



Mark E. Oakley, Ph.D.

Founder

Mark E. Oakley, Ph.D.

Center For Cognitive Therapy & Psychological Services Inc.
499 N. Canon Drive
Suite 206
Beverly Hills, CA 90210

Center For Cognitive Therapy & Sport Psychology, Inc.
3 Pointe Drive
Suite 305
Brea, CA 92821

PROFESSIONAL PROFILE

Clinical Psychologist specializing in Cognitive-Behavior Therapy. Regarded among peers as an expert in the assessment, treatment and supervision of complex mental health issues with over 34 years of clinical experience. Extensive experience with teaching mental health topics to a wide range of audiences. Lecture internationally including an invited lecture at Oxford University, England. Professional affiliations and contacts throughout Southern California with a national/international professional network for referrals across the full spectrum of mental health issues including substance abuse programs. Sport Psychology experience with collegiate & professional athletes including MLB. Expert with Pain Management, recovering from injury and sleep disturbance. Qualified Medical Examiner providing recent expert witness consultation to over 30 municipalities, medical centers, attorneys and corporations with mental health concerns in the work place (see addendum A). Extensive experience working in medical settings.

CLINICAL EXPERIENCE

Founder

Center for Cognitive Therapy & Sport Psychology, Inc.
3 Pointe Drive, Suite 305
Brea, CA 92821
08/2013 to present

Founder

Center For Cognitive Therapy & Psychological Services, Inc.
499 N. Cañon Drive, Suite 206
Beverly Hills, CA 90210
01/1986 to present



CLINICAL EXPERIENCE (Cont.)

Full Clinical Professor

UCLA Department of Psychology
1282A Franz Hall
Box 951563
Los Angeles, CA, 90095-1563
01/2002 to present.

Chief of Psychological Services Pain Management Associates

9665 Wilshire Blvd., Suite 520
Beverly Hills, CA 90212
01/1986 to 01/2010

Associate Clinical Professor

UCLA Department of Psychology
1282A Franz Hall
Box 951563
Los Angeles, CA 90095-1563
07/1995 to 02/2002

Assistant Clinical Professor

UCLA Department of Psychology
1282A Franz Hall
Box 951563
Los Angeles, CA 90095-1563
04/1988 to 7/1995

Assistant Clinical Professor

UCLA School of Medicine Dept. of Biobehavioral Sciences
760 Westwood Plaza
Box 24 Los Angeles, CA 90024
04/1988 to 6/2001

Post-Doctoral Scholar in Health Psychology/Behavioral Medicine

UCLA School of Medicine, Dept. of Biobehavioral Sciences
Los Angeles, CA 90024
11/1985 to 03/1988

Clinical Psychologist

Center For Cognitive Therapy
1101 Dove Street, Suite 228
Newport Beach, CA 92660
03/1987 to 07/1987



SPORT PSYCHOLOGY

Consulted with coaching staff and/or players for UCLA, Cal State Fullerton, USC, L.A. Galaxy, Colorado Rockies and the Seattle Mariners as well as aspiring Olympic athletes and elite High School athletes. Developed an innovative approach helping pitchers and position players to improve command and performance under pressure. Recently interviewed by Tim Brown and Rick Ankiel for their book entitled "The Phenomenon" (2017). There is an excerpt on pages 110-114 discussing this approach with MLB pitchers. Worked closely with the legendary Sport Psychologist, Dr. Ken Ravizza, providing Sport Psychology consultations to the 2013 UCLA and Cal Sate Fullerton Baseball teams. Developed "The Mental Skills Scoreboard," (Oakley & Ravizza, 2013) designed to provide accountability for the practice of Mental Skills enabling coaching staff and athletes to identify areas needing improvement as well as documenting progress. Participated in Dr. Ravizza's "Sport Psychology Think Tank," comprised of Collegiate Division 1 baseball coaches as well as other prominent Sport Psychologists, to discuss ideas for advancing the effectiveness of Sport Psychology. Paid Sport Psychology consultant to the 2013 UCLA Swim Team, 2013 NCAA Finals Team, and the 2014 UCLA Swim Team.

