

CURRICULUM VITAE

Akira D. Olsen, Psy.D., MA, EMBA
Clinical Psychologist, Clinical Faculty, Founder
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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 and education in California and across the United States. She is the Founder and CEO of JOURNEY HEALTH, a digital mental health clinic dedicated to providing holistic care that integrates mind, body, relationships, and community. Her work blends evidence-based therapies with Eastern holistic approaches, serving diverse adults, youth, and professionals.

Dr. Olsen has worked with a broad spectrum of clients, including youth and adults in the business, art, and entertainment industries. Her experience spans community mental health clinics, schools, women's and family community centers, and a university counseling center. This diverse background has equipped her with a deep and nuanced understanding of the unique needs of her clients.

Dr. Olsen's approach to therapy integrates mindfulness and holistic practices. Growing up in Tokyo, she engaged in art and Japanese fencing, which fostered her appreciation for discipline and creativity. During her Master's program, she explored various therapeutic modalities, including Jungian, existential, humanistic, mindfulness, and transpersonal approaches, as well as Western and Eastern Buddhist meditation practices. This background enables her to incorporate mindfulness seamlessly into her therapeutic work.

In addition to her clinical practice, from 2018 to 2022, she served as a clinical researcher at Stanford Medicine and a faculty member and clinical supervisor at Palo Alto University and PGSP. She has also been a Board member and the Diversity Chair for the San Mateo County Psychological Association.

Dr. Olsen's work in mental health education extends to the U.S., Japan, and globally. She manages a YouTube channel and other social media platforms focused on trauma, PTSD, ADHD, mental health, and issues affecting women, youth, and family health. Her work has been featured on iHeartRadio. In 2024, she was chosen as a Marquis Who's Who Honoree for her contributions to mental health treatment and education.

Dr. Olsen is committed to providing client-centered, evidence-based, culturally competent, and developmentally appropriate services tailored to each client's unique needs. She is bilingual, fluent in both English and Japanese.

EDUCATION:

California Institute of Integral Studies, San Francisco, California, Psy.D., Clinical Psychology, *Child and Family Psychology Specialization*, Full APA Accreditation (as of 2006)

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

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

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

Quantic School of Business and Technology, Washington, DC., Executive MBA, 2026

Quantic School of Business and Technology, Washington, DC., MS, AI Engineering, Class of 2027 (in progress)

CERTIFICATIONS:

Sport & Performance Psychology, Light University, Certification, 2026

Data Science, Massachusetts Institute of Technology, School of Architecture and Planning, Certification, 2022-2023

Artificial Intelligence and Business, Wharton School of Business/Executive Education, Certification, 2023
Executive Healthcare Leadership, Cornell University, 2022 Healthcare Change Management, Cornell University, 2022
Health Ventures, Massachusetts Institute of Technology, School of Architecture and Planning, Certification, Completed in 2021
Scrum Master, Scrum Alliance, USA, 2022
College of Executive Coaching Training, ICF accredited Executive Coaching Training Certificate, 2020

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
Motivational Interviewing, Psychotherapy Academy, 2019
Emotion-Focused Therapy, PESI, 2023
Neuropsychological Assessment, UC Berkeley Extension, 2019
5150 Assessment, San Mateo City and County Behavioral Health, 2018.
Eye Movement Desensitization and Reprocessing Therapy (EMDR) Level I & II; John F. Kennedy University; 2014
Cognitive Behavioral Therapy Specialist (CCBTS); Association for Advanced Training in the Behavioral Sciences; 2013
Disaster Mental Health Response Specialist (CDMHRS); Association for Advanced Training in the Behavioral Sciences; 2011
Alcohol Abuse Treatment Specialist (CAATS); Association for Advanced Training in the Behavioral Sciences; 2011

CLINICAL EXPERIENCE:

Journey Health, Burlingame, CA, Founder, CEO, Youth, Family and Adult Psychology, August 2025 – Present (<https://journeytoself.clinic/>)

Lifescance Health, San Francisco, CA, Clinical Psychologist, Child, Family and Adult Psychology, San Francisco, CA, November 2023 – August, 2025

Dr. Akira Olsen Psychologist Inc., President, Psychologist, Consultant, Supervisor, San Francisco/Burlingame, California, June 2010 – Present.

