

Karen M. Chenier, Ph.D., L.P.C. Intern #R3940
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I am a Professional Counselor and Registered Intern through the Oregon Board of Licensed Counselors and Therapists. Also, I am a college lecturer and instructor with experience teaching core classes in the field of psychology, educational psychology and dance

Education: **Doctorate degree, Clinical Psychology**, Pacifica Graduate Institute, Santa Barbara, CA
Masters of Arts, Dance Therapy, University of California Los Angeles, CA
Bachelors of Fine Arts, Dance, California State University Long Beach, CA
Associates Arts, Cypress College, Cypress, CA

Clinical and Hospital Work Experience:

Job Title: **Professional Counselor Registered Intern**

Starting Date: Sole proprietor since 09/10/2015

Office: Wise Counsel and Comfort, 511 SW 10th Ave. Suite #601, Portland, OR 97205

Specialty: I work primarily with adults, couples, families and groups, in managing anxiety, depression, intimacy, communication, family and relationship matters, stage of life issues, grief and loss, prejudice and discrimination, work related issues, and improve the quality and meaning in life.

Job Title: **Counselor and Dance Movement Therapist**

Employer: Self-employed through the Common Ground Wellness Center Community Co-op

Dates: November 2010- 2012

Duties: Counselor and interning LPC and dance movement therapist. Specialize in working with individuals and couples, in helping to address anxiety, depression, relationship issues, marital problems, divorce, parenting skills and life-transitions, loss, and school/work related problems and aging issues. Also, lead stress reduction groups, to improve the connection with your mind, body and creative self through an eclectic sample of gentle, dance movement, Hatha yoga, Tai Chi and guided imagery exercises.

Job Title: **Psychological Assistant**

Employer: The Kieffer E. Frantz Clinic, C. G. Jung Institute of Los Angeles

Dates: 7/06 to 10/06

Duties: Provided Jungian analysis and psychotherapy to adults unable to afford the standard fees of private practice. Participated in small group and individual supervision meetings with licensed psychologists and Jungian analysts Dr. Steven Frank and Dr. Noreen Cannon. Presented case studies, session notes, and light bookkeeping duties.

Job Title: **Psychological Intern and Dance Movement Therapist**

Employer: The Healing Foundation, Brentwood, CA

Dates: 2/97 to 2/00

Duties: Co-lead small group, psychoanalytic, therapy sessions. Instituted one to one, private, "home sessions" with patients in temporary, acute, psychiatric situations. Developed group and private psychoanalytic dance/movement therapy and yoga sessions with adults who have been diagnosed with autism, dissociate identity disorder, personality disorders and substance abuse.

Job Title: **Adjunct psychotherapist**

Employer: Century City Hospital, Century City, CA

Dates: 8/95 to 9/96

Duties: Lead a variety of creative arts therapy groups and individual psychotherapy sessions, in the geropsychiatric, day treatment program. Treated older adults who were suffering from

various forms of depression, many were Holocaust survivors from Eastern Europe. Treatment groups included: dance therapy, group therapy, interactional skills, creative coping skills, grief and loss, discharge planning, and creative aging. Participated in daily team meetings with councilors, nurses, social workers and psychiatrists. Compiled written assessments and treatment plans for mental health staff, Medicare and patients. In addition, lead creative arts therapy sessions in the acute, locked, adult and geropsychiatric units. Patients were suffering from severe disorders such as: paranoid schizophrenia, major depression with suicidal ideation, post-traumatic stress disorder, eating disorders, substance abuse, dementia and Alzheimer's disease. Completed assessments, treatment notes and goals.

Job Title: **Dance Movement Therapist and Psychological Intern**
Employer: Harbor View Day Rehabilitation Program, San Pedro, CA
Dates: 12/99 to 4/00
Duties: Taught Dance Movement Therapy and Expression of the Arts groups to adults who had chronic mental health diagnoses such as Schizophrenia, Bipolar disorder and substance abuse issues. The purpose of the therapy sessions was to increase body awareness, positive self-expression, self-care and socialization skills. Attended and participated in daily treatment team meetings with other clinicians.

Job Title: **Dance Movement Therapist and Psychological Intern**
Employer: Ability first (formerly "The Crippled Children's Society") Pasadena, CA
Date: 7/97 to 9/98
Duties: Lead group and individual sessions to children and adolescents with various physical and emotional challenges to increase their ability to communicate and make contact with the world through the use of dance, music and art. Prepared session reports and established concrete goals.

