

# **JOHN D. PRESTON**

**Psy.D., ABPP**

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## **EDUCATION:**

- 1972 B.A., Psychology, Southwestern University, Georgetown, TX
- 1973 M.S. Clinical Psychology, Trinity University, San Antonio, TX
- 1979 Psy.D., Clinical Psychology, Baylor University, Waco, TX [APA Approved]
- 1978-79 Internship, Napa State Hospital, Napa, CA [APA Approved]

## **CLINICAL EXPERIENCE:**

- 1981 – 1999 Private Practice in Clinical Psychology  
Sacramento, CA
- 1981 - 1988 Clinical Psychologist, (Chief Psychologist, 1986-1988)  
Permanente Medical Group, Inc., Sacramento, CA
- 1979 - 1981 Director, Adult Mental Health Services  
Nueces County NHMR, Corpus Christi, TX

## **TEACHING EXPERIENCE:**

- 1999 – Present Alliant International University, Sacramento  
California School of Professional Psychology  
Professor; Professor Emeritus: 2009-present
- 2000 – 2001 Univ. of California, Davis, School of Medicine  
Dept. of Family and Community Medicine  
Associate Clinical Professor
- 1981 – 1999 Professional School of Psychology, Sacramento, CA  
Associate Professor, 1981-1992, Professor 1993-1999
- 1990 - 1992 Univ. of California, Davis, School of Medicine  
Department of Psychiatry, Assistant Clinical Professor

## **CERTIFICATION and PROFESSIONAL AFFILIATIONS:**

CALIFORNIA STATE BOARD OF MEDICAL QUALITY ASSURANCE  
Licensed Psychologist - #PSY - 6832

AMERICAN BOARD OF PROFESSIONAL PSYCHOLOGY  
Diplomate: Counseling Psychology. #5353

AMERICAN BOARD OF PROFESSIONAL NEUROPSYCHOLOGY  
Certified: 1984

FELLOW: American Psychological Association

**HONORS:**

- Distinguished Contributions to Psychology Award, California Psychological Association, 2004
- President's Award for Contributions to the Mental Health Community, Sacramento Mental Health Association, 1994
- Doctor of Science - Honorary Degree  
The Professional School of Psychology, Sacramento, 1993
- Fellow: APA Division 55, 2009
- Distinguished Service Award: California Psychological Association: Division of Clinical Psychopharmacology, 2013

**ADDITIONAL PROFESSIONAL ACTIVITIES:**

- Member: Editorial Board: Carlat Child and Adolescent Psychiatry Report
- Expert consultant for Dr. Oz's web site: sharecare.com
- Governor's appointment: California Board of Psychology 2012-2013

**PUBLICATIONS: (books highlighted)**

1. Preston, John D., Schoenfeld, Lawrence S., and Adams, Russell L. (1975) The evaluation of the effectiveness of a telephone crisis center: from the consumer's viewpoint. Hospital and Community Psychiatry, vol. 26, p. 719-20.
2. Schoenfeld, Lawrence S., Preston, John D., and Adams, Russell L. (1976) The selection of volunteers for telephone crisis intervention centers. Psychological Reports, vol. 39, p. 725-726.
3. Adams, Russell L., Kobos, Joseph C. and Preston, John D. (1977) Effect of racial-ethnic groupings, age, and IQ range on the validity of the Satz-Mogel short form of the Wechsler Adult Intelligence Scale. Journal of Consulting and Clinical Psychology, vol. 45, p. 498-499.
4. Preston, John D. (1978) Abbreviated forms of the WISC-R. Psychological Reports, vol. 42, p. 883-887.

