

Jaz Robbins, Psy.D., BCHN

Los Angeles, CA | DrJazRobbins.com

ABOUT

Dr. Jaz Robbins is a trauma-informed health psychologist and board-certified holistic nutritionist. She provides therapy, wellness coaching, training, and professional consultation.

EDUCATION

Doctor of Psychology	Pepperdine University: Graduate School of Education and Psychology Clinical Psychology
Board Certification	Holistic Nutrition Credentialing Board Holistic Nutrition
Certification	Bauman College Holistic Nutrition
Master of Arts	Pepperdine University: Graduate School of Education and Psychology Clinical Psychology with an Emphasis in Marriage & Family Therapy
Bachelor of Science	North Carolina State University: College of Agriculture and Life Sciences Food Science & Nutrition

CLINICAL EXPERIENCE

Robbins Nest Wellness Foundation	Jul. 2026 – Present
Licensed Psychologist (PSY35089) & Wellness Strategist	Los Angeles, CA
• Provide evidence-informed mental health services that include: individual, group, couples, and family therapy. • Produce stage plays and other live performance art events grounded in mental health themes. • Develop art-based programs for school-aged minors aimed to improve emotional wellbeing. • Facilitate healing circles and wellbeing workshops for low-income parents and families. • Deliver customized nutritional wellness coaching and educational seminars to individuals, groups, families, and organizations. • Facilitate trainings to healthcare providers and healthcare organizations with content focused on delivering trauma-informed care to various patient populations. • Deliver trainings to corporations in disparate industries focused on decreasing employee and leadership burnout.	
The Active Experience®	Jun. 2024 – Jun. 2026
Licensed Psychologist (PSY35089) & Wellness Strategist	Los Angeles, CA
• Provided trauma-informed mental health services through a health psychology lens in a private practice setting. • Delivered customized nutritional wellness coaching to individuals and groups in a private practice setting. • Facilitated trainings to healthcare providers and health-care organizations with content focused on delivering trauma-informed care to various patient populations. • Delivered trainings to corporations in disparate industries focused on crafting trauma-informed workplace environments.	

Katie Arfa Psychology, Inc.

Sep. 2022 – Jun. 2024

Registered Psychological Associate (94026999)

Los Angeles, CA

Supervisor: Katie Arfa, Psy.D., NSCA-CPT

Clients: Adults with complex/chronic health concerns and medical trauma

- Conducted comprehensive intake assessments and draft corresponding reports that incorporate the mental health, nutritional health, sleep health, and physical health concerns of each patient.
- Provided individual psychotherapy to patients using ACT, CBT, DBT, and other evidence-based practices.
- Offered consultation to healthcare professionals who are members of client's treatment team.
- Attended weekly training seminars focused on various topics within the health psychology discipline.

California State University Long Beach: Counseling and Psychological Services (CAPS)

Aug. 2021 – Aug. 2022

Doctoral Intern

Long Beach, CA

Supervisors: Abby Bradecich, Psy.D., Shelly-Ann Collins, Ph.D.,

Clarissa Green-Anicich, Psy.D., Christine Ricohermoso-Shiaw, Psy.D., MPH

Clients: University students with various emotional and/or mental health challenges

- Provided counseling and short-term psychotherapy to emerging adults within a university setting.
- Served as an on-call crisis therapist on a weekly basis, providing assistance to students with acute, emergent needs; linking them to appropriate resources and services based on the nature of their crisis.
- Conducted comprehensive, structured intake interviews and construct accompanying intake reports.
- Liaised with university case managers in order to connect students with on-campus and off-campus resources appropriate to their presenting concerns.
- Co-facilitated weekly process group, "Understanding Self & Others," focused on enhancing interpersonal development and personal growth.
- Executed a variety of outreach opportunities in collaboration with various campus departments in order to engage and educate students and other university stakeholders.
- Developed a unique consultation project centered on the intersection of nutrition and mental health.
- Attended weekly training seminars focused on diversity, group therapy, psychotropic medications, and professional development.