Job Title: **Adjunct Therapist and Counselor**
Employer: North Hollywood Medical Center, North Hollywood, CA
Dates: 7/97 to 6/98
Duties: Directed creative arts groups to patients in the acute, locked, mental health unit. Classes included: Dance Movement Therapy, Music Therapy and Art Therapy. Responsible for completing Recreational Assessments and treatment plans. Communicated with nurses, social workers and psychiatrists to assist with patient care.

Job Title: **Dance Movement Therapist**
Employer: The Sisters of St. Joseph of Carondelet, Brentwood, CA
Dates: 1997 to 8/2009
Duties: Introduced creative dance movement exercises to elder Catholic Sisters in a dance studio environment to increase self-expression, and creative thinking as a means to support the Sister's physical, emotional and spiritual resources. Instructed a small group of cognitively impaired Sisters using dance, music and props to improve functioning level, memory and interaction.

Job Title: **Dance Movement Therapist**
Employer: The Nazareth House, Culver City, CA
Dates: 4/98 – 07/05
Duties: Developed group dance therapy sessions to a variety of residents to increase self-esteem, interaction and body awareness. Lead small group sessions with physically and cognitively impaired older adults in the infirmary to improve memory, stabilize mood, and improve functioning level. In addition, lead water-therapy exercise sessions with the residents.

Job Title: **Dance Movement Therapist**
Employer: The Sisters of St. Joseph of Orange, Santa Ana, CA

Dates: 8/03 to 10/04

Duties: Taught creative dance movement exercises to elder Catholic Sisters in a dance studio environment to increase self-expression, and creative thinking as a means to support the Sister's physical, emotional and spiritual resources. Lead a small group sessions with physically and cognitively impaired Sisters, in the nursing unit, to improve memory, increase interaction, and provide creative, sensory activities to increase functioning level.

Job Title: **Dance Movement Therapist**

Employer: The Religious Sisters of the Sacred Heart of Mary, Montebello, CA

Dates: 4/02 to 8/04

Duties: Created dance movement exercises to a group of retired Catholic Sisters to mobilize their physical, emotional and spiritual resources.

Job Title: **Dance Movement Therapist**

Employer: Thompson Memorial Hospital, Glendale, CA

Dates: 6/96 to 8/97

Duties: Directed and lead therapeutic groups in the adult, psychiatric, outpatient, partial hospitalization program. Treatment groups included: dance therapy, stress management, living skills, time management and expressive arts. Prepared session notes and recommended treatment goals.

Job Title: **Dance Movement Therapist**

Employer: Huntington East Valley Hospital, Glendora, CA

Dates: 8/96 to 9/97

Duties: Performed treatment groups in the geriatric, partial and in-patient mental health units. Treatment sessions included: dance therapy, group therapy, interactional skills, creative coping skills, grief and loss, discharge planning and expressive arts. Facilitated private, one to one psychotherapy therapy sessions. Drafted session notes, attended and participated in treatment team meetings with psychiatrist, nurses and social worker. Established and evaluated treatment goals with patients and mental health staff in both in-patient and outpatient units.

INVITED KEYNOTES AND PRESENTATIONS and Workshops:

Presenter: **Stress-Reduction Movement class**, a fundraiser event for the Common Ground Co-Op, NE, Portland OR.

Date: 4/19/2012

Topic: Lead a workshop utilizing dance/yoga, Tai Chi and psychotherapeutic exercises to decrease stress and increase coping skills in a safe environment.

Presenter: **Creative Arts Therapy Conference at Marylhurst University**

Setting: Marylhurst University

Date: November 2012

Topic: Presented on the subject physical movement and music was utilized to alleviate depression and loneliness in the elderly. In addition to lecture/discussion, participants were invited to take part in a modified experiential group (no special clothing required). The presenter will draw on her experience facilitating dance therapy groups in several hospitals and retirement communities in Los Angeles.

