CURRICULUM VITAE

Akira D. Olsen, Psy.D., EMBA, M.A.

Licensed Clinical Psychologist | Founder & CEO | Clinical Faculty & Supervisor



California License: PSY23573 • Nevada License: PY1167

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Additional websites: https://journeyhealth.jp/ • https://journeytoself.clinic/

PROFILE

Dr. Akira Olsen is a licensed clinical psychologist and a 2024 Marquis Who's Who Honoree, recognized for her distinguished contributions to youth and family mental health treatment, trauma education, and cross-cultural psychological care across the United States.

She is the Founder and CEO of Journey Health, a digital mental health clinic providing integrative, trauma-informed, and culturally responsive telehealth services to children, adolescents, adults, and families. She is also the Founder and CEO of WARM Education, Training & Consulting, which delivers national and international programs on trauma, ADHD, emotional wellness, and clinician education.

Dr. Olsen is the author of The Journey to Self: A Practical Path to a Positive Relationship with Yourself

(https://www.amazon.com/Journey-Self-Practical-Relationship-Transforming-ebook/dp/B0DQCH4YBD),

a widely read book offering actionable tools for emotional resilience, trauma recovery, and self-compassion.

Her book and clinical work have been featured globally, including in Forbes, FOX News, NBC, and major media outlets throughout the United Kingdom and Canada, solidifying her presence as an internationally recognized mental health leader.

Her broad clinical background includes work in community mental health clinics, K–12 schools, women's and family centers, university counseling centers, medical settings, and private practice. She treats anxiety, ADHD, trauma/PTSD, depression, identity development concerns, relational and family issues, and stress/burnout.

Dr. Olsen integrates evidence-based modalities—including CBT, DBT, ACT, EMDR, TF-CBT, IFS-informed approaches, and somatic psychotherapy—with mindfulness and Eastern contemplative traditions. Growing up in Tokyo and trained in art and Japanese fencing (kendo), she brings a unique East–West lens rooted in discipline, creativity, and whole-person healing.

She has served as clinical faculty and supervisor at Palo Alto University and the Stanford PGSP Consortium, and has held leadership roles including Diversity Chair for the San Mateo County Psychological Association. She is bilingual in English and Japanese.

MEDIA FEATURES & GLOBAL PRESS

Dr. Akira Olsen and her book The Journey to Self have received international media recognition. Her work as a clinical psychologist, author, and mental health educator has been featured in:

Forbes – Highlighting her work in trauma recovery and emotional resilience

FOX News – National coverage of her clinical expertise and book

NBC – Features and interviews on trauma, ADHD, and family mental health

United Kingdom Media Outlets – International coverage of her book and integrative healing approach

Canadian News Outlets – National attention on her trauma-informed mental health work

iHeartRadio – Interviews discussing PTSD, ADHD, emotional wellness, and holistic care

Her writing and teachings continue to influence audiences worldwide seeking accessible, culturally sensitive, and practical tools for mental well-being.

CURRENT LEADERSHIP, EDUCATION & ADVOCACY

Recipient of the Humanitarian of the Year Award, Influencer Magazine Awards (IMA), July 1, 2026, recognizing contributions to accessible, sustainable, compassionate mental health care.

Advocate for planetary mental health, connecting individual well-being, social equity, community health, prevention, and sustainable care.

Develop and share accessible psychological tools, micro-routines, mental health education, and healing resources through books, workshops, YouTube, and social media.

Promote the democratization of mental health services and education and the ethical use of AI innovations in mental health.

Journey Health provides integrative programs emphasizing the interconnectedness of mind, body, relationships, and community; licensed clinical services in California and Nevada.

Through WARM Education, provide training and consultation in trauma-informed care, ADHD, and culturally responsive mental health care.

Brainz Magazine — Executive Contributor; public-facing psychological education and author commentary.

HONORS & PUBLIC RECOGNITION

Humanitarian of the Year — Influencer Magazine Awards (IMA), UK, July 1, 2026.