West Los Angeles Veterans Affairs Medical Center: Long-term Care & Rehabilitation

Jan. 2021 – June 2021

Doctoral Extern

Los Angeles, CA

Supervisors: Paul Cernin, Ph.D. & Kevin Booker, Ph.D.

Clients: Adult male geriatric Veterans experiencing cognitive decline

- Conducted cognitive and psychodiagnostics assessments for geriatric male Veterans residing in a skilled nursing facility.
- Provided ongoing psychotherapy and assessment services to geriatric male Veterans in a variety of telehealth modalities.
- Interpreted assessments, drafted accompanying reports, and communicated findings to the interdisciplinary treatment team.
- Provided palliative care to male Veterans with terminal illnesses.
- Cofacilitated weekly Caregiver Support Group for those providing both distance and at-home care to loved ones.
- Cofacilitated weekly LGBT Discussion Group for Veterans who identify as such.
- Administered individual intake interviews for Veterans with interest in LGBT Discussion Group to determine fit.
- Provided consultation to nursing staff regarding psychoeducation and patient care recommendations.

West Los Angeles Veterans Affairs Medical Center: Outpatient Mental Health

Aug. 2020 – Jan. 2021

Doctoral Extern

Los Angeles, CA

Supervisor: Sara Jarvis, Ph.D.

Clients: Adult male Veterans with histories of combat trauma

- Conducted psychiatric interviews and provided brief individual psychotherapy to Veterans in the Outpatient Mental Health Clinic using CBT and CPT to address a variety of mental health and neurocognitive disorders.
- Cofacilitated weekly Interpersonal Relations Group and Supportive Therapy Group for Veteran clients.
- Cofacilitated weekly Depression Group incorporating CBT principles as well as nutrition and wellness concepts (supervised by Carol Willner, Ph.D.).
- Administered and interpreted brief cognitive and mood measures to support Veterans' longitudinal care.
- Productively functioned as a member of a multidisciplinary team; successfully consulting with other departments to provide effective and efficient care to Veteran clients.

CBT California

Aug. 2019 – Aug. 2020

Doctoral Extern

Los Angeles, CA

Supervisors: Lynn McFarr, Ph.D., Rachel Fried, Psy.D.

Clients: Adults and minors who met criteria for borderline personality disorder

- Delivered treatment grounded in evidence-based practices to adults in a private practice setting utilizing Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Cognitive Behavioral Analysis System of Psychotherapy (CBASP).
- Provided individual psychotherapy to clients challenged with a variety of mental health issues including borderline personality disorder, anxiety disorders, and increased levels of suicidality and self-harm behaviors.
- Cofacilitated weekly DBT skills groups, engaged in weekly telephone skills coaching calls with clients in DBT, and participated in weekly DBT team consultation meetings.
- Administered, scored, and documented ongoing outcome measures in order to track and monitor symptom reduction and treatment progress.

Pepperdine University West Los Angeles Community Counseling Center

July 2019 – July 2020

Doctoral Extern

Los Angeles, CA

Supervisors: Edward Shafranske, Ph.D., ABPP & Thema Bryant, Ph.D.

Clients: Adults with histories of trauma

- Provided multimodal treatment to adult clients using evidence-based Cognitive-Behavioral Therapy, Mindfulness-Based Therapy, Humanistic Therapy, and Psychodynamic Therapy.
- Conducted psychological intake interviews and documented the findings in comprehensive intake reports.
- Administered, scored, and documented outcome measures in order to track and monitor symptom reduction and overall progress in therapy.

Rich & Associates: Intensive Outpatient Social Skills Summer Program

July 2019

Doctoral Extern

Los Angeles, CA

Supervisors: Erika Rich, Ph.D., Seth Shaffer, Psy.D. & Shannon McHugh, Psy.D.

Clients: Minors with cognitive deficits, behavioral challenges, or neurodivergence

- Cofacilitated intensive outpatient social skills summer program for children and adolescents with social skills deficits and a range of diagnoses, including autism spectrum, intellectual disabilities, ADHD, and ODD.
- Utilized behavioral strategies, psychoeducation, group process discussions, and mindfulness practices to support child and adolescent clients with social skills and behavior management.