Speaker: **"Elder Religious: Listening to the Voices, Celebrating the Stories"**
"Embodying Change: Dance Movement Therapy in Later Life"

Setting: Carondelet Center, Chalon Campus, Brentwood, CA

Date: September 23-27th, 2009

- Topic:* Made two presentations: Presented my research of older, adults, living in a religious community and addressed how they coped, psychologically and spiritually to their aging and death. Also lead a dance movement workshop for a meeting for the Carondelet community coordinators and staff for their conference "Embracing Life's Transitions".
- Keynote:* **"Successful Nonverbal Communication"**
- Setting:* Business Development meeting Westchester/LAX – Marina Del Rey Chamber of Commerce
- Date:* June 8th, 2006
- Topic:* Presented an interactive lecture on communication and body language. Specifically addressed, nonverbal relational messages on the job, as it pertains to power, credibility, appraisal interviews, and leadership in the work environment.
- Presenter:* **Open Call: Methods in which Television and Media Professionals Can Create Positive Messages**
- Setting:* St. Paul's Church, Westwood, CA
- Date:* March 6, 2004
- Topic:* Presented a movement workshop for television and film actors and writers to assist them to utilize the mind body and spirit connection. Facilitated a therapeutic environment in which participants had opportunities to share their experiences. Guided participants in using creative therapy techniques on how to work creatively and constructively in a high stress environment.
- Presenter:* **The Power of Movement: Dance Therapy in Working with the Elderly**
- Setting:* Mary and Joseph Retreat Center, Rancho Palos Verdes, CA
- Date:* March 2001
- Topic:* Explained the use of Dance Movement Therapy to health care providers and managers from a variety of Catholic hospitals and retirement centers in Los Angeles.
- Presenter:* **Healing Potential of the Arts: Utilizing One's Creative Imagination**
- Setting:* Daniel Freeman Hospital, Marina Del Rey, CA
- Date:* February 2000
- Content:* Lead creative expressive exercises for hospital employees. Coached, nurses, physical therapist, nutritionists, and other staff, with therapeutic techniques to increase positive self-worth, interaction and a sense of a supportive environment.
- Guest Speaker:* **Careers in Dance Movement Therapy**
- Setting:* University of California at Los Angeles, CA
- Date:* April 1998 and 1999
- Subject:* Presented practical information in regards to educational and employment opportunities to graduate students in the Dance and World Arts and Cultures MA Programs.
- In-service:* **Dance Movement and Other Creative Therapy Techniques in the Hospital Environment**
- Setting:* Century City Hospital, Century City, CA
- Date:* June 1997
- Content:* In-service presentation for mental health workers, psychiatrist, nurses, social workers who work with psychiatric patients in the in-patient and partial, day programs at Century City
- Speaker:* **"State of the Arts in California – Is there a future?"**
- Setting:* California State University Long Beach, CA
- Date:* February 1993
- Content:* Invited, panel participant with artists, writers and instructors on the future of creative expression in California.
- Job Title:* **Full-time College Instructor**

Employer: Portland State University, Psychology Department, Portland, OR
Dates: Fall 2015-present
Fall Term 2015 – present appointment
Classes: Psychology as a Natural Science, Psychology as a Social Science & Psychology of Adjustment, & Teaching Assistants (Undergraduate and Graduate Students)

Job Title: **Adjunct Assistant Professor**
Employer: Portland State University, Psychology Department, Portland, OR
Dates: Fall Term 2010 – Summer 2015
Classes: Psychology as a Natural Science, Psychology as a Social Science & Psychology of Adjustment, & Teaching Assistants (Undergraduate and Graduate Students)

Specific contributions to the psychology department and the College of Social Science:

- Supervised and wrote assessments of graduate and undergraduate TAs.
- Offered suggestions to the department chair to create a measure scale, to assess the work of the Graduate Students, in order that the Graduate Advisors and the Department Chairs would be better informed of the Graduate Students effectiveness and work as a TA.
- Completed constructive teaching evaluations for Graduate TAs.
- Recognized and nominated deserving graduate and undergraduate students for Student Achievement awards. A former graduate TA, J. Kathryn Lee, M.A. was awarded the University Service Award from the outstanding work she did as my graduate TA in PSY 317, Spring 2014. Stuart Carlberg won the Presidential Service Award, spring 2015 for his work as the class TA for my PSY 317 class.
- Nominated twice for, “Most Outstanding Instructor”, in the Psychology Department.
- Managed challenging situations in regards to student behavior and conduct issues in the classroom environment in a manner which has been constructive and respectful as evidenced in the student evaluations and work with the departments of Dean of Students, DRC, SHAC and Campus Public Safety.
- Supported faculty and graduate student research by recruiting subjects in a manner which enhanced the current class curriculum
- Written letters of recommendation (educational and professional) for highly qualified and motivated psychology students.
- Contributed in a focus group discussion with Dean Dr. Marrongelle of the College of Liberal Arts & Sciences (CLAS). The feedback was included in college wide discussion about the structure of CLAS.