Times Square billboard feature, New York City — recognition associated with the Humanitarian of the Year award, 2026.

Marquis Who’s Who Honoree, 2024 (also noted in the existing profile).

ADDITIONAL MEDIA FEATURES & PRESS, 2026

Influencer Magazine UK — “Dr. Akira Olsen’s New Book Empowers Readers with Micro-Routines for Mental Health and Everyday Wellness,” January 2026.

https://influencermagazine.uk/2026/01/dr-akira-olsens-new-book-empowers-readers-with-micro-routines-for-mental-health-and-everyday-wellness/

Influencer Magazine UK — “Dr. Akira Olsen Wins ‘Humanitarian of the Year’ at Influencer Magazine Awards 2026,” July 2026.

https://influencermagazine.uk/2026/07/dr-akira-olsen-wins-humanitarian-of-the-year-at-influencer-magazine-awards-2026/

UAE Business Times Magazine — “Dr. Akira D. Olsen: Bridging Science, Culture, and Compassion in Modern Mental Health Care,” March 22, 2026.

https://uaebusinesstimesmag.com/2026/03/22/dr-akira-d-olsen-bridging-science-culture-and-compassion-in-modern-mental-health-care/

The National Law Review — press release concerning the 2026 Humanitarian of the Year award.

https://natlawreview.com/press-releases/dr-akira-olsen-wins-humanitarian-year-influencer-magazine-awards-2026

Japanese-language coverage and award announcements:

https://www.japanpopnews.com/top/20264636

https://plaza.rakuten.co.jp/1news/diary/202608070000/

https://japan.net24.news/life/202616353.html

https://press.dedyn.io/culture/250/

Marquis Who’s Who profile announcement:

https://www.24-7pressrelease.com/press-release/515930/marquis-whos-who-honors-akira-olsen-for-expertise-in-mental-health-and-wellness-therapy

Vigilantes Radio Live! — interview appearance; distributed through iHeartRadio and other podcast platforms. Program links are listed under Digital Platforms & Media Links.

EDUCATION

Master of Science in AI Engineering (MSAIE) — 2026-in progress
Quantic School of Business and Technology; LinkedIn enrollment dates: 2026–2028.

Quantic School of Business and Technology

Executive MBA — February 2026
Quantic School of Business and Technology; November 2024–February 2026.
Focus: artificial intelligence, blockchain technology, entrepreneurship, and AI applications to healthcare. The original anticipated completion entry is retained below as historical information.

Psy.D., Clinical Psychology, Child and Family Psychology Specialization

California Institute of Integral Studies, San Francisco, CA
(Program with full APA accreditation as of 2006)

M.A., Clinical Psychology (Non-terminal)
California Institute of Integral Studies, San Francisco, CA

M.A., East–West Psychology
California Institute of Integral Studies, San Francisco, CA

B.A., Human Science/Psychology
Keio University, Tokyo, Japan

CERTIFICATIONS & PROFESSIONAL EDUCATION

Psychologist - Nevada State Board of Psychology, issued 2023; credential ID 1167

Executive Healthcare Leadership Certificate — Cornell University; issued September 2022.

Healthcare Change Management Certificate — Cornell University; issued June 2022.

Health Venture — Massachusetts Institute of Technology; issued August 2021.

5150 Assessment — San Mateo City and County Behavioral Health; issued September 2018.

CPSE (California Psychology Supplemental Examination) — California Board of Psychology; issued June 2010.

Psychologist — California Board of Psychology; issued June 2010; credential ID 23573.

Flash Technique Certification, Dr. Philip Manfield

Dialectical Behavior Therapy Certification, PESI

Acceptance Commitment Therapy Certification, PESI

Emotion Focused Therapy Certification, PESI

Cognitive Behavioral Therapy Specialist — AATBS, Association for Advanced Training in the Behavioral Sciences.

Critical Incident Response Specialist — CISM training / Robert Douglas Associate.

Trauma/Disaster Mental Health Response Specialist — AATBS, Association for Advanced Training in the Behavioral Sciences.