- Tracked multiple behavioral social skills goals for youth clients and provided feedback and recommendations regarding their progress to clients, their parents, and their individual therapists.
- Assisted with intervention planning and preparation; adapting interventions to fit client needs.

Union Rescue Mission Pepperdine University Counseling Center

Sep. 2018 – July 2019

Doctoral Extern

Los Angeles, CA

Supervisor: Thema Bryant, Ph.D.

Clients: Adult men participating in a residential faith-based substance recovery program

- Provided individual short- and long-term therapy to culturally diverse homeless individuals with co-occurring disorders and chronic mental illness, including substance abuse, behavioral addictions, psychotic disorders, mood disorders, trauma, intellectual disabilities, and personality disorders, to facilitate their recoveries and enhance their qualities of life.
- Cofacilitated twice weekly behavioral health groups with approximately 40 members.
- Collaborated on multidisciplinary teams to promote client wellness through medication adherence, case management, and integrated spiritual care.
- Maintained progress notes and completed comprehensive intake evaluations to ensure proper documentation of session content, diagnosis, and interventions.

BAART Programs

July 2017 – Apr. 2020

Marriage and Family Therapy Trainee & BBS Registered Associate, AMFT 109232

Los Angeles, CA

Supervisor: Israel Amrani, LMFT

Clients: Adults receiving substance abuse treatment in a harm reduction model

- Provided individual therapy to a diverse adult clientele diagnosed with opioid substance use often co-occurring with mood disorders, anxiety disorders, and homelessness.
- Utilized an integration of person-centered approaches, motivational interviewing, and art therapy techniques to assist clients in reaching their treatment goals.
- Obtained urine samples from clients for monthly drug screenings.
- Completed a series of reports and administrative documents in accordance with federal regulations that coincided with each client's individual treatment plan.

Loved Ones Victims Services (LOVS)

July 2017 – Jan. 2018

Marriage and Family Therapist Trainee

Culver City, CA

Supervisor: Raymond Mars, Ph.D.

Clients: Adults who had lost a loved one due to homicide

- Conducted psychological intake interviews and documented the findings in comprehensive intake reports.
- Using Person Centered techniques, provided individual and group therapy to adult clients affected by homicide and other traumatic events.
- Treated clients that presented with symptoms of post-traumatic stress disorder, depression, anxiety, and other symptoms of trauma.
- Administered and interpreted routine baseline and ongoing assessments to track client progress.
- Completed billing paperwork for all clients.
- Provided extended support to clients by attending court dates related to the homicide of their loved one.

RESEARCH EXPERIENCE

Robbins Nest - Trauma, Wellness & Holistic Healing Research Center

Jan 2019 – Present

Principal Investigator & Supervisor

Los Angeles, CA

- Principal author and presenter for posters and presentations at regional, national, and international conferences and events.

- Conduct reviews of trauma, nutrition, wellness, and liberation psychology literature and treatment protocols to develop psychoeducational resources for clients, mental health clinicians, and other healthcare service providers.
- Document and code personal testimonies of individuals with histories of sexual trauma, birthing trauma, and childhood trauma.
- Collaborate with and interview interdisciplinary professionals as a means of gaining understanding about how best practices may be implemented in real-world patient-care scenarios.
- Comprehensive coding and interpretation of the APA ethical standards in order to educate providers on best practices for the ethical care of individuals with histories of trauma.
- Develop content and educational resources to be used by graduate-level instructors teaching trauma-focused courses.
- Provide education and consultation to government agencies focused on developing humanistic treatment protocols and policies.
- Provide supervision and training to Research Coordinator and Research Assistants working within the lab.

Treating African American and Latino Males with Histories of Sexual Trauma
Doctoral Dissertation

Sep 2018 – June 2021
Los Angeles, CA

Chair: Miguel Gallardo, Psy.D.