Faculty skill, pedagogical development:

- Worked with the Office of Academic Innovation since 2014, and their course building specialists Ms. Kari Goin and Dr. Vincent Schreck to increase accessibility of classroom content and learning outcomes. Specifically, enhanced the course page on d2l to increase accessibility and efficiency of on-line material to enhance course material and student learning
- Kimberly Pendell, M.A., subject librarian for Sociology, Social Work, and Psychology. We developed a library study work sheet for my PSY 317 class. Also we created class presentations with in order to enhance student accessibility skills for on-line sources, as well as increase skills in utilizing library resources. (2012 to present terms)
- Organizational committee member for Adjunct Day, the first ever community building and skill enhancement event for Adjunct faculty and researchers at PSU. Adjunct Day had speakers participate from the following departments and divisions: Academic Affairs and Provost, Dr. Sonja Andrews, the Office of the Dean of Students, Office of Academic Innovation, Disability Resource Center, Student Health and Counseling Center, Campus Police and Safety. The purpose of the event was to assist and orient Adjunct faculty to the PSU campus and intuitional resources to promote communication, and create a productive learning environment to help support student success, and collaborate with other faulty, and staff. Event funded by PSUFA. September 17th, 2014.

- Dr. Susan Kirtley, English Department, and the department of Writing, Reading and Rhetoric Studies, sought guidance in creating an assessment measure and rubric for PSY 317. (2012)

Collaboration with various departments and student organizations and community groups as a method to increase awareness of diverse cultures and subcultures on campus and in Portland in promotion of facilitating student success with respect to diversity.

- Created a panel discussion with Stella Cillman, Art Curator for Young AT Heart Choir, and Reed college student. To speaking with my students regarding the film Young AT Heart, to increase awareness of older adults, decreases ageism, and negative stereotypes of the elderly,
- Steering Committee member for Improving Student Food Security (CISFS) 2015.
- International Cultural Services Program (ICSP) presentations with student panel for PSY 317 class, worked with Ms. Rachel Krueger, International Student Life Advisor (2015)
- Developed and organized PSU team for NAMI Walks (2013 & 2015) organized a fundraising team of 70 participants for the National Alliance for Mental Illness (NAMI) Walk. Our teams have raised \$1000.00 for NAMI education.
- Veterans Resource Center, and Mr. Ray Facundo, Director of PSU Veterans Resource Center “The Telling” Created an opportunity for students to attend and participate as a class learning activity. Fall 2014
- Community outreach between Portland State University and the Portland Art Museum for visiting artists, 2010 & 2012.
- Disability Resource Centers and Darcy Kramer, MS Accessibility Specialist, to acquire note takers, and provided numerous adaptive accommodations for students.
- Guest presentation by NAMI “In Our Own Voice” (2013, 2014 & 2016)
- Promoted event "A Language Shared: Journalist, Veterans & PTSD" with Dr. Leslie Hammer and panelist. Created an opportunity in which students could participate and answer questions regarding the culture of veterans and issues with reintegration. (2014)
- Developed a joint learning, experiential activity with the Student Health and Counseling Center, for Test Your Mood Event. Collected data and feedback from students about the SHAC event and presented the information to the director of SHAC.
- Worked in conjunction with the DofS, Saudi Student Club, Muslim Student Association, SHAC, Women Gender and Sexuality Studies, and Spiritual Life Center to visit and make an assessment on the “Quiet prayer and Meditation Lounge” in SMSU (2013). Created a learning activity to introduce and assess the new lounge.
- Worked with Dr. Marcy Hunt-Morse, Director of Counseling and Psychological Services, in promoting the Test Your Mood” event created by SHAC Spring 2013 & 2014. Students assessed their experiences with the services rendered.
- University Affairs Director Ms. Larken Harrel in (2011) and Associated Students (2012-2014) on their Student Food Pantry. Created food drives and volunteer opportunities.
- Diversity and Multicultural Affairs Office and Black Studies dept. Ms. Melanie Dixion-Caldwell and Ms. Angela Canton. In “An Evening to Remember” with Dr. Harry E. Johnson the CEO of the Washington DC, Dr. Martin Luther King Jr. National Monument. Created an experiential learning activity in promotion of the class content and event (2012)
- Women’s Veterans Outreach Action Team and the Viking Vets in promotion of the presentation “From Soldier to Student: Combating PTSD & integration into collegiate life.” Worked with Ms. Britni Mimms in creating a student learning activity. (2012)
- SHAC and the Center for Change in creating an opportunity for my students to attend and participate in “Goodbye Ed, Hello Me” by Jenni Schaefer in 2012.
- Pre Health Society and OHSU presentation on the subject of “Sleep and Consciousness” by Amanda Heckman, M.S., 2012 Created an opportunity for students to attend presentation and respond to questions.
- SHAC and the Portland State Of Mind 2012, created an extra credit learning assignment and promotion of the performance “The Gospel According to Josh”. 2012
- Invited Dr. Jon Joiner (former) director of the Multi-Cultural Center (MCC) to speak to my class, introduce the new MCC and field questions from the class regarding the mission and purpose of the MCC. (2011)