5. Preston, John D. (1979) Differential Diagnosis Of Psychotic Conditions (audio cassette). New York: Jason Aronson, Publishers.
6. Preston, John D. and Preston, Bonnie L. (1980) Bibliography: neuropsychological assessment: the Halstead-Reitan battery and Wechsler scales. Catalog of Selected Documents in Psychology, vol. 10, APA, Washington, D.C.
7. Preston, John D. (1981) How To Conduct A Neuropsychological Exam (audio cassette). Dallas, Texas: Wilmington Press.
8. Preston, John D. (1982) Neuropsychological Screening Exam, A Psychological Instrument. Dallas, Texas: Wilmington Press.
9. Preston, John D. and Johnson, James. (1983) The Medication Consult: Psychopharmacology (audio cassette). Dallas, Texas: Wilmington Press.
10. Preston, John D. (1986, revised 1991 and 2000) Quick Reference To Exner's Rorschach: Comprehensive System. Chicago, Illinois: Stoelting Co.
11. Preston, John D. (1988) Neuropsychology: one model for understanding learning disabilities. C.A.S.P. Today, vol. 37, no. 5, p. 21-28.
12. **Preston, John D. (Fourth Edition: 2004) You Can Beat Depression. Acastadero, California: Impact Publishers.**
13. **Preston, John D., and Johnson, James R. (Eighth Edition, 2015) Clinical Psychopharmacology Made Ridiculously Simple. Miami, Florida: MedMaster Inc.**
14. Preston, John D., and Liebert, Douglas J. (1990) Defending the Rorschach in forensic cases. American Journal of Forensic Psychology, vol. 8, p. 59-67.
15. Preston, John D. (1993, revised 2000) Depression And Anxiety Management (audio cassette). Oakland, California: New Harbinger Publications.
16. **Preston, John D. (1993) Growing Beyond Emotional Pain. Atascadero, California: Impact Publishers.**
17. **Preston, John D., O'Neal, John H., Talaga, Mary. (Seventh Edition, 2013) Handbook Of Clinical Psychopharmacology For Therapists. Oakland, California: New Harbinger Publications.**
18. Preston, John D., O'Neal, John O., Talaga, Mary. (1994) Rx red flags: when to reevaluate. Psychopharmacology Update, vol. 5, p. 6-7.

19. **Preston, John D., Lucas , Julie and O’Neal, John H. (1995) Understanding Psychiatric Medications In The Treatment Of Chemical Dependency And Dual Diagnoses. Springfield, Illinois: Charles C. Thomas, Publishers.**
20. Preston, John D. (1995) Treatment resistant depression: diagnostic and treatment implications. The California Psychologist, vol. 28, no. 8, p. 18-19.
21. Preston, John D. (1995) Treatment resistant depression: medical treatment alternatives. The California Psychologist, vol. 28, no. 9, p. 22-23.
22. Preston, John D. (1996) Life Is Hard (audio CD). Atascadero, California: Impact Publishers.
23. Preston, John D. (1996) Compliance with antidepressant medication treatment. The California Psychologist, vol. 29, no. 1, p. 18-19.
24. Weaver, A.J., Koenig, H.G. and Preston, John D. (1996) Elder suicide prevention: what pastors need to know. Quarterly Review: A Journal of Theological Resources for Ministry, 16(2); summer edition, p. 151-167.
25. Preston, John D. (1996) Psychopharmacology and collaboration with primary care physicians. The California Psychologist, vol. 29, no. 12, p. 20-21.
26. **Preston, John D. (1997) Shorter-Term Approaches To Treating Borderline Personality Disorders. Oakland, California: New Harbinger Publications**
27. Preston, John D. (1997) Making The Most Of Medical Treatment For Depression (audio cassette). Smith Kline Beecham Pharmaceuticals.
28. Preston, John D. (1998) Genuine help for depression. Marriage Magazine (February Issue).
29. **Preston, John D., O’Neal, John H., and Talaga, M. (Second edition: 2009) Consumer’s Guide To Psychiatric Medications. Pocket Books: New York**
30. Preston, John D. (1998) Psychology’s relationship with pharmaceutical companies. The California Psychologist, vol. 31, no. 9, p. 20-21.
31. Weaver, A.J., and Preston, John D. (1998). Your teenagers may need help for gambling addiction. The United Methodist Reporter. September 30, 1998.
32. **Weaver, A.J., Preston, John D., Jerome, Leigh. (1999) . Counseling Troubled Teens And Their Families: A Resource For Pastors And Religious Care Givers. Nashville: Abingdon Press.**