QUALIFIED MEDICAL EXAMINER (1993 to PRESENT)

Served as a Qualified Medical Examiner providing expert witness opinions regarding assessment and treatment to attorneys, insurance companies and more than 30 municipalities and corporations for over 25 years (See Addendum A for a partial list). Panel Qualified Examiner in disputes of worker's compensation injury since its inception in 2005. Performed Fitness For Duty Evaluations for Police Officers, Fire Department Personnel, LACMTA Bus/Train Operators and employees throughout Southern California.

EDUCATIONAL BACKGROUND

Post-Doctoral Training in Health Psychology/ Behavioral/Medicine	UCLA School of Medicine Department of Psychiatry and Biobehavioral Sciences 760 Westwood Plaza Los Angeles, CA 10/1985 to 3/1988
Post-Doctoral Training in Cognitive Therapy	Center For Cognitive Therapy 1101 Dove Street, Suite 228 Newport Beach, CA 92660 10/1985 to 07/1987
Ph.D.	University of Mississippi University, Mississippi 38677 Clinical Psychology September, 1985
M.A.	University of Mississippi University, Mississippi 38677 Clinical Psychology August, 1983



EDUCATIONAL BACKGROUND (Cont.)

B.A. State University of New York
1400 Washington Avenue
Albany, New York
Psychology
August, 1979

PROFESSIONAL MEMBERSHIPS/CREDENTIALS

Fellow, Academy of Cognitive Therapy

Licensed Clinical Psychologist
California License# PSY9870
March, 1987 to Present

Qualified Medical Examiner
QME# 001060

PUBLICATIONS

1. Invited review by Senior Editor (Psychology), Guilford Press. October 2003. *Cognitive Therapy For Chronic Pain: A Ten Session Manualized Treatment Program*. Beverly Thorm , Ph.D. Guilford Press. 2004
2. Shapiro, D., Hui, K. K., Oakley, M.E., Pasic, J., and Jamner, L.D. (1997). Reduction In Drug “Requirements For Hypertension By Means Of A Cognitive-Behavioral Intervention.” *American Journal Of Hypertension*, Vol 10, 9-17.
3. Shapiro. D., Hui, K.K., Oakley, M.E., Pasic, J., and Jamner, L.D. (1995). “Effectiveness of a combined behavioral/drug intervention for hypertension: Drug, personality, and quality of life effects.” In J.E. Dimsdale and A. Baum (Eds.), *Perspectives on Behavioral Medicine*, Erlbaum Associates, New York.
4. Oakley, M.E., McCreary, C.P., Clark, G.T., Holston, S.H., Glover, D., and Kashima, K. (1994). A “Cognitive-Behavioral Approach to Temporomandibular Dysfunction Treatment Failures: A Controlled Comparison.” *Journal of Orofacial Pain*. 8, 397-401.
5. Jamner, L.D., Shapiro, D., Hui, K.K., Oakley, M.E., and Lovett, M . (199 3). “Hostility and differences between clinic, self-determined, and ambulatory blood pressure.” *Psychosomatic Medicine*, 55, 203-211.
6. Oakley, M.E., McCreary, C.P., Clark , G.T., and Flack, V.F. (1993) “Screening for Psychological Problems in Temporomandibular Disorder Patients.” *Journal of Orofacial Pain* ,7, 143-149.



PUBLICATIONS (Cont.)

