



EAST BAY AREA THERAPY

CULTURALLY CONSCIOUS COUNSELING

GRACE PACHECO, M.A., MFT LIC. #90751

Psychological Evaluations & Court Testimony for Immigration Cases

- ✓ U Visa, Asylum, Extreme Hardship Waiver, VAWA, T Visa
- ✓ Fully bilingual Spanish speaking California licensed psychotherapist
- ✓ In-person and telephonic court testimony services
- ✓ Excellence in clinical writing

East Bay Area Therapy

Grace Pacheco, M.A., MFT Lic. 90751

1685 San Pablo Avenue, Suite 2C

Pinole, CA 94564

Tel. (510) 621-8143

www.EastBayAreaTherapy.com

How to Make an Appointment:

- Visit www.EastBayAreaTherapy.com and book online in Spanish or English
- E-mail Grace@EastBayAreaTherapy.com
- Call (510) 621-8143
- Video-based psychological evaluations via a secure and confidential platform for clients in the state of California



Grace Pacheco, M. A., MFT

Licensed Psychotherapist (Lic. # 90751)
California Board of Behavioral Sciences (BBS) | Subject Matter Expert

EDUCATION

- Master of Arts (M.A.) Counseling Psychology** 2011 – 2013
The Wright Institute
- Bachelor of Arts (B.A) in Psychology, Spanish Language** 2006 – 2010
University of San Francisco (USF)

EXPERT COURT TESTIMONY

- Mexican Family Hardship in Removal Proceedings** Nov 2018
San Francisco Immigration Court
Candela Nogueira, ESQ | Kerosky Purves & Bogue
- Guatemalan Domestic Violence-Based Asylum in Removal Proceedings** Apr 2018
San Francisco Immigration Court
Candela Nogueira, ESQ | Kerosky Purves & Bogue
- Guatemalan Gang/Domestic Violence Asylum in Removal Proceedings** Feb 2018
San Francisco Immigration Court
Gerardo Vicuña, ESQ | Law Offices of Robert J. Beles
- Mexican Family Hardship in Removal Proceedings** Feb 2017
San Francisco Immigration Court
Judge Loreto Geisse
Jakob Lipman, ESQ | Visawolf/Lipman & Wolf, LLP
- Guatemalan Asylum in Removal Proceedings (severe mental illness)** Aug 2015
San Francisco Immigration Court
Sarah K. Heilbrun, ESQ | Haleynelson & Heilbrun, LLP

PUBLIC LECTURES

John F. Kennedy University | Pleasant Hill, CA
Expert Trauma Panelist for the Doctor of Psychology (PSYD) Graduate students
Sexual Abuse & Exploitation in Diverse Populations

Making Waves Academy | Richmond, CA
Careers in Psychology

Oasis Legal Services | Oakland, CA
Psychological Evaluations for LGBT Asylum Seekers

Diablo Valley College (DVC) | Pleasant Hill, CA

- Polyamory & Conscious Non-Monogamy in Couples of Color
- Posttraumatic Stress Disorder in Oppressed Groups
- Treatment Issues: Schizophrenia

California State University East Bay (CSUEB) | Hayward, CA
Community-Based Work with Latino Immigrants
Latino Social Workers Association

La Clínica De La Raza: Department of Mental Health | Oakland, CA
Alcoholism, Drug Addiction and the 12-Step Model
Graduate Student Intern Program

University of California Berkeley (UCB) | Berkeley, CA
Anxiety Reduction Strategies for Graduate Students

Contact

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Specialized Clinical Training

- Immigration Evaluations for Cancellation of Deportation, Waivers for Hardship & Taking the US Citizenship Exam (Nov 2017)
- Diagnostic, Assessment & Testimony Training for Use in Immigration Court (May 2017)
- Eye Movement Desensitization & Reprocessing (EMDR) Level I & II (Mar 2013)
- Prepare/Enrich Premarital Counselor Certification (Mar 2012)

Professional Affiliation

- California Association of Marriage & Family Therapists (CAMFT)
Lifetime Clinical Member
- UC Hastings Center for Gender & Refugee Studies
Mental Health Expert Listing

Additional Language

Clinical Level Spanish Fluency

CLINICAL EXPERIENCE

East Bay Area Therapy

Pinole, CA

Owner, Culturally Conscious Mental Health Services

2016- Present

- Offering individual psychotherapy for a wide array of psychological issues with special focus on traumatic stress and the application of anxiety reduction strategies, Eye Movement Desensitization and Reprocessing (EMDR), and the intersection of culture and oppression with mental health symptoms
- Supporting the unique experience of intersectional oppression among queer people of color to assist in navigation of religious, ethnic, and political obstacles in individual and family therapy
- Guiding engaged couples through a structured premarital counseling program using the PREPARE/ENRICH premarital program
- De-escalating highly conflicted couples and serving couples with high incidents of infidelity, parenting, and blended family issues
- Conducting psychological evaluations for adults and children with immigration cases of U Visa, Asylum, T Visa, VAWA, and Extreme Family Hardship matters
- Conducting psychological evaluations for forensic legal cases in collaboration with criminal defense attorneys with a special focus in substance-related crimes and sexual offenders
- Providing expert testimony in immigration court on the area of specialty of psychological trauma in Latino and immigrant populations

