

Natasha Thapar-Olmos, Ph.D.
Associate Professor of Psychology

EDUCATION AND LICENSURE

- 2025-present **Board-Certified Coach**
National Board for Certified Counselors
- 2012-present **Licensed Clinical Psychologist**
CA PSY 24784
California Board of Psychology
- 2010-2011 **APA-Accredited Postdoctoral Fellowship**
Harbor-UCLA Medical Center
Areas of emphasis: Assertive Community Treatment/Psychosocial
Rehabilitation
Jail Mental Health/Correctional Psychology
- 2005-10 **Doctor of Philosophy in Psychology**
University of California, Los Angeles
Major: Clinical psychology
Minor: Health psychology
- 2009-10 **APA-Accredited Clinical Internship**
UCLA Counseling and Psychological Services
- 2004-05 **Master of Arts**
University of California, Los Angeles
Field: Psychology
- 1999-2003 **Bachelor of Arts with Honors**
University of Southern California
Major: Psychology
Minor: Neuroscience

PEPPERDINE UNIVERSITY TEACHING EXPERIENCE

Course Number	Title
PSY 607	Social Psychology
PSY 626	Research and Evaluation Methods for Mental Health Professionals
PSY 641	Clinical and Evaluation Research Methods
PSY 659	Behavioral Principles and Theories of Learning
PSY 682	Directed Study in Social Psychology
PSY 682	Directed Study in Master's Thesis supervision
PSY 690	Clinical/Community Research & Service I
PSY 691	Clinical/Community Research & Service II
PSY 690 (Hybrid)	Clinical/Community Research & Service I
PSY 691 (Hybrid)	Clinical/Community Research & Service II
PSY 692	Scientific Writing in Psychology
PSY 701	Research Methods in Clinical Psychology
PSY 702	Data Analysis in Empirical Research
PSY 709	Psychometrics
PSY 734	Cognitive Behavioral Therapy I
PSY 735	Cognitive Behavioral Therapy II
PSY 770	Practicum Clinical Intensive (Practicum)
PSY 771	Practicum Clinical Intensive (Practicum)
PSY 788	Directed Study in Research Methods
PSY 790	Dissertation Development (Seminar)
PSY 791	Dissertation Intensive A
PSY 792	Dissertation Intensive B
PSY 793	Dissertation Intensive C
PSY 794	Dissertation Project A
PSY 795	Dissertation Project B
PSY 796	Dissertation Project C
PSY 797	Dissertation Writing A
PSY 798	Dissertation Writing B
PSY 799	Dissertation Completion
PSY 800	Dissertation Supervision

COMMUNITY TEACHING AND CONSULTING EXPERIENCE

2016 **Instructor**
 Los Angeles County Department of Mental Health
 Course: Suicide Prevention for Mental Health Staff working in the Los Angeles
 County Jail System

- 2016 **Instructor**
Los Angeles County Department of Mental Health
Course: Suicide Prevention for Non-Clinical Staff working in the Los Angeles County Jail System
- 2015-16 **Instructor**
Los Angeles County Department of Mental Health
Course: Differential Diagnosis using DSM 5 for Mental Health Staff working in the Los Angeles County Jail System
- 2015 **Instructor**
Los Angeles County Department of Mental Health
Course: Suicide Prevention in Correctional Settings
Participants: Social workers, psychologists and substance abuse counselors working in the Los Angeles County Correctional system
- 2014-15 **Instructor**
Los Angeles County Department of Mental Health
Course: High Fidelity CBT for AB109 Consumers
Participants: Licensed clinicians working with AB109 consumers
- 2013 **Instructor**
Los Angeles County Department of Mental Health
Course: Cognitive Behavioral Therapy: Foundations and Applications to Jail Settings
Participants: Social workers, psychologists and substance abuse counselors working in the Los Angeles County Correctional system
- 2010-11 **Instructor**
Los Angeles County Department of Mental Health
Course: Advances in Cognitive Therapy
Participants: Licensed social workers
- 2011 **Instructor**
Los Angeles County Department of Mental Health
Course: Dialectical behavioral Therapy in Correctional and Forensic Settings (2-day training)
Participants: Trainees and licensed mental health professionals in psychology and social work in the Los Angeles County correctional system