7. McCreary, C.P. , Clark, G.T., Oakley, M.E., and Flack, V.F. (1992) "Predicting Response to Treatment for Temporomandibular Disorders." *Journal of Craniomandibular Disorders: Facial & Oral Pain*, g, No.3,161-170.
8. McCreary, C.P., Clark, G.T., Merril , R.L., Flack, V. and Oakley, M.E. (1991) "Psychological distress and diagnostic subgroups of temporomandibular disorder patients." *Pain*, 44, 29-34.
9. Oakley, M.E. and Padesky, C.A. (1990) "Cognitive Therapy For Anxiety Disorders." In M. Herson, R. Eisler, and P. Miller (eds) *Progress In Behavior Modification*, Sage Publications, California. Volume 25, 11-46. *Evaluation of Drug-Behavioral Interactions in The Treatment of Hypertension. Psychosomatic Medicine*, 51, 269-276.
11. Oakley, M.E., McCreary, C.P., Clark, G.T., Solberg, W.K., and Pullinger, A.G. (1989) "Dentist Impressions vs. Psychological Testing In TMD Patients." *Journal of the American Dental Association*, I 18, 727-729.
12. St. Lawrence , J.S., McGrath , M.L. , Oakley, M.E. , and Sult, S.E. (1983). "Stress Management Training For Law Students: A Cognitive-Behavioral Intervention." *Behavioral Sciences And The Law*, 1, 101-110.

PROFESSIONAL WORKSHOPS CONDUCTED

Cognitive Therapy Applications: Marital Problems, Therapeutic Relationship Issues, Personality Disorders, and Difficult Clients
Hirsch Community Mental Health Center
4670 Sepulveda Boulevard
Culver City, CA
May 9, 1990; May 23, 1990

Cognitive Therapy of Personality Disorders, Complex Marital Cases,
and Inpatient Depression: Featuring Aaron T. Beck , M.D. and Christine Padesky, Ph.D.
Newport Beach, CA
February 2-4, 1990

Broad Spectrum Stress Management
UCLA Medical Center
Medical Ambulatory Care Center 10833 Le Conte Avenue
Los Angeles , CA 90024
February 8, 1989

Cognitive Therapy For Anxiety
Pepperdine University
Graduate School of Education and Psychology
Culver City, CA
July 20, 1988



PROFESSIONAL WORKSHOPS CONDUCTED (Cont.)

Cognitive Therapy For Depression
Pepperdine University
Graduate School of Education and Psychology
Culver City, CA
June 1, 1988

Cognitive-Behavioral Treatment of Chronic Headaches
University of Oxford
Department of Psychology, Warneford Hospital
Oxford, England OX3 7JX
August 17, 1987

Cognitive Therapy of Anxiety and Depression
California State University at Long Beach
Long Beach, CA
April 30, 1987

Cognitive-Behavioral Treatment of Pain and Stress
Sepulveda V.A. Medical Center
Behavioral Medicine Clinic
Sepulveda, CA
March 18, 1987; August 26, 1987

PERSONAL

Highly value maintaining physical fitness with a consistent regimen of mountain biking, running, conditioning and skiing. Have traveled extensively internationally and enjoy cultural diversity. I am a voracious reader who enjoys a wide range of music (especially live jazz) and all outdoor activities including wilderness experiences. Played baseball throughout youth including a New York State Babe Ruth Championship Final (1971) and High School Varsity. This early life experience has led to a passionate, lifelong interest and appreciation for the game of baseball.

REFERENCES (see attached)

1. Jill Waterman, Ph.D., Director-UCLA Psychology Clinic. 310-825-3240
2. Erik j. Abell, Ph.D., EAP Director-Los Angeles Angels. 949-675-0545
3. Doug Chadwick, Ph.D., Director of Mental Skills Development-Colorado Rockies. 714-423-8489
4. Andy McKay, Director of Player Development-Seattle Mariners. 916-801-5078



QUALIFIED MEDICAL EXAMINER (1993 to PRESENT)

Served as a Qualified Medical Examiner, providing expert witness opinions regarding assessment & treatment to attorneys, insurance companies & more than 37 municipalities and corporations for over 25 years.

