

Provider:

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Biography:

Dr. Ho is a Licensed and triple board certified Clinical and Forensic Neuropsychologist and a tenured Associate Professor of Psychology at Pepperdine University. At her private practice, she specializes in neuropsychological and forensic evaluations for youth and adults who present with a variety of clinical issues including learning disorders, developmental disorders, neurocognitive disorders, mood and anxiety disorders, trauma and stressor-related disorders, co-occurring substance use disorders, and personality disorders. Her clinical experiences include working in inpatient psychiatric settings, school-based settings, outpatient hospitals and clinics and also in legal settings as an expert witness. She currently serves as consulting neuropsychologist to several residential treatment programs and conducts clinical trainings for Los Angeles Department of Mental Health (LADMH). In past years, she served as a neuropsychological trainer for the Center for Disease Control (CDC) Legacy for Children and as a cognitive-behavioral therapy trainer on the Community Partners in Care Project.

At Pepperdine University’s Graduate School of Education and Psychology, she is the Chair of the Institutional Review Board, and teaches Psychopathology, Treatment Methods, Research Methodology, Cognitive Assessment, and Statistical Analyses to doctoral and master students. She hosts a research program centered on improving mental health seeking and services provision for high need youth populations, and has developed several community-based programs designed to reduce barriers to youth mental health service use through psychoeducation and provision of practical skills to improve youth functioning. She publishes in national and International psychological journals and writes chapter contributions for mental health textbooks. Her first trade book titled *Stop Self-Sabotage*, published by HarperCollins in 2019, details an evidence-supported six-step program to achieving goals.

Dr. Ho regularly appears on various television programs as an expert psychologist. Currently, she hosts the CBS daytime talk show *Face the Truth* and appeared as a recurring guest co-host on Season 10 of *The Doctors*. Dr. Ho pursues her media consultant work with the goal of providing information to the general public about psychological issues in daily life and quality mental health care, and to reduce stigma towards mentally ill individuals and to encourage people who need help to seek effective treatment.

Dr. Ho received her bachelor of arts degree in Psychology and bachelor of science degree in Business Administration from UC Berkeley, and her master of sciences and Ph. D. from the San Diego State University/University of California San Diego Joint Doctoral Program in Clinical Psychology. She completed a postdoctoral fellowship at UCLA’s Semel Institute and is a two-time recipient of National Institute of Mental Health’s National Research Services Award.