JULIAN MERCER

PSYCHOLOGIST

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PROFESSIONAL SUMMARY

Licensed clinical psychologist with 6+ years in integrated primary care and outpatient behavioral health. Provides evidence-based therapy for anxiety, depression, trauma, and insomnia, and conducts psychological assessments. Works closely with physicians and psychiatrists and tracks symptom change with validated measures.

PROFESSIONAL EXPERIENCE

Staff Psychologist Oct 2021 - Present
Kaiser Permanente, San Jose, CA

- Carry a caseload of about 28 adults, delivering cognitive behavioral therapy and prolonged exposure for anxiety, depression, and PTSD.
- Track PHQ-9 and GAD-7 scores every few sessions, with about 60% of patients showing clinically meaningful improvement by discharge.
- Lead a weekly group on cognitive behavioral therapy for insomnia, bringing average insomnia severity scores down by 7 points in eight sessions.
- Complete about 6 psychological and diagnostic evaluations a month and write reports that physicians and psychiatrists use for treatment decisions.
- Provide same-day consultation for primary care physicians on patients in distress, cutting urgent referrals to emergency care.
- Supervise two postdoctoral fellows weekly on case conceptualization and documentation.

Postdoctoral Fellow Sep 2020 - Sep 2021
VA Palo Alto Health Care System, Palo Alto, CA

- Treated veterans with PTSD and substance use using Cognitive Processing Therapy and Seeking Safety in individual and group formats.
- Completed neuropsychological screening and capacity evaluations for older adults on the geriatric service.
- Presented monthly case seminars on trauma assessment to psychology interns and psychiatry residents.

Psychology Intern Sep 2019 - Aug 2020

- Completed a year-long APA-accredited internship with rotations in primary care mental health, inpatient psychiatry, and PTSD clinic.
- Delivered brief interventions in primary care for about 20 patients a month and documented each in the electronic record.

Behavioral Health Practicum Student Aug 2017 - Jun 2019
Palo Alto University Gronowski Center, Palo Alto, CA

- Provided therapy to community clients on a sliding scale under licensed supervisors, and carried 8 to 10 clients at a time.
- Administered cognitive and personality testing batteries for six adult and adolescent clients and wrote integrated reports.

CORE SKILLS

Cognitive behavioral therapy | Prolonged exposure | Cognitive processing therapy | CBT for insomnia | Psychological assessment | Diagnostic interviewing | Measurement-based care | Integrated primary care | Group therapy | Clinical supervision | Risk assessment | Telehealth therapy | Epic documentation

EDUCATION

Doctor of Psychology (PsyD) in Clinical Psychology, Palo Alto University, Palo Alto, CA

CERTIFICATIONS

Licensed Psychologist, California Board of Psychology | Examination for Professional Practice in Psychology (EPPP) | CPR/BLS for Healthcare Providers