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## Staff Bio

Dr. Danna Kober

Post-Doctoral Psychologist

Dr. Kober is a clinical psychologist who completed her pre-doctoral internship at the Southern Arizona Psychology Internship Center (SAPIC) in Tucson. She completed her undergraduate education in English at The University of California, Riverside, and received her MA in English from California State Polytechnic University, Pomona. She completed her doctoral training in clinical psychology at The California School of Professional Psychology, Los Angeles. She was an English teacher for 20 years, at both the high school and community college level, before pursuing a career in psychology.

She has experience working in outpatient community mental health and medical settings and practices predominantly from mindfulness-centered, psychodynamic, relational systems, and narrative therapeutic orientations. While working on her dissertation, she trained in narrative therapy approaches that specifically address grief and end-of-life issues. She has also worked with cancer patients and their families while in training at UCLA Simms-Mann Center for Integrative Oncology.

Dr. Kober's experience includes individual, couples', family, and group psychotherapy. She also has experience with initial evaluations, psychological assessments, and risk assessments. Her interest in the field of psychology was inspired by her own mindfulness practice and its psychological impact on existential questions about life, death, connection, and relationships. She has focused her work on treatments for grief, end-of-life, trauma, and attachment-related distress. Dr. Kober believes that effective therapy nurtures one's understanding of themselves, their emotions, and their relationship patterns, and does so through a compassionate and respectful rapport between a person and a therapist.