

## **Paulina Trujillo Pérez, LMFT, CGT**

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### **CREDENTIALS AND PROFESSIONAL AFFILIATIONS**

**Certified Gestalt Therapist (CGT)** 2024  
Pacific Gestalt Institute, Los Angeles, CA

**Licensed Marriage and Family Therapist #131313** 2022  
Expiration date February 2026  
Board of Behavioral Sciences, State of California

**Certified Mindfulness Meditation Teacher** 2019  
Greater Good Science Center, Berkeley, CA

### **EDUCATION/DEGREES**

Naropa University, Boulder, CO 2011  
**Master of Arts** in Counseling Psychology

Universidad de las Américas, Puebla, Puebla, México 2006  
**Bachelor of Arts** in Psychology  
**Summa Cum Laude**

### **PROFESSIONAL EXPERIENCE**

University of Texas at Austin, Austin, TX 02/2025-present

#### **Research Associate**

- Lead community-based recruitment efforts to engage diverse participants across the lifespan
- Organize lab participation in community events to give back to the local community by engaging children and adults and sharing accessible information about brain health and aging
- Coordinate with local newspapers, radio stations, bus systems, and other media outlets to advertise research opportunities
- Administered clinical assessments and standardized cognitive testing to young, middle-aged, and older adults

Pacific Gestalt Institute, Los Angeles, CA 10/2020 – present

#### **Faculty**

- Prepare and delivered lectures on Gestalt therapy theory and conduct live therapy demonstrations to illustrate Gestalt interventions and therapeutic stance
- Supervise student practice groups, offering clinical feedback and guidance to support skill development
- Co-facilitate process groups to foster self-awareness, integration, and group cohesion among participants
- Coordinate the Gestalt Summer School at the Southern California Counseling Center, deliver lectures and clinical demonstrations to 25 associate marriage and family therapists

California State University Long Beach, Long Beach, CA

9/2024 – 12/2024

**Part-time lecturer**

- Developed and delivered course content through lectures and experiential exercises on Gestalt psychotherapy principles and techniques, tailored to enhance students' understanding and practical skills
- Facilitated interactive learning leading dynamic classroom discussions and experiential activities, fostering a reflective learning environment where students can explore and apply Gestalt therapy concepts
- Evaluated student performance through assignments, discussions, quizzes, and practical demonstrations, providing constructive feedback and academic guidance to support their growth and development
- Created and organized course materials on Canvas, including assignments and multimedia resources, to provide a comprehensive and accessible learning experience for students

Be Well Marriage and Family Therapy, Claremont, CA

06/2020 – 02/2024

**Licensed Marriage and Family Therapist**

- Provided relationally based psychotherapy for English and Spanish speaking individuals from diverse backgrounds in private practice setting
- Facilitated trauma reprocessing through EMDR, Sensorimotor Psychotherapy and TRM
- Increased clients' emotional regulation using mindfulness and self compassion skills
- Conducted couples therapy sessions using Emotionally Focused Therapy

OMSD Family and Collaborative Services, Montclair, CA

08/2019 – 05/2021

**School-based Mental Health Intern**

- Conducted thorough clinical assessments, diagnosing and treatment planning
- Provided individual and group counseling sessions for elementary school and junior high school students struggling with personal, social and behavioral difficulties
- Collaborated with English and Spanish speaking families as well as medical and school staff
- Completed Department of Mental Health compliant paperwork in a timely fashion

Southern California Counseling Center, Los Angeles, CA

09/2017 – 09/2020

**Associate Marriage and Family Therapist**

- Conducted intakes and provided psychotherapy to individuals and families who had difficulty accessing quality mental health services
- Completed required documentation within 24 hours of service delivery and in accordance with agency policies and maintained strict confidentiality of client information
- Co-taught Gestalt Summer School classes
- Co-facilitated a weekly Community Mindfulness and Compassion Group promoting a safe, stable atmosphere for participants to meditate and engage with one another

Mt. San Antonio College, Walnut, CA

04/2018 – 06/2020

**Administrative Assistant**

- Acted as office receptionist and served as first point of contact for students, faculty and staff
- Handled administrative tasks including record-keeping, organizing events, and assisting with student services
- Provided excellent customer service and communication, addressing student and faculty inquiries efficiently
- Utilized office productivity tools, including Microsoft Office, to support daily operations and document preparation

Los Angeles Community College District, Los Angeles, CA

07/2017 – 12/2017

**Project MATCH Counseling Intern**

- Graduated from the prestigious and award-winning Summer Institute that covered program review, student learning outcomes, instructional strategies, cultural competencies for community college populations, and district board rules and regulations
- Trained in online instruction and obtained CANVAS certification
- Assisted in counseling students regarding career choices, developing educational plans using PeopleSoft, and connecting students to services
- Co-taught counseling course, which included course design, course presentation, classroom management, instruction, and grading student work

**PUBLICATIONS**

Marván, ML., Trujillo, P., & Karma, MA. (2009). Hysterectomy as viewed by Mexican women and men. *Sex Roles*, 61(9), 688-698

Marván, ML., & Trujillo, P. (2010). Menstrual socialization, beliefs and attitudes concerning menstruation in rural and urban Mexican women. *Health Care for Women International*. 31(1), 53-67