- Completed a systematic review of current, peer-reviewed sources to identify best practices for providing care to African American and Latino adult males with histories of sexual trauma
- Offered considerations for assessment, individual treatment, group care, and policy reform

PEaCE Research Center for the Promotion of Wellness and Community
Research Coordinator

June 2018 – June 2020
Los Angeles, CA

Supervisor: Shelly Harrell, Ph.D. | Pepperdine University

- Co-authored and co-presented regional and international conference presentations and poster sessions.
- Engaged as a participant-researcher, aiding in the development of a resilience-oriented stress management group for multicultural populations by reviewing the literature, identifying and adapting intervention strategies, piloting group sessions, and debriefing experiences.
- Conducted reviews of clinical and positive psychology literature and treatment manuals to help develop psychoeducational resources for group facilitators and participants related to group's weekly resilience themes.
- Co-managed the drafting of a comprehensive IRB application including the development of appendices.
- Facilitated the training of new lab members to appropriately orient them to the work of the lab including specific training on a project focused on the use of cultural quotes in mental health interventions.
- Synthesized literature to be included in posters, presentations, journal articles, and other published works.
- Managed, maintained, and updated the lab's website with relevant news, updates, and professional opportunities for lab members.
- Managed administrative tasks of the lab and assisted in the maintenance of internal drives and databases.

Fatherlessness: Uncovering the Short-Term & Long-Term Effects
Research Assistant

Sep. 2017 – Aug. 2018
Los Angeles, CA

Supervisor: Carlos Vasquez, Ed.D. | Pepperdine University

- Conducted comprehensive reviews of clinical, forensic, and social science literature to identify themes and research-supported outcomes of fatherlessness.
- Co-authored book chapter on the long-term effects of absent fathers in ethnic minority communities.

Emotional Emancipation of African Americans

Dec. 2016 – Aug. 2018

Research Assistant

Los Angeles, CA

Supervisor: Daryl Rowe, Ph.D. | Pepperdine University

- Assisted in the development of an Emotional Emancipation Circle (EEC) protocol for adolescent African American males.
- Attended training sessions for EEC facilitators and collected relevant qualitative data.
- Documented and coded international qualitative data collected from EEC facilitator interviews.

Various Pharmaceutical Trials

June 2004 – Mar. 2005

Project Assistant

Research Triangle Park, NC

Employer: GlaxoSmithKline

- Collaborated on interdisciplinary teams focused on the execution of various US-based pharmaceutical randomized clinical trials.
- Worked closely with Project Managers to ensure the timely submission of documents, accurate tracking of data, and appropriate organization of electronic databases used across various studies.
- Responsible for various aspects of data management, vendor relations, and patient recruitment efforts.

Various Pharmaceutical Trials

Mar. 2001 – June 2004

Lead Project Assistant, Project Assistant, Data Management Assistant

Research Triangle Park, NC

Employer: Constella Group

- Cofacilitated the management and documentation of weekly project meetings with study management personnel from client pharmaceutical companies.
- Managed the organization and mailings of study documents, binders, and packets sent to principal investigators.
- Liaised with vendors to ensure the timely submission of documents necessary for patient recruitment, tracking, and communication.
- Conducted pre-study site visits to potential investigators interested in participating in the study.
- Managed a team of five Project Assistants and coordinated communication with other team leaders.
- Assisted in the development of project manuals and the training of Project Assistants.
- Participated in the management of trials for medications that treat menopause, migraine headaches, and various cancers.

UNIVERSITY TEACHING & LECTURING EXPERIENCE**Visiting Clinical Professor of Psychology | Pepperdine University**

Aug. 2025 - Present

Courses: Ethics & Law for Mental Health Professionals

Trauma in Diverse Populations

Clinical Practicum

Students: Enrolled in a MFT program**Guest Lecturer | Pepperdine University**

March 2023

"Birth Trauma: An Introduction with Assessment & Treatment Considerations"**Host Professor:** Laurel Roberts-Meese, MS, LMFT**Students:** Enrolled in a MFT Program**Guest Lecturer | Pepperdine University**

