

Janice Rudestam, Ph.D.

Associate Faculty - Clinical Psychology at Fielding Graduate University

Santa Barbara, CA, US

Adjunct Faculty in the School of Psychology

Biography

Janice Rudestam is a member of the adjunct faculty in the School of Psychology.

Industry Expertise

Education/Learning, Research

Areas of Expertise

Feminist Psychology, Psychology of Trauma and Recovery, Interpersonal Psychotherapy, Training in Psychotherapy, Buddhism and Psychotherapy, Experiential Psychotherapies, Buddhist Psychology and Western Psychotherapy

Affiliations

American Psychological Association, Santa Barbara County Psychological Association, Past President of the Board, Society for the Exploration of Psychotherapy Integration

Event Appearances

Finding freedom: Buddhist psychology beyond mindfulness
(2007) Santa Barbara County Psychological Association

Mindfulness-based stress reduction
(2005) University of California Santa Barbara

With a little help from our friends: Stress, coping and wellness
(2002) Professional Women's Association, University of California Santa Barbara

Buddhism and psychotherapy
(2000) Workshop presentation for the Association for Women in Psychology

Education

Santa Barbara County Mental Health
Postdoctoral Fellowships

York University
PhD Clinical and Counseling Psychology

Accomplishments

Ontario Graduate Scholarship
(1981) York University, Toronto, Canada

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