

Dr Forrest Harding

Education/Training/Fellowships

Education

Columbia University

Edd, Health and Applied Educational Psychology

MA, Health and Applied Educational Psychology

MA, Clinical Psychology and Counseling

Berkeley, AB, Neuroscience, Highest Honors

Fellowships

Stanford University School of Medicine, Lucile Packard Children's Hospital, NICU, Department of Developmental Behavioral Pediatrics, Amgen Fellow

Yale University School of Medicine, Robert Wood Johnson Scholar

Specialized Training

I hold expertise and clinical training in DBT (C), CBT (I), EFT, Psychodynamic, Intersubjective Psychoanalysis, Jungian, MDFT, Acceptance and Mindfulness (MBT), Acceptance and Commitment Therapy (ACT) Gottman Couples Therapy, Parent-Child Interaction Therapy (PCIT), expressive play therapies (floor play/DIR), Triple P Parenting, Rational Emotive Behavior Therapy (REBT), narrative, somatic/trauma-informed, arts and sensory and movement therapy, schema-focused therapy, STEPPS, and short term, humanistic, integrative and client-focused therapies.

I have received additional training from the UCLA Semel Center for Neuroscience, Weill Cornell Medicine/New York-Presbyterian, Spirit Rock Insight Institute, the Ojai Foundation, Columbia University Spirituality Mind Body Institute, UC Davis Children's Hospital, Stanford Children's Hospital and Yale University School of Medicine, among others.

In addition to individual client and patient work, I enjoy facilitating inclusive group therapy, micro-schools, workshops, seminars, intensive retreats, and consulting on special topics such as boundaries in intimate relationships, psychedelic integration treatment, mindful intentionality in organizational leadership, and coping effectively with critical life transitions.