Warm, Inc., Founder, CEO, Burlingame, California, 2023-present

Palo Alto University/Stanford Consortium (PGSP) Ph.D. and Psy.D. programs, Clinical Faculty/Clinical Supervisor, Palo Alto, California, July 2019 – January 2022.

Octave, New York, Clinical Psychologist (Staff clinician, part-time), San Francisco, July 2021- August 2023

StarVista, Clinical Supervisor, San Mateo, California, August 2018-June 2019.

Evaluating Psychologist, Stanford University School of Medicine, Palo Alto, California, March 2018 - March 2019.

Ann Martin Center, Piedmont/Oakland, California; Staff Psychologist, Registered Psychologist (RPS2007064), Pre-Doctoral / Post-Doctoral Intern. July 2004 - January 2008. Clinical Supervisors: Cheryl Pohl, Ph.D. Licensed Psychologist, Janis Bauerlen, M.D. Licensed Psychiatrist

Richmond Area Multi-Services (APA approved, National Asian American Psychology Training Center), San Francisco, California; Practicum Trainee. July 2002 – July 2003. Clinical Supervisors: Frances He, Psy.D. Licensed Psychologist Alexander Zinchenko, Ph.D. Licensed Psychologist

RELEVANT WORK EXPERIENCE (Selected):

Vice President of Health Affairs, Protect Us Kids Foundation, USA, January 2022 - Jul 2022

Diversity Committee Chair, Executive Board Member, San Mateo County Psychological Association. 2015-2019.

San Francisco District Attorney Office, San Francisco, California; Japanese Translator. 1998.

Conducted translation and interpretation of the Sex Offender Program to Japanese- speaking offenders in the San Francisco First Sex Offender program.

PROFESSIONAL TRAINING (selected)

Advanced Flash Technique, Philip Manfield, Ph.D., 2023

(<https://flashtechnique.com/wp/>)

Flash Technique. Philip Manfield, Ph.D., PESI, 2022

Internal Family Systems Therapy (IFS), PESI, 2023

Eye Movement Desensitization and Reprocessing (EMDR) *for Telehealth*. Philip Manfield, Ph.D., October 2021

Cultural Competence Training, Violet (www.joinviolet.com) 2022 - present

Certified Dialectical Behavior Therapy, PESI, 2023

Acceptance Commitment Therapy Intensive Training, PESI, Steven Hayes, Ph.D. Motivational Interviewing, Advanced CBT, DBT skills, and ACT, Psychotherapy Academy, 2019.

Exposure psychotherapy, Relias Academy, 2019.

Cognitive-processing psychotherapy. Relias Academy, 2019.

Emotion-Focused Therapy Intensive Training, PESI, Sue Johnson, Ph.D.

Research Ethics, and Compliance Training, Human Subjects Research Protection courses, CITI Program, April 2018

Clinical Supervision, Association for Advanced Training in the Behavioral Sciences, April 2018

Child Neuropsychology. UC Berkeley, California. Shelley Peery, Ph. D, July 2017. Introduction to Neuropsychological Assessment. UC Berkeley, California. Simon Tan, Ph.D., September 2015.

Eye Movement Desensitization and Reprocessing (EMDR) group supervision. John F. Kennedy University, Orinda, California. Philip Manfield, Ph.D. November 2013 to November 2014.

Eye Movement Desensitization and Reprocessing (EMDR) I & II. John F. Kennedy University, Orinda, California. Philip Manfield, Ph.D. September 2013 to November 2013.

Compassion-Focused Therapy for Shyness & Social Anxiety Disorder. UC Berkeley, Berkeley, California, July 2013, Lynne Henderson, Ph.D.

Cognitive-Behavior Therapy for Anxiety disorders in Children and Adolescents. August 2011, UC Berkeley, Berkeley, California, Michael A. Tompkins, Ph.D.

Integrating Best Practices for Onsite Debriefing Services. Practical CE Seminars, March 2012.