INVITED SPEAKING ENGAGEMENTS

- 2025 **Invited Lecturer**
Topic: Associative Learning Model of Social Anxiety
UCLA Psychiatry Residency Program
- 2025 **Invited Panelist**
Bruin Synaptogenesis Career Networking Fair
UCLA
- 2025 **Invited Panelist**
#Jamii Career Panel Special Edition: To Doctorate or (Not)orate
Pepperdine University
- 2024 **Invited Panelist**
Women's History Month Faculty/Staff Panel
Pepperdine University
- 2023 **Invited Keynote Speaker**
Psychology@Pepperdine Annual Award & Recognition Ceremony
- 2023 **Invited Panelist**
Pepperdine University Faculty Conference
Topic: Virtues in Teaching
- 2022 **Invited Panelist**
Pepperdine University New Faculty Orientation
Topic: Faculty Perspective at Pepperdine
- 2020 **Invited Speaker**
Leadership Long Beach
Topic: From Surviving to Thriving: The science of Stress and Resilience
- 2018 **Invited Talk**
Women's Lifelong Learning Lecture Series at Pepperdine University
Topic: From Striving to Thriving: The Science behind Stress and Resilience
- 2017 **Invited Talk**
Women's Lifelong Learning Lecture Series at Pepperdine University
Topic: Finding Truth in an Era of "Fake News"

PROFESSIONAL PRESENTATIONS

Thapar-Olmos, N., Cao, X. & Gima, P. (2025, September). *Cultural Adaptations to Interventions for South Asians living in the United States: A Systematic Review*. Poster presentation at the annual California Psychological Association Convention, Long Beach, CA.

Regmi, K. & **Thapar-Olmos, N.** (2025, August). The Examination Of South Asian Caregivers Of Children With An Autism Disorder Diagnosis: A Systematic Review. Poster presentation at the annual American Psychological Association Convention, Denver, CO.

Thapar-Olmos, N. & Cao, X. (2024, July). Therapeutic Interventions for South Asians living in the United States: A Systematic Review. Presented at the 8th annual GSEP Research Symposium, Vevey, Switzerland.

Liu, S., Gudino, O., Chiang, M. & **Thapar-Olmos, N.** (2018). Serving Ethnic Minority Clients in 2018 – Bridging Research and Practice for Social Change. Symposium conducted at the meeting of the American Psychological Association, San Francisco, CA.

Padilla-Martinez, V., Paranamana, N. & **Thapar-Olmos, N.** (2018). Supervision and Teaching of Social Justice Advocacy and Sociopolitical Discussions as Women of Color. Conversation hour conducted at the meeting of the American Psychological Association, San Francisco, CA.

Thapar-Olmos, N., Wakio, S., Williamson, J. & Torres, J. (2018, June). Exploring the Effectiveness of Depression and Bipolar Support Alliance (DBSA) Online Peer Support Groups: A Pilot Study. Presented at the 3rd annual GSEP Research Symposium, Malibu, CA.

Thapar-Olmos, N., Williamson, J., Torres, J., & Wakio, S. (2018, April). Exploring the Effectiveness of Depression and Bipolar Support Alliance (DBSA) Online Peer Support Groups: A Process Report. Poster presentation at the annual California Psychological Association Convention, La Jolla, CA.

Sen, S. & **Thapar-Olmos, N.** (2017, November). The Relationships between Stigma, Shame and Acculturation Towards Mental Illness: A Cross National Perspective. Poster presentation conducted at the second annual South Asian Mental Health Conference, Fremont, CA.

Thapar-Olmos, N., Che, C., Khanna, V., & Ho, J. (2017, October). Piloting an online Master's level Capstone Course in Psychology: Lessons Learned and Next Steps. Panel presentation conducted at the annual Pepperdine University GSEP TechLearn Conference, Los Angeles, CA.

Thapar-Olmos, N. & Liu, L. (2017, August). Therapist Experiences working with Asian and Asian American Students. Symposium presentation conducted at the 125th annual meeting of the American Psychological Association, Washington, DC.