- Organized a class exercise in which my students were offered an opportunity to attend and participate in a drop-in “Mindfulness Group” led by Bob Liebaman, Provider from SHAC. (2011) Students who attended created an assessment of their experiences.

Community outreach and service based learning components

- Mental Health Association of Portland, OHSU, Oregon State Psychiatric Review Board, “Trends and Changes” presented by Dr. Board Executive Director Juliet Follanbee and Dr. Joseph Bloom. Created an extra credit assignment in which students could attend the presentation at OHSU, and share their assessment on the topic of health care and legal issues concerning firearms and mental illness. (2014)
- Reed College, Multicultural Department and Psychology Department, presentation by Ms. Nagin Farad’s film and conversation “The Muslims Are Coming” 2014. Worked with Dayspring Mattloe, M.Ed., Program manager for Office of Inclusive Community for my students to attend the event and complete a questionnaire about issues of diversity, identity and stereotyping
- Reed College, Psychology Department, received permission and made arrangements with the department chair of psychology, Dr. Daniel Reisberg for my students to attend Dr. Helen Neville’s presentation “Nature and Nurture in Human Brain Development” University of Oregon. Students attended the event and completed an assessment. Winter 2012
- Portland Art Museum “Artist in Conversation, Blurring Boundaries” worked with Stacie Webb, guest services manager (May 7th, 2012). Arranged for a special discount for my students to attend a discussion in how specific artist used their creative expression in addressing sleep and different states of consciousness in their work.
- Goalball Tournament School for the Blind, Washington State, and PSU Campus Rec Center. Ms. Jen Armruster, Coordinator of Adaptive Rec & Community Services, and I helped to create a group of PSU volunteers to assist with adaptive services for the tournament. (2011, May 7th)
- OMSI, “Bodyworlds” Fall 2011, worked with Ms. Jessica Kottke and Ms. Allison Clark at OMSI in getting a group student discount fare for the special exhibit. Students answered questions

Job Title: **Adjunct Instructor**
Employer: Mt. Hood Community College, Social Sciences Division
Dates: Winter Term 2013-present
Classes: General Psychology & Human Relations

Accomplishments at MHCC:

- Coordinated and co-created an event with Mandy Kubisch, Behavioral Health Prevention Coordinator from the Multnomah County Health Department, to provide my students with QPR training.
- Participated and enrolled in ED270A, Teaching at a Community College: Planning for Instruction, with Ms. Anna Johnson M.S. This course assists new, continuing or part-time instructors to develop and refine the skills necessary to apply successful instructional strategies in a community college classroom. Addressed shifting paradigms in teaching/learning related to diversity, learning research and student centered instruction. In addition, participants gained an understanding of the historical and current perspective of the role of community colleges in a seamless education system.
- Worked with Chris Mahoney, Instructional Technology specialist to assist with making improvements on the “mymhcc” class page. Specifically, with the gradebook, and the general look and operation of the page. Goal of the meetings was to maximize accessibility with the course page on MhCC’s portal.
- Created an opportunity to for 25 students to attend and participate in MHCC Criminal Justice Department sponsored event entitled: *A Discussion on Domestic Violence* as part of our recognition of Domestic Violence Awareness Month, by Dr. Chris Gorsek.
- Coordinated and promoted an event with the Veteran’s Services on campus and Dr. Campbell, Political Sciences, on a public event titled “Boots to Books”. Student veterans discussed the emotional challenges they faced in returning to campus, and discussed creative ways in which they could be a part of the community college environment.