Reliability Training for CANS. City and County of San Francisco. Department of Public Health. Community Behavioral Health Services. San Francisco, California. July 2009. Reliability Training for the Child and Adolescent Functional Assessment Scale (CAFAS). City and County of San Francisco. Department of Public Health. Community Behavioral Health Services. San Francisco, California. Spencer Williams.

Dialectical Behavior Therapy; December 2002. City and County of San Francisco. Department of Public Health. Community Behavioral Health

Services. San Francisco, California. Alan Fruzzetti, Ph.D.

Child Abuse Reporting, Assessment, and Treatment; February 2002.

Community Behavioral Health Services. San Francisco, California. Julie Robbins, LCSW. Existential-Humanistic Therapy Training; April 2000 to June 2000.

Existential/Humanistic Institute, San Francisco, California. Kirk Schneider, Ph.D. et al.

Various coursework and workshops on group/individual counseling, psychotherapy, and alternative medicine. California Institute of Integral Studies, Humanities Doctoral program, San Francisco, California. September 1996 to June 2000.

Counseling coursework and workshops, including Art Therapy and Play Therapy. John F. Kennedy University, Consciousness master's program. Orinda, CA, April 1996 to July 1996.

Body Oriented Psychotherapy (Hakomi, Process-Oriented Psychotherapy). California Institute of Integral Studies, San Francisco, California. 1995.

Alcohol and Drug Abuse Studies and Counseling coursework. UC Berkeley, California. September 1995 to December 1995.

TEACHING & PRESENTATIONS (Selected)

Olsen, A. (2022). Child Therapy: Play Therapy Basics. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2021). Narrative Therapy and Trauma. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2021). Introduction to Somatic Psychotherapy. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2020). Introduction to Narrative Therapy. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2020). Social Justice in Psychotherapy. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (October, November 2017). American Association of University Women (AAUW) Annual Conference., Recognizing, understanding, and coping with depression in girls. San Carlos California.

Olsen, A. (May 2010). Recognizing and treating depression in seniors. Presentation at Kokoro Assisted Living Inc., San Francisco, California.

Olsen, A. (January 2009) Coping skills for depression and Anxiety at South

Market support housing community forum, San Francisco, California
Olsen, A. (May 2008). Diversity issues in Clinical Practice. Presentation at Homeless Children's Network, San Francisco, California.
Olsen, A. (May 2000). Intercultural Communication. Presentation at Richmond Area Multi- Services, San Francisco, California.

PUBLICATIONS (Selected)

Olsen, A. (January 2025). The Journey To Self. Amazon publication.
Olsen, A. (June 2019). A Beginner's Guide for Emotional Trauma. Amazon Kindle publication.
Olsen, A. (November 2018). The Rise of Anxious Society: Recognizing, Understanding, and Treating Anxiety in Girls. Amazon Kindle publication.
Olsen, A. (2022). Multiracial LGBTQA+Youth Mental Health. Medium/USA
(<https://medium.com/@akiraolsen/multiracial-lgbtqa-youth-mental-health-b74d0cfea67d>)
Olsen, A. (2022). The importance of Trauma-Informed Parenting. Medium/USA
(<https://medium.com/@akiraolsen/the-importance-of-trauma-informed-parenting-c920a1b9ae27>)
Olsen, A. (2018). New Trauma Therapy uses storytelling, music, artificial intelligence, and virtual reality. Medium.com/USA
(<https://medium.com/@akiraolsen>)
Olsen, A. (August 2018). Treating Anxiety with Self-Compassion. Medium.com/USA (<https://medium.com/@akiraolsen>)
Olsen, A. (August 2018). The epidemic of Anxiety among Gen Z and Millennial Girls and mobile phone use. Medium.com/USA
(<https://medium.com/@akiraolsen>)
Olsen, A. (December 2006). High Achieving Female High School Students of Color Who Overcome Adversity and Disadvantage. Ann Arbor, MI: UMI.

AFFILIATIONS

Associate Member, American Psychological Association
Associate Member, American Psychological Association, Division 043
Society for Couple and Family Psychology
Associate Member California Psychological Association

Associate Member Asian American Psychological Association

LANGUAGE

Japanese (Native Fluency in speaking and writing)

REFERENCES UPON REQUEST