Consulted with and provided treatment for large businesses and municipalities that have recently included (partial list past five years):

21st Century Fox
Bassett Unified School District
California Department of Motor Vehicles
Chaffey College
City of Arcadia
City of Baldwin Park
City of Bell
City of Cypress
City of Garden
City of Hope
City of Huntington Beach
City of Laguna Beach
City of Los Angeles
City of Newport Beach
City of Placentia
City of Santa Ana
City of South Gate
Coalinga-California Department of State Hospitals
Community Convalescent Hospital of San Bernardino
County of Orange
Covidian-Medtronic, Inc .
Etiwanda Unified School District
Glendora Unified School District
Hacienda La Puente Unified School District
Housing Authority of the City of Los Angeles
Los Angeles Department of Water & Power
Los Angeles Metro Transit Authority (Served on Trauma Panel)
Luxfer Inc.
Lynwood Unified School District
Midway Car Rental, Inc.
Monte Vista Water District
Ontario-Montclair School District
Orange County Department of Probation
Pomona Valley Hospital Medical Center
Tech Neal Scientific, Inc.
Upland Unified School District
Westlake Financial Services



2001 Blake Street, Denver CO 80205

Douglas R. Chadwick, PhD
1232 Sharpestowne Court, Mt. Pleasant, SC 29466
714-423-8489
douglas.chadwick@rockies.com

January 12, 2020

Dear Mr. Porterfield,

It is with great enthusiasm that I offer my highest recommendation for Dr. Mark Oakley for your position as Mental Health Coordinator. I have had the privilege of knowing and collaborating with Dr. Oakley for the last 4 years, and I am confident in declaring that you are unlikely to find a more ideal candidate for your position. Mark has a depth and breadth of education, training, and professional skills that make his work within professional baseball a perfect fit.

As you review Dr. Oakley's vitae, you will undoubtedly recognize his stellar background as a scholar. With over 30 years of demonstrated expertise as a professor within UCLA's world renowned Clinical Psychology program, it is of little question that he has a mastery of the didactic foundations of his profession. Perhaps more importantly for the requirements of your position is Dr. Oakley's exceptional skill as an applied clinical practitioner. In addition to his teaching, he has maintained a highly acclaimed private practice for over 25 years where he has worked extensively with elite athletes.

Mark is simply an exemplar communicator and clinical professional. Before ever actually collaborating with him in my role as the Colorado Rockies Mental Skills Coordinator, I was advised by my mentor and recognized performance psychology expert, Dr. Ken Ravizza, to seek out Mark for his specialized expertise in dealing with performance anxiety issues. When I was challenged with a couple of players with extreme and persistent anxiety, I referred them directly to Dr. Oakley. In both cases, Mark provided them with the skills necessary to overcome their issues and return to an elite level of baseball performance. Additionally, Mark demonstrated a willingness and ability to communicate effectively with me to ensure the long-term efficacy of his work with the athletes. Given my experiences, I am certain his communication and coordination skills will allow Mark to aptly perform the necessary duties of a Mental Health Coordinator.

I have greatly benefitted and enjoyed getting to know Dr. Oakley. I can say with great conviction that he will contribute immensely to your organization. My only hesitance in offering my endorsement is that I know he will be helping an opposing team; however, I cannot allow my selfish inclinations prevent me from promoting a genuine expert in his field.

Please, do not hesitate to contact me at 714-423-8489 or douglas.chadwick@rockies.com regarding any further questions about his potential.

Kindest Regards,

Douglas R. Chadwick, PhD
Certified Mental Performance Consultant (CMPC)
Director, Mental Skills Development
Colorado Rockies Baseball Club



July 28, 2013

UCLA Psychology Clinic
UCLA Department of Psychology
Box 951563 (2191 Franz Hall)
Los Angeles, CA 90095-1563

Re: Mark Oakley, Ph.D.

