

Education

Pepperdine University, CA
September 2014 - June 2016

Graduate School of Education and Psychology
Masters of Arts in Clinical Psychology with an Emphasis in MFT

Syracuse University, NY
September 2010 - May 2014

College of Arts & Sciences/Maxwell School of Citizenship & Public Affairs
Bachelors of Science in Psychology & International Relations

SYDEL CIS MENDEZ

MARRIAGE & FAMILY
THERAPIST

C A L M F T 1 2 2 9 0 1

PROFESSIONAL SKILLS & SERVICES

- Program Designer & Director
- Trauma Informed Care Provider
- Mental Health Specialist
- Group & Workshop Facilitator
- Advocate
- Corporate Consultant
- Bilingual Care: Fluent English & Spanish

Community Involvement

American Association for Marriage & Family Therapy
July 2021 - Present
Member

People of Color Alliance at The People Concern
August 2020 - October 2021
Group Facilitator

Los Angeles Veterans Collaborative
December 2016 - January 2019
Active Member

P.S. I Love You Foundation
November 2018- April 2019
Volunteer

Chiron Crises Response Team
October 2015 - July 2016
Volunteer

Clinical Experience

Rays of Resilience
April 2022 - Present
Founder | Therapist | Coach

UCLA Rape Treatment Center
December 2019 - Present
Crisis Counselor

Tia
October 2021 - Present
Mental Health Therapist

The People Concern
January 2020 - October 2021
Program Director of Shared Housing

American Film Institute
Nov. 2019 - Sep. 2020
Contract Therapist

Therapeutic Crisis Support
Apr. 2019 - Oct. 2019
Program Coordinator

Profound Treatment Center
Feb. 2018 - Sep. 2018
Contract Group Facilitator

UCLA Nathanson Family Resilience Center | Veteran Family Wellness Center
Dec. 2016 - Apr. 2019
Resilience Trainer & Women Veteran Programing Specialist

Sojourn at Ocean Park Community Center
February 2015 - May 2016
MFT Trainee