Additional Training and Education

Massachusetts Institute of Technology — Professional Program, Applied Data Science, 2022–2023. Executive education covering Python, statistics for data science, and healthcare data analysis; certification description includes supervised and unsupervised learning, time-series analysis, and neural networks. Listed skills: Python and Microsoft Excel.

University of Oxford — Executive Leadership Programme; Business Administration and Management, General. Dates and completion status are not specified in the supplied screenshot.

Wharton Executive Education — Professional Program, AI for Business; December 2023–February 2024. Original Wharton entry retained below.

Massachusetts Institute of Technology — Professional Program, Health Care Ventures; April–July 2021; description states completed August 2021. Focus: health care ventures, business, and AI strategy. Certificate identified as MIT School of Architecture + Planning Executive Education. Listed skills: Python and Microsoft Excel.

Cornell University — Executive Education, Executive Healthcare Leadership; April–September 2022. Certificate listed. Skills shown: executive leadership and Microsoft Excel.

Cornell University — Executive Education, Healthcare Change Management; April–June 2022. Certificate listed. Skills shown: executive leadership and Microsoft Excel.

College of Executive Coaching — Executive Coaching Intensive Training Program for Board Certified Coach; 2020–2021. Completed Executive Coaching Intensive Basic Training Program for Board Certified Coach; certificate listed. Skills shown: executive leadership and healthcare consulting.

John F. Kennedy University — EMDR Basic Level Certification, EMDR I & II; 2013. More than 50 hours of coursework and consultation. Completed EMDR basic training and consultation program; EMDR group consultation led by Dr. Manfield. Completed EMDR telehealth application training in October 2021. Original EMDR training entries retained below.

University of California, Berkeley — Psychology study; listed skill: psychodiagnostic assessment. Dates and award status are not specified in the supplied screenshot.

California Institute of Integral Studies — foundational coursework completed in the Ph.D. in Humanities/Humanistic Studies program. Listed as coursework; no completed Ph.D. is claimed.

John F. Kennedy University — Interdisciplinary Consciousness Studies master's program, listed on LinkedIn as Master of Arts. Dates and degree completion are not specified in the supplied screenshot.

University of California, Berkeley — coursework in Public Health. Dates are not specified in the supplied screenshot.

University of California, Berkeley — Psychology / Neuropsychological Assessment and Child Neuropsychology; listed skill: psychodiagnostic assessment. Original dated UC Berkeley training entries are retained below.

Health Ventures, MIT School of Architecture and Planning, 2021

Scrum Master, Scrum Alliance, USA, 2022

College of Executive Coaching Training, ICF-Accredited Executive Coaching Certificate, 2020

Clinical Certifications (Selected)

Advanced Flash Technique, Dr. Philip Manfield Seminars, 2023

Dialectical Behavior Therapy (DBT), PESI, 2023

Flash Technique, PESI/Dr. Philip Manfield Seminars, 2023

EMDR for Telehealth, PESI/Dr. Philip Manfield Seminars, 2023

Emotion-Focused Therapy, PESI, 2023

Motivational Interviewing, Psychotherapy Academy, 2019

Neuropsychological Assessment, UC Berkeley Extension, 2019

5150 Assessment, San Mateo County Behavioral Health, 2018

Alcohol Abuse Treatment Specialist (CAATS), AATBS, 2011

Cultural Competence Training, Violet, 2022–present

Exposure Therapy & Cognitive Processing Therapy, Relias Academy, 2019

Research Ethics & Human Subjects Protection, CITI Program, 2018

Clinical Supervision Training, AATBS, 2018

Child Neuropsychology; Introduction to Neuropsychological Assessment, UC Berkeley, 2015–2017

Compassion-Focused Therapy, UC Berkeley, 2013

CBT for Anxiety in Children & Adolescents, UC Berkeley, 2011

DBT Intensive, City & County of San Francisco, 2002

Extensive coursework in existential-humanistic, body-oriented, and integrative psychotherapy (CIIS; Existential-Humanistic Institute, San Francisco; JFKU, Orinda, CA), 1995–2000