Thapar-Olmos, N., Morar, M., Parker, J., Spicer, T., Best, G., Flores, A., Garcia, A., Littleford, A., & Torres, S. (2017, June). Participatory-Action Research in Action: Pepperdine and Project Return Peer Support Network. Panel presentation conducted at the 2nd annual GSEP Research Symposium, Malibu, CA.

Ho, J., Lowe, D., **Thapar-Olmos, N.**, & Wood, L. (2017, June). Lessons Learned from Developing My First Online Course. Panel presentation conducted at the 2nd annual GSEP Research Symposium, Malibu, CA.

Seeman, S. & **Thapar-Olmos, N.** (2016, August). Piloting classroom response systems in graduate level psychology courses. Poster presentation conducted at the annual meeting of the American Psychological Association, Denver, CO.

Thapar-Olmos, N. & Wickremasinghe, N. (2016, July). The Effect of Gender on Stigma Towards Mental Illness in South Asians in U.S. and India: Application of a shame-based model. Symposium presentation conducted at the first annual South Asian Mental Health Conference, Union City, CA.

Moyers, S. & **Thapar-Olmos, N.** (2016, March). Stress, Resilience, and Healthy Women in the Workplace. Panel presentation conducted at the annual GSEP Women In Leadership Conference, Los Angeles, CA.

Thapar-Olmos, N. & Seeman, S. (2015, June). The Votes are In: Piloting Clicker Technology in Psychology Courses. Symposium presentation conducted at the first annual GSEP Research/Symposium, Malibu, CA.

Wang, S., Fung, J., Chang, J., & **Thapar-Olmos, N.** (2014, August). Cultural Influences on Relationships in Asian and Asian American Contexts. Symposium presentation conducted at the annual meeting of the Asian American Psychological Association, Washington, DC.

Von Habsburg-Lothringen, P. & **Thapar-Olmos, N.** (2014, March). Is Family an Obstacle to Counseling? Poster presentation conducted at the annual Tools for Change Conference, San Francisco, CA.

Anderson, K. & **Thapar-Olmos, N.** (2014, March). "My Last Resort": Exploring the Stigma of Counseling among South Asian students. Poster presentation conducted at the annual Tools for Change Conference, San Francisco, CA.

Troupe, F., Saw, A., Iwasaki, M., Morton, E., Pena, E., Peters, W., & **Thapar-Olmos, N.** (2013, July). Towards a Culturally Grounded Leadership Model for Ethnic Minority Psychologists. Symposium presentation conducted at the annual meeting of the Asian American Psychological Association, Honolulu, HI.

Olmos, N.T., Kim, S., Chow, S., Hsieh, C., Lin, W. and Chung, E. (2012, August). Expanding Mental Health Outreach to API Communities in University and Community Settings. Interactive session conducted at the annual meeting of the Asian American Psychological Association, Orlando, FL.

Olmos, N.T. (2012, July). Cultural Competence in Psychotherapy: The Implementation and Measurement of Process-based Models. Poster presented at the American Psychological Association Minority Fellowship Program Psychology Summer Institute, Washington DC.

Olmos, N.T. (2012, July). Cultural competence training in psychology and related mental health fields: A multiculturally integrative approach. Oral presentation conducted at the American Psychological Association Minority Fellowship Program Psychology Summer Institute, Washington DC.

Olmos, N.T. (2010, August). Public stigma towards mental illness among South Asians in the U.S. and India. Symposium presentation conducted at the annual meeting of the Asian American Psychological Association, San Diego, CA.

Olmos, N.T. & Myers, H.F. (2009, August). Perceptions of depression among South Asian and Caucasian students. Poster presented at the annual meeting of the Asian American Psychological Association, Toronto, Canada.

Patel, L., **Olmos, N.T.** & Kaduvettoor, A. (2009, August). Stigma: Influence of Media Visibility and Acculturation on South Asian Mental Health. Symposium conducted at the annual meeting of the Asian American Psychological Association, Toronto, Canada.