March 2023

"Birth Trauma: An Introduction with Assessment & Treatment Considerations"**Host Professor:** Danielle Langford, Ed.D., LPC-MHSP**Students:** Enrolled in a MFT Program

Adjunct Assistant Professor | University of Southern California

Dec. 2022-Present

Courses: Psychopharmacology & the Effects of Substance Abuse
 Interrogating Systems of Inequity in Professional Practice
 Group Counseling: Theory & Process
 Multicultural Counseling: Research and Practice

Students: Enrolled in a MFT program

Instructor | UCLA Extension

May 2022 - Dec. 2022

Course: Law & Ethics for Alcohol & Substance Use Counselors
Students: Enrolled in an Addiction Counselor certification program

Adjunct Professor | Pepperdine University

Apr. 2020 - Aug. 2025

Courses: Ethics & Law for Mental Health Professionals
 Diagnosis and Treatment of Mental Disorders
 Behavioral Principles & Theories of Learning
 Trauma in Diverse Populations

Students: Enrolled in a MFT program

Guest Lecturer | Pepperdine University

July 2019

"Substance Abuse & Homeless Populations: Cultural Considerations in Treatment"

Host Professor: Carlos Vasquez, Ed.D.

Students: Enrolled in a MFT program

Guest Lecturer | Pepperdine University

June 2019

"Substance Abuse in Adulthood: Working with Clients"

Host Professor: Thema Bryant, Ph.D.

Students: Enrolled in a MFT program

Guest Lecturer | Pepperdine University

May 2018

"Understanding the Myers-Briggs Type Theory"

Host Professor: Liz Mohler, M.S. | Pepperdine University

Students: Enrolled in a MFT program

Guest Lecturer | Pepperdine University

July 2017

"Writing, Publishing, and Delivering Your Message"

Host Professor: Pernilla Nathan, Psy.D. | Pepperdine University

Students: Enrolled in a MFT program

CURRICULUM DEVELOPMENT & SIGNIFICANT CONTRIBUTIONS**University of Southern California**

June 2023

Course: Interrogating Systems of Inequity in Professional Practice

Pepperdine University

May 2023

Course: Trauma in Diverse Populations

University of Southern California

Dec 2022

Course: Psychopharmacology & the Effects of Substance Abuse

University of California, Los Angeles

May 2022

Course: Law & Ethics for Alcohol & Substance Use Counselors

CONFERENCE PRESENTATIONS, POSTERS & CONTINUING EDUCATION EVENTS

- Robbins, J.** (2026, May). *Naming sociopolitical stress & identifying pathways to resilience*. Continuing education facilitated at the Los Angeles County Psychological Association's Annual Conference: Los Angeles, CA.
- Robbins, J.** (2025, October). *Naming sociopolitical stress & identifying pathways to resilience*. Keynote continuing education facilitated at the San Diego Psychological Association's Fall Conference: San Diego, CA.
- Robbins, J.** (2025, September). *Healing intergenerational trauma through a nervous system lens*. Continuing education facilitated at the California Psychological Association's Annual Convention & Diversity Institute: Long Beach, CA.
- Robbins, J.** (2025, May). *Art is our testimony: Using creative expression to process, heal & thrive*. Keynote presentation delivered to African American female university students at the 3rd Annual Sister Circle Black Womxn's Wellness Conference at UC Santa Barbara: Santa Barbara, CA.
- Robbins, J.** (2025, May). *Permission to pause: Self-care as a professional responsibility*. Keynote presentation delivered to perinatal nurses, midwives, and doctors at the 2025 Swanman Perinatal Conference: Portland, OR.
- Robbins, J.** (2025, April). *Prioritizing the patient: Trauma-informed care as a framework for cultural sensitivity*. Conference poster presentation facilitated at the Western Positive Psychology Association's Annual Conference: Sacramento, CA.
- Robbins, J.** (2024, November). *Childhood sexual abuse in African American & Latinx communities: Unpacking barriers to disclosure*. Training program delivered to clinical staff at UCLA Stuart House Rape Treatment Center: Los Angeles, CA.
- Robbins, J.** (2024, October). *I see your pain: Cultivating a trauma-informed workplace*. Keynote presentation delivered at the annual conference of the Oregon Perinatal Collaborative: Portland, OR.
- Robbins, J.** (2024, September). *Intentionality & self-maintenance: Critical interventions for long-term wellness*. Keynote presentation delivered at the annual Bariatric Connect 2024 National Conference: Newport Beach, CA.
- Robbins, J.** (2024, September). *I see your pain: Cultivating a trauma-informed workplace*. Continuing education facilitated at the 22nd Annual Perinatal and Neonatal Health Care Conference for Nurses and Allied Health Staff at UPMC Magee-Womens Hospital: Pittsburgh, PA.
- Robbins, J.** (2024, September). *Trauma-informed care as a framework for cultural sensitivity*. Continuing education facilitated at the California Psychological Association's Annual Convention & Diversity Institute: San Jose, CA.
- Robbins, J. & Joch, N.** (2023, September). *Childhood sexual abuse in African American & Latinx communities: Unpacking barriers to disclosure*. Continuing education facilitated for the California Psychological Association: Sacramento, CA.
- Robbins, J. & Faye, K.** (2023, June). *Evaluating birth-related trauma: Impact, considerations & interventions for nursing professionals*. Continuing education facilitated at the annual convention of the Association of Women's Health, Obstetric and Neonatal Nurses: New Orleans, LA.