CLINICAL EXPERIENCE

Journey Health, Burlingame, CA

Founder, CEO, Clinical Director, Youth, Family & Adult Psychology

August 2025 – Present

Dr. Akira Olsen Psychologist Inc., San Francisco/Burlingame, CA

President, Psychologist, Consultant, Supervisor

June 2010 – Present

WARM Education, Training & Consulting (Warm, Inc.), Burlingame, CA

Founder & CEO

2023 – Present

Family Court Panel - Clinical Psychologist

San Mateo County Family Court

April 2017 -Present

Lifestance Health, San Francisco, CA

Clinical Psychologist, Child, Family & Adult Psychology

November 2023 – August 2025

Palo Alto University/Stanford PGSP Consortium (Gronowski Center), Palo Alto, CA

Clinical Faculty / Clinical Supervisor, Ph.D. & Psy.D. Programs

July 2019 – January 2022

Octave, New York (Telehealth in California)

Clinical Psychologist (Part-time Staff Clinician)

San Francisco, CA • July 2021 – August 2023

StarVista, San Mateo, CA

Clinical Supervisor

August 2018 – June 2019

Stanford University School of Medicine, Palo Alto, CA

Clinician / Evaluating Psychologist (PTSD Research Study)

March 2018 – March 2019

Homeless Children's Network, San Francisco, CA

Psychologist; Child & Family Therapist

May 2007 – June 2010

Ann Martin Center, Piedmont/Oakland, CA

Staff Psychologist; Pre-Doctoral / Post-Doctoral Intern (RPS2007064)

July 2004 – January 2008

Richmond Area Multi-Services (RAMS), National Asian American Psychology Training

Center, San Francisco, CA

Practicum Trainee

July 2002 – July 2003

RELEVANT WORK & LEADERSHIP EXPERIENCE (Selected)

Vice President of Health Affairs, Protect Us Kids Foundation, USA, January 2022 – July 2022

Attended monthly board and volunteer coordination meetings.

Developed fundraising strategies for health-related programs.

Diversity Committee Chair & Executive Board Member, San Mateo County Psychological Association, 2015–2019

Developed and implemented DEI initiatives, trainings, and resources.

Promoted cultural competence and representation within the organization.

Conducted and disseminated work on diversity issues in psychology.

Japanese Translator, San Francisco District Attorney's Office, 1998

Provided translation and interpretation for the Sex Offender Program for Japanese-speaking participants.

TEACHING & PRESENTATIONS (Selected)

Child Therapy: Play Therapy Basics – Palo Alto University & Stanford PGSP (Gronowski Center), Practicum I Seminar (2022)

Narrative Therapy and Trauma – Palo Alto University & Stanford PGSP (2021)

Introduction to Somatic Psychotherapy – Palo Alto University & Stanford PGSP (2021)

Introduction to Narrative Therapy – Palo Alto University & Stanford PGSP (2020)

Social Justice in Psychotherapy – Palo Alto University & Stanford PGSP (2020)

Recognizing, Understanding, and Coping with Depression in Girls – AAUW Annual Conference, San Carlos, CA (2017)

Recognizing and Treating Depression in Seniors – Kokoro Assisted Living, San Francisco, CA (2010)

Coping Skills for Depression and Anxiety – South Market Supportive Housing Community Forum, San Francisco, CA (2009)

Diversity Issues in Clinical Practice – Homeless Children's Network, San Francisco, CA (2008)

Intercultural Communication – Richmond Area Multi-Services, San Francisco, CA (2000)

PUBLICATIONS —

Olsen, A. (2025, January 1). The Journey to Self: Practical Exercises for Building a Positive Relationship with Yourself and Transforming Your Mental Health.

https://amzn.to/4j0g1ms

Practical micro-routines and exercises in self-awareness, self-care, positive self-talk, self-compassion, boundaries, healing, forgiveness, gratitude, mindfulness, relationships, purpose,

time, financial well-being, and physical health; informed by psychological science and Eastern wisdom traditions.