Thapar, N.V., Sachs, A.D. & Davison, G.D. (2005, November). Self-focused Attention in Generalized Anxiety: A content analysis of articulated thoughts. Poster presented at the annual meeting of the Association for the advancement of Behavioral and Cognitive Therapy, Washington, DC.

PEER-REVIEWED PUBLICATIONS

Liu, L., **Thapar-Olmos, N.**, Fung, J., Ho, L. & Lau, A. (2024) Therapist experiences working with Asian American college students, *Cogent Mental Health*, 3:1, 1-24, DOI: 10.1080/28324765.2024.2338052

Thapar-Olmos, N. & Seeman, S. (2018). Piloting Classroom Response Systems in Graduate Psychology Courses. *Journal of Educational Technology Systems*, 47(2), 193-204. doi: 10.1177/0047239518794173

Thapar-Olmos, N. & Myers, H.F. (2018). Stigmatizing Attributions towards depression among South Asian and Caucasian college students. *International Journal of Culture and Mental Health*, 11(2), 134-145. doi: 10.1080/17542863.2017.1340969

Joseph, N.T., Myers, H.F., Schettino, J.R., **Olmos, N.T.**, Bingham-Mira, C., Lesser, I. & Poland, R.T. (2011). Stress and Support in Interpersonal Relationships are Associated with Treatment Response to a Trial of Antidepressant Medication. *Psychiatry*, 74(3), 240-254

Schettino, J., **Olmos, N.T.**, Myers, H.F., Joseph, N.T., Poland, R.E. & Lesser, I.M. (2011). Religiosity and treatment response to antidepressant medication: A prospective multi-site clinical trial. *Mental Health, Religion and Culture*, 14(8), 805-818

Lesser, I.M., Myers, H.F., Lin, K., Bingham, C.M., Joseph, N.T., **Olmos, N.T.**, Schettino, J. & Poland, R.E. (2010). Ethnic Differences in Antidepressant Response: A Multi-site Clinical Trial. *Depression & Anxiety*, 27(1), 56-62

NON-ACADEMIC WRITING

Thapar-Olmos, N. (2025-present), *Multicultural Mindset* (Blog hosted by Psychology Today). <https://www.psychologytoday.com/us/blog/multicultural-mindset>

Thapar-Olmos, N. (2025). [Foreword]. In G.S. Bocci, *PhDiva: The Smart Girl's Guide to Graduate School Success* (pp. vii-ix).

Thapar-Olmos, N. (2025, January 31). *I finally achieved the highest level in my career but still felt unfulfilled. I had to figure out what was missing.* Business Insider. <https://www.businessinsider.com/achieved-highest-level-career-felt-unfulfilled-2025-1>

Thapar-Olmos, N. (2025, January 8). *I'm a professor at Pepperdine, and my students attach their self-worth to their grades. I'm struggling to change that.* Business Insider. <https://www.businessinsider.com/college-professor-pepperdine-students-shouldnt-attach-self-worth-grades-2025-1>

Thapar-Olmos, N. (2024, December 17). *I wish I failed more before I became a mother. I want my daughter to know resilience is more important than success.* Business Insider. <https://www.businessinsider.com/perfectionist-mother-failed-more-before-parenthood-2024-12>

Thapar-Olmos, N. (2024, November 6). *Today, I Grieve. Tomorrow, I'll Pick Up the Pieces For My Biracial Daughter.* <https://www.popsugar.com/identity/biracial-daughter-election-2024-essay-49407883>

Thapar-Olmos, N. (2024, October 28). *4 Tips to Boost Your Family's Emotional Toolkit.* LA Parent. <https://www.laparent.com/4-tips-to-boost-your-familys-emotional-toolkit/>

ADMINISTRATIVE EXPERIENCE

- 2022- present **Faculty Advisor**
Psy.D. Program Student Government Association
Pepperdine University
Los Angeles, CA
- 2022-present **Research Coordinator, PsyD Program**
Graduate School of Education and Psychology - Psychology Division
Pepperdine University
Los Angeles, CA
- 2020-2021 **Assistant Dean of Online Psychology Programs**
Graduate School of Education and Psychology - Psychology Division
Pepperdine University
Los Angeles, CA
- 2017-2021 **Director of Online Psychology Programs**
Graduate School of Education and Psychology - Psychology Division
Pepperdine University
Los Angeles, CA
- 2015-2017 **Co-Course Coordinator for PSY 690/691 Capstone Course Series**
Graduate School of Education and Psychology
Pepperdine University
Los Angeles, CA
- 2011-2013 **Student Mental Health Initiative Psychologist**
UCLA Counseling and Psychological Services
Los Angeles, CA

