunct faculty member**

Colorado State University  
Colorado School of Public Health  
Fall 2015  
Course: Public Health Writing Workshop (PBHC 6920/PBHL 692)

Colorado State University Department of Psychology  
Fall 2014  
Course: Abnormal Psychology (PSY 320)

Antioch University Santa Barbara  
Graduate program in psychology  
Fall 2011 to present  
Courses: Academic Writing, Academic Writing Workshop, Child and Adolescent Psychotherapy, Advanced Family Systems, Practicum (Clinical supervision; Case Conference), Dissertation chair and committee member

**Private Practice**  
**2013-present**

Full-time private practice in clinical psychology, specializing in health psychology and serving families, couples, and individuals (children, adolescents, adults, and seniors). Designated as a Medicare Provider (# CB206955) and accepting Aetna and UCSB student insurance, as well as serving as an out-of-network provider for other health insurance companies and private pay patients. Currently providing teletherapy via Thera-Link, Doxy.me, Zoom.

**Author**, “Vitality Signs,” a blog for oncologists and cancer health professionals on psychosocial issues, **The Oncology Report**,  
<http://www.oncologyreport.com/index.php?id=8459>

Fall 2011 to May 2013

## **Education**

**Psy.D. Clinical Psychology**, June 2011  
Antioch University Santa Barbara  
Santa Barbara, California

**MA, Clinical Psychology**, January 2008  
Antioch University Santa Barbara  
Santa Barbara, California

**BA, English (Writing: poetry emphasis)**, with high honors, May 1979  
Secondary teaching certification  
Denison University  
Granville, Ohio

## **Graduate coursework**

Native American literature (San Diego State University) 1984-1985  
Journalism (University of Southern California, Los Angeles) 1992  
Developmental psychology (Augustana College, Sioux Falls, S.D.) 2009

## **Research**

Bates Freed, B. (2019) Psychotherapy in Persons with Parkinson’s Disease, *Journal of Health Service Psychology* 3(45): 91-95.

Bates Freed, B. (2018, Feb) *And now, cancer*: Understanding how cancer adjustment is impacted by and impacts other major life events. Poster presentation at the American Psychosocial Oncology Society annual meeting, Tucson, AZ

Bates Freed, B. (2013, Feb). *Using social media to bridge disciplines: Introducing psychosocial issues to oncologists through a blog*. Poster presentation at the American Psychosocial Oncology Society annual meeting, Huntington Beach, CA

Bates Freed, B, Solis, M., Lehman, K., & Jacobs, H. (2013, Feb). *Evolution of a support group for teens whose parents have cancer: Third time's a charm!* Poster and oral presentation at the American Psychosocial Oncology Society Annual Meeting, Huntington Beach, CA.

Bates Freed, B. A. (2012, April) *Integrated from the Start: Collaborative Training Programs for Primary Care Residents and Psychology Graduate Students*, poster presentation, California Psychological Association

Bates Freed, B. A. (2012, Feb). *Work Interrupted: Assessing the Impact of Work-Related Distress on Psychological Adjustment to Cancer*, poster presentation, annual meeting of the American Psychosocial Oncology Society, Miami, FLA.

Bates Freed, B. A. (2011, August). *Male Norms and Prostate Cancer – Implications for Men and Partners*, oral presentation, American Psychological Association annual meeting, Washington D.C.

Bates Freed, B. A. (2009, Dec). *Food for Thought: Psychologists as Medical Providers. Lessons from Bucy v. Bucy, 1990*. Poster presentation, Antioch University Scholars Day,

Loewy, M. I., Bates Freed, B.A., Fortman, J. A., Gertwagen, J. A., Goforth, J.P., Ingram, A.S., & Jaimes, D.R. (2007). *Applying Multicultural Training to Practice: Clinical Psychologists' Perceptions and Experiences*. Presented in poster form, APA annual meeting, San Francisco

## **Presentations**

**Santa Barbara County Psychological Association Salon CE Presentation** (June 2019) "A Fitting Denouement: Understanding and Meeting the Psychological Needs of Older Adults."