Contra Costa County Behavioral Health: Adult Outpatient

Pittsburg, CA

Bilingual Mental Health Clinician

2015 – 2016

- Provided screening, case management, psychotherapy, and financial management for the chronically and severely mentally ill adult population with long histories of hospitalizations, criminal arrests, co-occurring substance use disorders and homelessness
- Performed on a multi-disciplinary team of psychiatrists, psychiatric nurses, peer support workers, financial counselors and various law enforcement officials (Sheriff, Deputy, Ranger, and the Pittsburg Police Department)
- Served a large volume of Spanish speaking clients and performed home/homeless encampment-based services, such as individual rehabilitation skills, individual and family psychotherapy, treatment planning, and working with collateral contacts
- Billed Medi-Cal insurance on meriting diagnoses and presented client charts in front of Utilization Review Board for approval

La Clínica De La Raza: Department of Mental Health

Oakland, CA

Bilingual Mental Health Clinician II

2014 – 2016

Severe Mental Illness Unit

- Specialized in serving the chronically and severely mentally ill Latino adult population with long histories of hospitalizations, criminal involvement, co-occurring substance use disorders, and homelessness
- Conducted routine assessment of risk of harm to self and/or others
- Offered individual rehabilitation skills training, psychotherapy focused on psychosis and dual diagnosis, linked clients to community resources, coordinated with collateral medical and community staff and caregivers
- Worked with clients with physical and developmental disabilities, HIV+ and end of life issues, high suicidality, aggression, and high impulsivity

Child Abuse Program

- Conducted screening, diagnosis, and treatment for children with open CPS cases, severe psychological symptoms, and compulsive aggressive and sexual behaviors
- Practiced evidenced-based trauma treatment with children and their families with a variety of abuse, neglect, endangerment, and complex custody situations
- Finessed skills in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Eye Movement Desensitization and Reprocessing (EMDR)

ACCESS Crisis Stabilization Unit

- Provided a full range of culturally sensitive evidence-based behavioral health treatment and intensive case management services to monolingual Spanish speaking adults and families with acute and/or chronic conditions
- Collaborated with psychiatrists and primary care physicians to support clients with co-occurring mental health diagnoses and long-term serious medical conditions such as HIV/AIDS, cancer, lupus, hepatitis C, chronic pain, and traumatic brain injury
- Problem-solved with criminal justice system-involved clients to navigate obstacles to finding employment, communicating with probation officers and public defenders, and managing mental health symptoms around impending court dates and crime anniversaries
- Actively responded to psychiatric crises, collaborating with local law enforcement and emergency medical technicians, as needed
- Presented formally to intern level MSW, M.S. and M.A. graduate students on Cognitive-Behavioral strategies for anxiety reduction and 12-step based approach for recovery from substance dependence
- Served as a contributor on clinician interview panels for potential employees

Ray of Light Trauma Recovery Center
Bilingual Staff Clinician

Oakland, CA
2013 – 2014

- Conducted psychological evaluations and prepared formal written reports for use in the court of law for monolingual undocumented immigrants seeking a U Visa, Asylum, VAWA, and Extreme Hardship Waivers
- Treated victims of violent crimes using evidence-based practices for anxiety and mood disorders under California Victims of Crime Compensation Board (CalVCB) program
- Performed Eye Movement Desensitization and Reprocessing (EMDR), mindfulness-based stress reduction, guided imagery, and Progressive Muscle Relaxation (PMR) in session with clients
- Used structural family therapy approach with families and Trauma-Focused CBT for child victims of violent crime(s)

Berkeley Christian Counselors
Staff Clinician

Berkeley, CA
2012 – 2014

- Provided individual, couple, adolescent, family, group, and premarital counseling under the supervision of licensed clinical psychologists and licensed marriage & family therapists
- Designed, marketed, and facilitated an 8-week support group for anxiety reduction integrating positive psychology, stress inoculation training, spirituality, and Cognitive-Behavioral Therapy (CBT)
- Presented a training for staff on treatment strategies for chemical dependency and education on the 12-step model

Prior volunteer experience in the following settings:

- Sober living transitional home for domestic violence survivors and their children
- 24/7 Crisis hotline
- Drug & alcohol resource center

SELF-HELP PRODUCT AUTHOR

English Meditation Album: Adiós Anxiety: Saying Goodbye to Stress, Anxiety and Panic Attacks

- Digital downloads available on iTunes, Amazon, and CdBaby. Physical CD available in office.

Spanish Meditation Album : Adiós Ansiedad: Despidiéndose De Estrés, Ansiedad & Y Ataques De Pánico

- Digital downloads available on iTunes, Amazon, and CdBaby. Physical CD available in office.

Adiós Anxiety Video Series

Eight-segment video series for increasing coping skills, reducing nervous symptoms, and managing overwhelming emotions.