Job Title: **Instructor**
Employer: Roseway Heights Public School, Portland, OR
Dates: Winter Term 2015 to present
Classes: Ballet and Improvisational Dance for the SUN Community Schools

Job Title: **College Lecturer**
Employer: California State University Long Beach, Educational Psychology and Dance Dept.
Dates: Fall 2000-2006
Duties: Nonverbal Communication: Theories of Mind and Body Integration, Viewing and Writing about Dance.

Pedagogy:

- Created an engaging and rigorous learning environment through the use of current multimedia technologies and opportunities for in-class experientials and dialogue. Develop an active learning environment which students are invited to volunteer, or participate with campus events and city happenings, which link the course material to the community. Develop guest lecture visits for all classes.

Accomplishments at California State University Long Beach:

- Created, developed and helped lead a study abroad program at California State University Long Beach (CSULB) in conjunction with the American Institute for Foreign Study. Taught and toured with a group of eleven students to London, England for eight weeks in the summer of 2002 and a group of 22 students to Florence, Italy for 8 weeks 2004.
- Designed and oversaw the study abroad student presentations which focused on the examination of design and living environments in London, England and Florence, Italy, at CSULB 2002 & 2004.
- Organized several trips to New York and San Francisco with graduating seniors, functioning as a career counselor and chaperon, CSULB (2003-2006).
- Oversaw, managed and assessed Undergraduate and Graduate Teaching Assistants at CSULB and Graduate and Undergraduate Teaching Assistants in the Psychology Department at Portland State University (2001-2006).

PUBLICATONS AND TELEVISION:

Newsletter: **Designs Magazine**
Publisher: Sisters of the Carondelet, LA CA
Date: February 2003
Title: "The Positive Experience of Exercise and Dance Movement for the Elderly"

Newsletter: **Horizon Weekly**
Publisher: Tennet Corporation, Lewisville TX
Date: April 28th, 1997
Title: "Dance Movement Therapy: The Healing Power of Movement"

Editor: **Dance Flash**
Publisher: Official student newsletter of the CSU Long Beach Department of Dance
Date: 1991 to 1992, bi-monthly publication

Editor: **Le Fine Arts News**
Publisher: Official student newsletter of the CSU Long Beach, College of the Arts
Date: 1992 to 1993, quarterly publication

Television: **Public interest story shown on local cable news stations in the Long Beach area, CA, featured presenter**

Story Title: "Fine Arts Week"

Date: April 1991

AWARDS AND AFFILIATIONS:

Affiliation: **The Dance Therapy Association**, 200 Century Plaza Suite 108, Columbia, MD

Awarded: **Leadership Award**, California State University Long Beach, College of the Arts

Awarded: **Most Outstanding Graduate**, California State University Long Beach, Dance, 1994

Awarded: **Adopt a Student Scholarship**, Department of Dance, 1993

Awarded: **Work Study**, Dr. Joan Schlaich, Chair, Department of Dance, CSULB, CA

OTHER UNIVERSITY WORK EXPERIENCE:

Grade Appeals Committee, College of the Arts, CSU Long Beach, CA, 1992-1999

Peer Counselor, Department of Dance, CSU Long Beach, CA, 1992-1993

Vice President of the Fine Arts Student Council, CSU Long Beach, CA, 1992-1993

President of "Off Seventh", the official campus organization of the Dance Department, CSU Long Beach, 1991-1992

PROFESSIONAL DANCE and CHOREOGRAPHY EXPERIENCE:

Disneyland, Disneyland, Anaheim, CA, (1983-1985)

Opening Olympic Ceremonies, Los Angeles Coliseum, CA (1984)

Saint Monica Catholic Church, Los Angeles, CA (2001-2006)