**Cottage Health Psychiatry Grand Rounds** (June 2018) "Seeds of Change: Fostering Post-Traumatic Growth by Drawing on Hidden Strengths"

**Santa Barbara County Psychological Association Salon CE Presentation** (February 2015) "In Sickness as in Health: Psychology's Role in Medical Illness"

**Santa Barbara County Psychological Association, UCSB Counseling Center staff, UCSB Graduate Program in Psychology** (Sept. 2013, Jan. 2014) "The DSM-5: A Clinician's Guide to its Organization, Content, and Application." (Co-presenter with John Lewis, Ph.D)

**Santa Barbara County Pediatric Society, Public Health Clinics, First Five California, School District Administration Meetings** (2012) "The Children's System of Care," an outreach program to educate physicians, educators, and public health officials about signs of mental illness in children

**Antioch University Santa Barbara:** "Work Interrupted: A Questionnaire Assessing the Relationship Between Work-related Distress and Psychological Adjustment to Cancer." (Dissertation defense, June 2011)

**Antioch University Santa Barbara:** "Challenges Inherent in Leading an Open-ended, Open-membership Community Support Group for Patients with Cancer, 2009."

**Antioch University Santa Barbara:** "The Circle of Courage: A Strength-Based Approach to Assessment of Adolescents based on Lakota Sioux Principles." (August 2009)

**Cleveland Elementary School,** "Stress Management for Teachers." (August 2009)

**University of Southern California** seminar: "Cancer, physicians and journalism" (1994)

**American Medical Association National Leadership Conference:** "Media and Medicine" (1992)

## **Professional Memberships**

American Psychological Association  
APA Division 38, Health Psychology  
APA Division 51, Society for the Psychological Study of Men & Masculinity  
California Psychological Association  
Santa Barbara County Psychological Association (Board member, president)  
American Psychosocial Oncology Society

## **Clinical Experience**

### **Sept. 2013 – present                      Psychologist in private practice/Mentor/Advisor**

Working alongside two internal medicine physicians, I provide comprehensive psychotherapy to patients who range in age from 10 to 99. The focus of my practice is health/medical psychology, providing assistance to medical patients and their family members as they cope and adjust to cancer, heart disease, eating disorders, serious injury, stroke, Alzheimer's disease, and major life events. Monthly, I conduct group therapy for advanced cancer patients. I serve as an adjunct professor of psychology at Antioch University Santa Barbara and regularly supervise graduate students in psychology on their dissertation committees and/or during their clinical training.

### **Sept. 2012 – Sept. 2013                      Support Services Coordinator Cancer Center of Santa Barbara at Sansum Clinic Supervisor: Mary Solis, L.C.S.W. (805) 569-2412**

Provided psychosocial support services to cancer patients and their families; assisted in the development of screening tools; coordinated interdisciplinary care, directed support groups for patients with head and neck cancer, parents, and children/teens of cancer patients.

### **Oct. 2011 – Feb. 2012                      Psychological assistant to Karen Lehman, Ph.D. Provided psychotherapy for private patients, including children, adolescents, and adults.**

### **Oct. 2011 – Aug. 2011                      Postdoctoral psychology intern Santa Barbara County Children's Mental Health Registered psychologist within wrap-around multidisciplinary treatment team for high-risk children.**

### **Sept. 2010 – Jan. 2012                      Psychology Intern/Postdoctoral intern Glendale Adventist Medical Center Family Practice Residency Program Glendale, California**

Coordinated care with primary care physicians. Completed Alcohol & Drug Services rotation, Provided psychological testing and training for medical residents. Conducted neuropsychological evaluations.

### **March 2007- July 2010                      Practicum student Cancer Center of Santa Barbara**

Provided therapy for cancer patients and their family members. Co-facilitated community support group. Facilitated melanoma support group, teen group, children's group. Participated in interdisciplinary case conferences; assisted in developing palliative care initiative.

### **October 2008- May 2009                      Practicum student California State University, Channel Islands, Camarillo, CA**

Assessed and counseled members of a diverse student population; performed learning disability diagnostic assessment. Supervised alcohol awareness program co-sponsored by

Ventura County, Calif., and created program manual.

**July 2009 – June 2010**                      **Practicum student**  
**Cleveland Elementary School**  
**Santa Barbara, California**

Conducted observations, assessments, and individual counseling for children ages 6-12.