To Whom It May Concern:

Dr. Mark Oakley has asked me to write him a letter of recommendation, and I am delighted to do so. I have known Dr. Oakley since the 1980s, and was so impressed with his work that I recruited him to be a clinical supervisor for the UCLA Psychology Clinic, the training clinic for the Ph.D. program in Clinical Psychology at UCLA (ranked #1 again this year by U.S. News and World Report). To be a supervisor for our Clinic, a psychologist has to demonstrate competence in assessment, intervention and supervision of students, and has to be approved by the entire Clinical Psychology faculty. Dr. Oakley began supervising at the rank of Assistant Clinical Professor in 1988, and was advanced to Associate Clinical Professor in 1995. Advancement to Full Clinical Professor is not automatic, requires evidence of substantial contributions to the field of Clinical Psychology (not just to our program), and is achieved by less than 10% of our Clinical Faculty. Due to Dr. Oakley's record both in the Clinic and in the community, he was advanced to Full Clinical Professor in 2002, the highest and his current rank. Clinical Professors are unpaid, choosing to supervise for the love of teaching bright young minds and giving back to our profession (and they receive a UCLA parking permit).

Dr. Oakley specializes in Cognitive Therapy and Cognitive Behavioral Therapy with an emphasis on treating anxiety, including performance anxiety. He has supervised many students over the years and they consistently give him the highest rating on supervisor evaluations. He is seen as exceptionally bright, as a wonderful communicator, and as highly supportive of the students' growth. Using only evidence-based approaches, Dr. Oakley has very successfully supervised many cases of anxiety and depression, including test and performance anxiety as well as more complex cases with mixed diagnoses. Students particularly value his use of theoretical concepts, research evidence and straightforward practical suggestions. He exhibits great integrity, flexibility and responsibility in his work with the students.

In summary, Dr. Oakley is a talented and ethical psychologist who has supervised many young Ph.D. students whose skills and confidence have been greatly improved through their contact with him. He would be a significant asset to any mental health program; his expertise in CBT for anxiety and mood disorders, including those cases that are complex and refractory to treatment, as well as in behavioral medicine, make him a very versatile and talented clinician and clinical teacher. In addition, Dr. Oakley is a kind and caring person who is a wonderful colleague and is also a great team player. We have been so pleased that he has supervised our students for

25 years!

Sincerely,

A handwritten signature in black ink that reads "Jill Waterman". The signature is written in a cursive, flowing style with a long horizontal flourish at the end.

Jill Waterman, Ph.D.
Adjunct Professor of Psychology
Director, UCLA Psychology Clinic
310-825-3240
waterman@psych.ucla.edu

January 8, 2020

Attention: Mr. Ron Porterfield
Director of Player Health
Department of Baseball Operations
Los Angeles Dodgers

RE: Coordinator, Employee Assistance Program

Dear Mr. Porterfield,

Mark E. Oakley, Ph.D. has asked me to write a letter of recommendation in support of his application for the position of Coordinator, Employee Assistance Program of the Los Angeles Dodgers, which is an honor and pleasure. I have known Dr. Oakley for over twenty years and am very familiar with his professional capabilities and interpersonal style, both of which will be ideally suited for this position.

I have been the EAP Director for the Los Angeles Angels for the past eight years and I am very confident that Dr. Oakley will be a superb match for the Los Angeles Dodgers. Dr. Oakley brings a high level of psychological expertise and professionalism blended with an approachable and relatable personal demeanor. He has worked with adolescent, young adult and adult elite and professional athletes for much of his career. Equally important, Dr. Oakley has a broad range of experience working with non-athletes, which makes him ideally suited to address the personal and professional issues of 40 and non 40 man players. In that Dr. Oakley would be able to accurately and quickly recognize when a player may be experiencing a mental health issue or crisis, despite a player issue initially presenting as a "performance problem". Further, Dr. Oakley is quite knowledgeable about effective treatment of alcohol and substance abuse disorders.

Dr. Oakley is a Fellow of the Academy of Cognitive Therapy, which I have found to be strategic in matching highly trained and vetted licensed mental health clinicians with players across the country and around the world, via the Academy's membership referral lists. Dr. Oakley is considered an expert in Cognitive Behavior Therapy, an evidence and science based form of mental health treatment, is highly regarded among his peers, and as stated above, has a warm and engaging personality that sets individuals at ease across a wide range of ethnic and cultural backgrounds. Additionally, I would not hesitate to ask Dr. Oakley to cover my professional responsibilities during any absence.

