# Henrietta Brightwater-Oyelaran

**Licensed Clinical Psychologist, PsyD**
Portland, OR · henrietta.brightwateroyelaran@example.com · (503) 555-0113 · LinkedIn · Psychology Today profile

## SUMMARY

Licensed clinical psychologist with 5 years of post-doctoral practice treating adults with anxiety, depression and trauma in community and hospital outpatient settings. Carries a caseload of 28 clients using CBT, CPT and ACT, completes 6 diagnostic assessments a month and supervises 2 doctoral practicum students.

## EXPERIENCE

### Staff Psychologist — Willamette Hospital Outpatient Behavioral Health

Portland, OR · Aug 2022 – Present

- Carry a caseload of 28 adult outpatients, delivering about 26 individual therapy sessions a week using CBT, CPT and ACT.
- Complete 6 diagnostic assessments a month, including structured interviews and PCL-5 and PHQ-9 measures, with reports delivered within 10 business days.
- Track symptom scores at every 4th session; 64% of clients completing a CPT protocol in 2025 reached a clinically meaningful PCL-5 drop.
- Supervise 2 doctoral practicum students a year, reviewing 8 recorded sessions and co-signing notes each week.

### Postdoctoral Fellow, then Licensed Psychologist — Cascade Community Mental Health

Portland, OR · Sep 2020 – Jul 2022

- Provided individual and group therapy to a caseload of 32 clients, many on Medicaid, with 2 weekly CBT groups of 8 members.
- Conducted 40 intake evaluations and risk assessments a year, coordinating safety plans with psychiatry and case management.
- Built a 10-week anxiety skills group that cut the clinic's adult therapy waitlist from 11 weeks to 6.

## SKILLS

Treatment: CBT, Cognitive Processing Therapy, ACT, motivational interviewing, group therapy

Assessment: Structured diagnostic interviews, PCL-5, PHQ-9, GAD-7, suicide risk assessment

Clinical operations: Measurement-based care, safety planning, Epic documentation, telehealth

Supervision: Practicum supervision, case consultation, didactic seminars

## CERTIFICATIONS

Licensed Psychologist, Oregon Board of Psychology, 2021

CPT Provider, completed consultation, 2022

## EDUCATION

PsyD, Clinical Psychology, Pacific Northwest School of Professional Psychology, 2020

BA, Psychology, University of Oregon, 2014

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