**September 2009 – June 2010**            **Practicum student**  
**Teddy Bear Cancer Foundation**  
**Santa Barbara & Ventura, Calif.**

Directed monthly parent/sibling/patient support groups for non-profit foundation dedicated to assisting children with cancer and their families. Childrens' group includes children with neurologic deficits, deafness, limited mobility.

### **Honors**

Antioch University Adjunct Faculty Award for Excellence in Teaching, 2017  
Featured psychologist, American Psychological Association Div. 51, May 2013  
Antioch University Santa Barbara travel scholarship, APA, Toronto, 2009  
American Academy of Dermatology Gold Triangle Award (2001, 2002, 2004)  
American Diabetes Association Southern California media award  
American Association of Critical Care Nurses writing award (honorable mention)  
California Newspaper Publisher's Association investigative reporting award  
Sigma Delta Chi award for investigative/enterprise reporting  
San Diego Press Club awards for investigative reporting, consumer writing  
San Diego Medical Society reporting award  
California legislature proclamation of merit (for investigative reporting)

### **General Publications/Journalism**

*Pacific Standard* magazine: "Why Won't Men Get Help?" co-author with David Freed; and "Did You Hear the One About the Guy with Prostate Cancer?" July/August 2012

International Medical News Group/Elsevier (Family Practice News, Internal Medicine News, Clinical Rheumatology News) "Physician: Starve Thyself – Are Eating Disorders the Last Taboo in the Medical World?" Nov. 1, 2012

"**Vitality Signs,**" weekly blog, *The Oncology Report (Elsevier)*, ongoing online column addresses implications of current psychosocial research and events for a professional audience

### **Science/medical journalist, 1983-2008**

Medical correspondent: San Diego Tribune, Los Angeles Herald Examiner, Los Angeles Daily News, University of Southern California.

Los Angeles Bureau Chief, International Medical News Group/Elsevier (Over 15 years, researched and reported on scientific meetings internationally for ACS Surgery News, Caring for the Ages, Clinical Endocrinology News, Clinical Neurology News, Clinical Psychiatry News, Family Practice News, Internal Medicine News, Pediatric News, Ob.Gyn. News, Skin and Allergy News, Thoracic Surgery News, The Oncology Report)

Link to articles from 2005-2013:

[https://www.mdedge.com/search?search\\_api\\_views\\_fulltext\\_op=AND&search\\_api\\_views\\_fulltext=Betsy%20Bates&title=&field\\_article\\_authors\\_name=&sort\\_by=created&sort\\_order=DESC&return\\_pub=51945](https://www.mdedge.com/search?search_api_views_fulltext_op=AND&search_api_views_fulltext=Betsy%20Bates&title=&field_article_authors_name=&sort_by=created&sort_order=DESC&return_pub=51945)

### **Researcher/Columnist, 2009**

#### **“Practical Psychopharmacology” Clinical Psychiatry News**

- “Polypharmacy for Bipolar Disorder” (May 2009)
- “Consider Medication Costs in Treatment Planning (June 2009)
- “Treating ADHD When Stimulants Don’t Work” (July 2009)
- “Atypical Antipsychotics and Metabolic Testing (August 2009)
- “Medication Choices in Patients with Chronic Pain” (Sept. 2009)
- “Borderline Personality Disorder and SSRIs” (Oct. 2009)
- “Balancing Medication and CBT/Exposure Therapy for Anxiety”) (Nov. 2009)
- “Treating PTSD/Substance Abuse Simultaneously” (Dec. 2009)
- “Bipolar Disorder in Children and Adolescents” (Jan. 2010)
- “Doing the Meds: Collaborative Practice” (Feb. 2010)

### **Writer/researcher**

#### **“Behavioral Consult” Pediatric News: 2000-2009**

Monthly column featuring difficult issues in developmental/behavioral pediatrics, written in conjunction with Michael Jellinek, M.D., chair of pediatric psychiatry at Harvard University, and Barbara Howard, M.D., assistant professor of pediatrics at The Johns Hopkins University.

### **Contributing author, 1995-2002**

Rodale Press

Food and You (1996); Women Doctors Book of Home Remedies (1997); Busy Woman’s Cookbook (2000); Doctors Book of Home Remedies for Stronger Bones (2000); The Hormone Connection (2001); La Medicina de Mamá (2001); Ultimate Women’s Guide to Health and Fitness (2002).