Another distinguishing skill of Dr. Oakley that would make him an ideal candidate for this position is his background in Sport Psychology. He worked extensively with Dr. Ken Ravizza, who I met during the tenure of my work with the Los Angeles Angels. Dr Oakley has worked effectively with Major League Baseball players and MLB Team Sport Psychologists, as well as Division 1 collegiate baseball players and coaching staff.

It is without reservation that I recommend Dr. Oakley for this position as EAP Coordinator and know that he will greatly strengthen the EAP program for the Los Angeles Dodgers. Feel free to contact me directly if you have any questions or would like additional information.

Sincerely,

Erik J. Abell, Ph.D.

Erik J. Abell, Ph.D.
Clinical Psychologist - CA License PSY16096
EAP Director and Team Psychologist - Los Angeles Angels



April 5, 2013

UCLA Psychology Clinic
UCLA Department of Psychology
Box 951563 (2191 Franz Hall)
Los Angeles, CA 90095-1563

Re: Mark Oakley, Ph.D.

To Whom It May Concern:

Dr. Mark Oakley has asked me to write him a letter of support for positions in Sports Psychology, and I am delighted to do so. I have known Dr. Oakley since the 1980s, and was so impressed with his work that I recruited him to be a clinical supervisor for the UCLA Psychology Clinic, the training clinic for the Ph.D. program in Clinical Psychology at UCLA (ranked #1 again this year by U.S. News and World Report). To be a supervisor for our Clinic, a psychologist has to demonstrate competence in assessment, intervention and supervision of students, and has to be approved by the entire Clinical Psychology faculty. Dr. Oakley began supervising at the rank of Assistant Clinical Professor in 1988, and was advanced to Associate Clinical Professor in 1995. Advancement to Full Clinical Professor is not automatic, requires evidence of substantial contributions to the field of Clinical Psychology (not just to our program), and is achieved by less than 10% of our Clinical Faculty. Due to Dr. Oakley's record both in the Clinic and in the community, he was advanced to Full Clinical Professor in 2002, the highest and his current rank. Clinical Professors are unpaid, choosing to supervise for the love of teaching bright young minds and giving back to our profession (and they receive a UCLA parking permit).

Dr. Oakley specializes in Cognitive Therapy and Cognitive Behavioral Therapy with an emphasis on treating anxiety, including performance anxiety. He has supervised many students over the years and they consistently give him the highest rating on supervisor evaluations. He is seen as exceptionally bright, as a wonderful communicator, and as highly supportive of the students' growth. Using only evidence-based approaches, Dr. Oakley has very successfully supervised many cases of anxiety, including test and performance anxiety as well as more complex cases with mixed diagnoses. Students particularly value his use of theoretical concepts, research evidence and straightforward practical suggestions. He exhibits great integrity, flexibility and responsibility in his work with the students.

I believe Dr. Oakley is currently consulting with the UCLA Swim and Baseball teams. As a rabid UCLA football and basketball fan, I would have complete faith in his work with student-athletes in any sport. Unless he specifically wishes to, I hope he doesn't end up working with athletes from USC because I think his consultation could definitely increase the performance of whomever he works with! In summary, Dr. Oakley is a talented and ethical psychologist who has supervised many young Ph.D. students whose skills and confidence have been greatly improved through their contact with him, and I believe that the skill and confidence of athletes would benefit equally well from his consultation. I recommend him most highly and without

reservation for consultation positions in Sports Psychology.

Sincerely,

A handwritten signature in black ink that reads "Jill Waterman". The signature is written in a cursive, flowing style with a long horizontal flourish at the end.

Jill Waterman, Ph.D.
Adjunct Professor of Psychology
Director, UCLA Psychology Clinic
310-825-3240
waterman@psych.ucla.edu