Olsen, A. (2024, December 15). 97 Self-Care Tips for Healthcare Professionals.

Additional publication dates supplied: A Beginner's Guide to Emotional Trauma — July 18, 2019; The Rise of an Anxious Society: Recognizing, Understanding and Treating Anxiety in Girls — November 3, 2018. Original bibliography entries are retained below.

PUBLICATIONS (Selected)

Olsen, A. (2019). A Beginner's Guide for Emotional Trauma. Amazon Kindle.

Olsen, A. (2018). The Rise of Anxious Society: Recognizing, Understanding, and Treating Anxiety in Girls. Amazon Kindle.

Olsen, A. (2022). Multiracial LGBTQA+ Youth Mental Health. Medium.

Olsen, A. (2022). The Importance of Trauma-Informed Parenting. Medium.

Olsen, A. (2018). New Trauma Therapy Uses Storytelling, Music, Artificial Intelligence, and Virtual Reality. Medium.

Olsen, A. (2018). Treating Anxiety with Self-Compassion. Medium.

Olsen, A. (2018). The Epidemic of Anxiety Among Gen Z and Millennial Girls and Mobile Phone Use. Medium.

Olsen, A. (2006). High Achieving Female High School Students of Color Who Overcome Adversity and Disadvantage. UMI, Ann Arbor, MI.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA), Associate Member

APA Division 43: Society for Couple and Family Psychology, Associate Member

California Psychological Association, Associate Member

Asian American Psychological Association, Associate Member

DIGITAL PLATFORMS & MEDIA LINKS

Website: https://www.drakira.com

Journey Health Japan: https://journeyhealth.jp/

Journey to Self Clinic: https://journeytoself.clinic/

Instagram: https://instagram.com/drakira94111

TikTok: https://tiktok.com/@drakira94111

Facebook: https://facebook.com/drakirao94111

LinkedIn: https://linkedin.com/in/drakira

Medium: https://medium.com/@akiraolsen

YouTube: DoctorAkira

Additional program distribution and press-sharing links supplied:

https://www.instagram.com/influencermagazine_uk/p/DUAJt4OjNhd/

https://x.com/influencer_uk/status/2016020086692176041

https://in.pinterest.com/pin/1107041152185329395/

https://found.ee/5aAq

https://tinyurl.com/yym2p8cz

http://tun.in/pl0pg

https://www.amazon.com/Vigilantes-Radio-Live/dp/B08K59M7RX

https://www.iheart.com/podcast/966-vigilantes-radio-po-29999229?cmp=ios_share&sc=ios_social_share&pr=false&autoplay=true

https://open.spotify.com/show/7oGpJoTgKsXIvwxDfNgAYu?si=geMW8ZhPS3upnCRydqj5zA

https://podcasts.apple.com/us/podcast/vigilantes-radio-live/id1545086027

https://lnns.co/_58S4EvFeW6

https://www.jiosaavn.com/shows/Vigilantes-Radio-Podcast/1/BzOkUkmCBn0_

https://www.imdb.com/title/tt26009230/

https://www.youtube.com/c/DemetriusReynolds

https://podnews.net/podcast/i2xpj

https://music.amazon.ca/podcasts/adbe3f1f-c61f-4db1-abef-ead9babd6b39/vigilantes-radio-live

https://podcast.app/vigilantes-radio-live-p325330/

https://luminarypodcasts.com/listen/podzquad-network/society-&-culture/0f94e227-596e-456d-8521-f28f0fcb598a

https://fountain.fm/show/jQtheZxvNvX4kg1QcnLb

https://www.ivoox.com/podcast-vigilantes-radio-podcast_sq_f1892694_1.html

https://goodpods.com/podcasts/vigilantes-radio-live-241971

https://play.headliner.app/podcast/107836

https://lnkd.in/gm8ZcYcD

LANGUAGES

Japanese – Native (speaking and writing)

English – Full professional fluency (speaking and writing)

REFERENCES

Available upon request