### **Media Appearances/Video Production**

“How to Find Help and Support When Faced with a Serious Mental Illness.” Dr. Kim Taylor Show, KZSB 1290 AM, February 2015

“Why Men Don’t Seek Psychotherapy.” Dr. Kim Taylor Show, KZSB 1290 AM, February 2014

MSNBC “The Cycle” network appearance, June 25, 2012, interview in conjunction with release of story on men and psychotherapy in *Pacific Standard* magazine.

“Teens in Cyberspace,” highlighting research from the Society of Adolescent Medicine, You Tube, April 2009

“Circle of Courage,” featuring interviews from experts about a strength-based approach to assessment of children and adolescents based on Lakota Sioux teachings. You Tube, September 2009

### **Professional Supervisory Experience**

Supervisor to predoctoral practicum students Nivek Dunne, Cancer Center of Santa Barbara, 2013-2014; Gerald Duncan, Alzheimer’s Association of Santa Barbara County, 2019-2020

Supervisor to postdoctoral registered psychologist Christina Donaldson, PhD., 2014 to 2016

Dissertation chair/committee (2015-present): Serena Cyr, Melissa Reilly, Betty Purify, Sade Carswell, Alexis Forgnone, Jenna Gunels, Stacey Bolton, Chris Beckley, Ron Nielson, Maruska Bisetty, Reid Vierra, Brian Beasley, Kate Weibe, Scott Young.

### **Training and/or Certification**

Human Sexuality (2006)  
Child Abuse (2007)  
End of Life Issues (APA Workshop, 2007)  
Reclaiming Youth International Developmental Audit Training (June 2009)  
Infant/child and adult CPR Training (2009)  
Motivational Interviewing (2011)  
Treatment of individuals with PTSD, Complex PTSD, and Co-Morbid Disorders  
(Glendon Association webinar, 12/2011)  
Assessment and Psychotherapy: An introduction to the use of psychological  
testing in psychotherapy (Sierra Tucson CE activity, 12/2011)  
Ethics and legal issues in Medi-Cal billing (2012)  
Cultural competency certification, Santa Barbara County ADMHS (2012)  
Consumer & Family Culture in Mental Health (2012)  
Law and Ethics in Government Service (2012)  
Developing Effective Treatment Plans for the Eating Disorder Patient (Summit,  
2012)  
Recent Advances in Psychological Trauma (2013)  
Clinical Supervision Training (2013)  
“When Professionals Weep” (Self-care for professionals specializing in trauma)  
(2014)  
Assessing and Managing Risk in Psychological Practice: An Individualized  
Approach (2015)  
Clinical Supervision Training (2015)  
Psychological First Aid (National Child Traumatic Stress Network) 2018  
American Psychosocial Oncology Society (2018)  
Digital Ethics symposium (2018)  
Ethical Conflicts in Psychology (2019)  
Psychosocial Issues in Palliative and End of Life Care: Considerations for  
Psychologists (2019)  
Cognitive Behavior Therapy for Insomnia (2020)  
Cognitive Behavior Therapy for Coronavirus Anxiety (2020)  
Becoming an Adult in the Face of Racism (APA) (2020)

### **Professional Development**

American Headache Society (2006)  
American Psychological Association (2007, 2009)  
Stanford Pediatric Clinical Update (2007)  
American College of Cardiology (2007)  
Society of Hospital Medicine (2008)  
Pediatric Academic Societies (2008)  
Society of Adolescent Medicine (March 2009)  
World Congress on Lung Cancer (August 2009)  
American Academy of Pediatrics “Practical Pediatrics” (Sept. 2009)  
American Academy of Addiction Psychiatrists (Dec. 2009)  
San Antonio Breast Cancer Symposium (Dec. 2009)  
International Society of Behavioral Medicine (August 2010)  
American Psychosocial Oncology Society (February 2011)  
American Neurological Association (September 2011)  
American Psychosocial Oncology Society (February 2012)  
California Psychological Association (April 2012)

American Psychosocial Oncology Society (February 2013)  
American Psychological Association annual meeting (2016)  
American Psychosocial Oncology Society annual meeting (2018)  
California Psychological Association Leadership Conference (2018)  
Santa Barbara Co. Psychological Association suicide prevention training (2019)