CLINICAL EXPERIENCE

- 2024-present **Private Psychotherapy & Coaching Practice**
- 2014-2020 **Licensed Psychologist in Private Practice**
Beverly Hills, CA
- 2015-2016 **Group Therapist**
Bridges to Recovery
Beverly Hills, CA; Pacific Palisades, CA
- 2011-2013 **Student Mental Health Initiative Psychologist**

UCLA Counseling and Psychological Services
Los Angeles, CA

2010-2011 **Postdoctoral Fellow**
Harbor-UCLA Medical Center in Torrance, CA
Twin Towers Correctional Facility in Los Angeles, CA
Century Regional Detention Facility in Lynwood, CA

2009-10 **Predoctoral Psychology Intern**
UCLA Counseling and Psychological Services
Los Angeles, CA

SUPERVISORY EXPERIENCE

2018-2019 **Individual Clinical Supervisor**
Pepperdine West Los Angeles Clinic
Los Angeles, CA

2016-2017 **Individual Clinical Supervisor**
Pepperdine University Community Counseling Clinic
Union Rescue Mission
Los Angeles, CA

2014-2017 **Group Clinical Supervisor**
Pepperdine University Community Counseling Clinic
Union Rescue Mission
Los Angeles, CA

2010-2011 **Individual Clinical Supervisor**
Field Capable Clinical Services (FCCS)
Harbor-UCLA Medical Center
Torrance, CA

2009-2010 **Individual Clinical Supervisor**
UCLA Counseling and Psychological Services
Los Angeles, CA

EDITORIAL SERVICE

2023 Ad hoc reviewer for Psychological Services
2023 Ad hoc reviewer for International Journal of Culture and Mental Health
2018 Ad hoc reviewer for Psychological Services
2018 Ad hoc reviewer for Cultural Diversity and Ethnic Minority Psychology

2016 Ad hoc reviewer for Psychological Services
 2015 Ad hoc reviewer for International Journal of Culture and Mental Health
 2012-15 Editorial Board Member for Psychological Services
 2014 Poster Judge for AAPA Annual Convention, Washington DC
 2014 Ad hoc reviewer for Community Mental Health Journal
 2014 Ad hoc reviewer for Journal of Immigrant Health
 2014 Ad hoc reviewer for Cultural Diversity and Ethnic Minority Psychology
 2014 Ad hoc reviewer for Social Psychiatry and Psychiatric Epidemiology
 2013 Poster Judge for AAPA Annual Convention, Honolulu, HI

LEADERSHIP POSITIONS IN PROFESSIONAL PSYCHOLOGY

2020 **Participant Leader**
 APA Leadership Institute for Women in Psychology

2019-2020 **Past President**
 American Psychological Association, Division 12 Section 6
 (Clinical Psychology of Ethnic Minorities)

2018-2019 **President**
 American Psychological Association, Division 12 Section 6
 (Clinical Psychology of Ethnic Minorities)

2018 **Mentor**
 Summer Mentorship Program
 Division on South Asian Americans, AAPA

2017-2018 **President-Elect**
 American Psychological Association, Division 12 Section 6
 (Clinical Psychology of Ethnic Minorities)

2013-14 **Leadership Development Institute Fellow**
 American Psychological Association, Council of National Psychology
 Associations for the Advancement of Ethnic Minority Interests (CNPAEMI)

2012 **Leadership Fellow**
 American Psychological Association Minority Fellowship Program
 Psychology Summer Institute

2010-2012 **Communications Chair**
 Asian American Psychological Association
 Division on South Asian Americans

HONORS AND AWARDS

- 2017 **Howard A. White Teaching Award**
Pepperdine University
- 2009 **Dissertation Award – Honorable Mention**
Asian American Psychological Association