33. Preston, John D. and Ebert, Bruce (1999) Psychologists' role in the discussion of psychotropic medication with clients: Legal and ethical considerations. The California Psychologist. 32, No.10, 32-34.
34. **Preston, John D., Varzos, Nicollete, and Liebert, Douglas. (2000) Make Every Session Count Washington D.C. International Psychotherapy Institute**
35. Preston, John D., Varzos, N. and Liebert, D. (2000) Brief Therapy. Chapter in Family Guide to Emotional Wellness. Edited by P. Fanning and M. McKay. New Harbinger Publications, Oakland.
36. McKay, M., Preston, J., and Honeychurch, C. (Editors) (2000) Best Practices: Empirically Based Treatment Protocols Series. New Harbinger Publications, Oakland.
37. Weaver, A.J. and Preston, John D. (2001) Pastors should watch for signs of emotional trauma. The United Methodist Reporter. September 24, 2001.
38. **Preston, John D. (2001) Lift Your Mood Now: Simple Things You Can Do to Beat the Blues. New Harbinger Publications, Oakland .**
39. Preston, John D. (2001) Drugs in Psychiatry. Chapter in Encyclopedia Americana . Grolier Educational Press.
40. **Preston, John D. (2002) Survivors: Stories and Strategies for Healing the Hurt. Impact Publishers, Atascadero, CA.**
41. Weaver, A.J. and Preston, John D. (2002) Effects of terror pose challenges for clergy. Research News and Opportunities in Science and Theology. September Issue.
42. **Weaver, A., Flannelly, L., and Preston, John D. (2003) Counseling Survivors of Traumatic Events: A Handbook for Pastors and Other Helping Professionals. Abingdon Press, Nashville**
43. Preston, John D. (2003) Medical treatments for depression and anxiety: A changing landscape. Family Therapy Magazine. Vol. 2, No. 2, 24-29.
44. Preston, J.D. (2004) Limitations of pharmacologic treatment for major depression. California Psychologist. 37:1, 12-13.
45. Weaver, A., Preston, J.D., Binggeli, R.L., and Furnish, V.P. (2004) Inaccurate beliefs about homosexuality. United Methodist Reporter: Dallas, Texas
46. **Weaver, A., Preston, J.D. and Hosenfeld, C. (2005) Counseling on Sexual Issues: A Handbook for Pastors and other Helping Professions. The Pilgrim Press, Cleveland**

47. Weaver, A.J. and Preston, J.D. (2005) Traumatic bereavement: Faith and medical help aid in fighting traumatic bereavement. United Methodist Reporter. Dallas, Texas, July 21, 2005 issue
48. Weaver, A.J. and Preston, J.D. (2005) The suicide of a teenager: A pastoral response. Ministry: International Journal for Pastors. (in press)
49. Preston, J.D. (2005) Psychopharmacology for Depression Made Simple. CD-ROM United Behavioral Health: Portland, Oregon.
50. **Preston, J.D., O’Neal and Talaga, M.T. (2006; third edition: 2015) Child and Adolescent Clinical Psychopharmacology, Made Simple. New Harbinger Publications: Oakland**
51. Preston, J.D. (2006) Pharmacologic treatment of depression: New developments and the need for an integrated approach. Journal of Family Psychotherapy. Vol. 17 (3-4), pg. 35-52.
52. **Preston, John D. (2006) Integrative Brief Therapy: Cognitive, Psychodynamic, Humanistic, And Neurobehavioral Approaches. Atascadero, California: Impact Publishers**
53. Preston, J.D. (2006) Response to: Myths and the missing links: Paper by Sparks, Duncan and Miller. Journal of Family Psychotherapy. Vol 17 (3-4), pg. 119-126.
54. **Preston, J.D. (2006) Integrative Treatment for Treatment Borderline Personality Disorders. New Harbinger Publications: Oakland**
55. **Fast, J. and Preston, J.D. (2006) Taking Charge of Bipolar Disorder, Warner Books: New York .**
56. **Preston, J.D. (2007) Complete Idiot’s Guide to Managing Your Moods. Penguin Books: New York.**
57. **Fast, J. and Preston, J. (2007) Get it Done When You Are Depressed. Penguin Books: New York (anticipated publication date: winter 2008).**
58. **White, R. and Preston, J. (2009) Bipolar Disorder: 101. New Harbinger Publications: Oakland**
59. **Preston, J.D., and Kirk, M. (2010) Depression 101. New Harbinger Publications: Oakland**
60. **Preston, J.D. (2015) Bipolar Disorder Medications: A Concise Guide to the Medical Treatment of Bipolar Disorder in Adolescents and Adults. (a Kindle e-book; Amazon.com) also a free download on my website: [www.psyd-fx.com](http://www.psyd-fx.com)**

61. Preston, J.D. (2012) It's more complicated than that: Probing the Complexities of the antidepressant debate. Psychotherapy Networker. Vol. 36, No. 1, 19-20
62. **Fast, J. and Preston, J.D. (2012) Loving Someone with Bipolar Disorder: How to Help and Understand Your Partner. Second edition New Harbinger Publications, Oakland**
63. Preston, J.D. (2013) Medication non-adherence: The make-it-or-break-it of psychopharmacology: Part One. The California Psychologist . 46 (4). 28.
64. Preston, J.D. (2013) Medication non-adherence. The make-it-or-break-it of psychopharmacology: Part Two. The California Psychologist. 46 (5) 32-33.
65. Preston, J.D. (2013) Psychiatric Medication Treatment Adherence. The Carlat Child Psychiatry Report. 4: (7-8), 1-9.
66. Preston, J.D (2014) SSRIs in Perspective: Have they lived up to their promises? Psychotherapy Networker. 38, (4), 40-43.