- Robbins, J.**, Breech, M., Lipari, A., MacLachlan, F. (2022, October). *Transitioning from student to professional*. Student Circle panel discussion facilitated at the 34th Annual Los Angeles County Psychological Association Convention: Los Angeles, CA.
- Robbins, J.** (2022, July). *Trauma-informed care: From theory to practice*. Training program delivered to clinical staff at UCLA Stuart House Rape Treatment Center: Los Angeles, CA.
- Robbins, J.** (2022, June). *Food and mental health: Understanding the connection*. Continuing education provided for the clinical staff at the university counseling center of California State University, Long Beach: Long Beach, CA.
- Conner, A., **Robbins, J.**, Polack, A., Rush, Z., Montgomery, R., Rozmid, E., Thomas, M., McFarr, L. (2020, April). *An investigation of the relationship between parental stress, psychological flexibility, and mindfulness for caregivers in a dialectical behavior therapy (DBT) parent skills program*. Presented poster at Harbor—UCLA Medical Center Department of Psychiatry Scientific Sessions: Torrance, CA.
- Harrell, S. P., **Robbins, J.**, Williams, A., & Son, E. (2020, January). *What's under the hood? A triadic change model for effective and culturally-inclusive positive psychology interventions*. Continuing education facilitated at conference of Western Positive Psychology Association: Claremont, CA.
- Harrell, S. P. and **Robbins, J.** (2019, July). *African-centered "meditation for liberation": Freedom from soul bondage*. Continuing education facilitated at conference of Association of Black Psychologists: Orlando, FL.
- Harrell, S. P., **Robbins, J.**, & Son, E. (2019, June). *Optimizing diversity in three contexts: Applying the 12 "D"s for transformative change*. Presented poster at conference of Society for Community Research and Action: Chicago, IL.
- Rowland, L., **Robbins, J.**, Moore, B., Son, E., & Harrell, S. P. (2019, January). *Utilizing collective wisdom quotes in positive psychology interventions: research and practice*. Continuing education facilitated at conference of Western Positive Psychology Association: Claremont, CA.

PUBLICATIONS

- Robbins, J.** (2024). Mindfully adopting a cultural lens with purpose and intention. *The California Psychologist*, Summer. 10-12.
- Robbins, J.**, Faye, K. (2023). Understanding birth trauma and ethical considerations for treatment. *The Los Angeles Psychologist*, Winter. 12-13.
- Leithman, E., **Robbins, J.** (2023). Supervision please? Ethical grievances from the student perspective. *The Los Angeles Psychologist*, Fall. 16.
- Robbins, J.**, Joch, N. (2023). Barriers to disclosure: African American and Latinx survivors of childhood sexual abuse. *The California Psychologist*, Summer. 26-27.
- Robbins, J.** (2022). Rebuilding community through collective healing at the 2022 LACPA convention. *The Los Angeles Psychologist*, Spring. 18.
- Robbins, J.** (2021). Ethical considerations for utilizing expressive arts interventions in telehealth. *The Los Angeles Psychologist*, Summer. 15.

Robbins, J. (2021). Treating African American and Latino males with histories of sexual trauma: Ethical considerations. *The Los Angeles Psychologist*, Winter. 16-17.

Harrell, S. P., Hatton, M., Son, E., & **Robbins, J.** (2020). Culture, internalized oppression, and mindfulness-based interventions: Implications for cultural adaptation. *The California Psychologist*. Winter. 10-13.

Robbins, J. (2016). *The golden penny*. North Charleston, South Carolina: CreateSpace.

Robbins, J. (2013). *Still standing*. Cumberland, North Carolina. Tasty Chuckle Publications.

MEDIA & ONLINE CONTRIBUTIONS

39,000 People Took Part in a 31-Day Challenge to

Improve Sleep

May 2026

- A discussion on interventions and behaviors that promote long-term sleep health
- Published by The Epoch Times
- [Click here to read](#)

What Diet Soda is Doing to Your Brain

April 2026

- A discussion on the health impact of overconsuming diet sodas
- Published by The Epoch Times
- [Click here to read](#)

Health Coaches Academy Podcast

March 2026

- Managing Anxiety Through Nutrition with Dr. Jaz Robbins
- Hosted by Zena le Roux
- [Click here to listen](#)

How Just One Exercise Can Release Lactate and Help

With Depression

February 2026

- A discussion on the role that exercise can play in decreasing depressive symptoms
- Published by The Epoch Times
- [Click here to read](#)

What the Science Really Says About Red Light

Therapy, Mood, and Seasonal Affective Disorder

January 2026

- A discussion on the role that nutrition may play in seasonal affective disorder
- Published by Men's Journal
- [Click here to read](#)

4 Gut Issues That Mess With Your Mental Health

September 2025

- Nutritional psychology article published by The Vitamin Shoppe
- Significant contributions made by Dr. Jaz Robbins
- [Click here to read](#)

ANew Insight Podcast

April 2025

- *Ep. 70: Healing Happens When You Show Up: Dr. Jaz Robbins on Trauma Recovery*
- Hosted by Dr. Supatra Tovar
- [Click here to listen](#)

ANEW Insight Podcast

April 2025

- *Ep. 69: How Food, Trauma, and the Nervous System Intersect with Dr. Jaz Robbins*
- Hosted by Dr. Supatra Tovar
- [Click here to listen](#)

Pepperdine University

March 2025

- *GSEP Spotlight: Jaz Robbins (MA and PsyD Alum)*
- Article highlights several of Dr. Robbins' early career achievements
- [Click here to read](#)

LAist

January 2025

- *These devastating fires are taking a toll on our mental health. Here's how to know when to seek help*
- Article by Robert Garrova; Dr. Robbins offers suggestions for managing distress after a natural disaster
- [Click here to read](#)

The Birth Lounge Podcast

March 2024

- *Ep. 248: Mirror Neurons in Labor with Dr. Jaz Robbins*
- Hosted by HeHe Stewart, Dr. Robbins describes mirror neurons and their role in labor and delivery
- [Click here to listen](#)

Delivery Rank

February 2024

- *The Active Experience 2024: Dr Jaz – Healing Through Creativity and Compassion*
- Article by Katarina Todorovic; Dr. Robbins discusses her integrative approach to healing
- [Click here to read](#)

Los Angeles Times

February 2024

- *How to ease your anxiety when it's all too much—without dissociating*
- Article by Deborah Netburn; Dr. Robbins offers real-world solutions for managing anxiety
- [Click here to read](#)

Conscious Matters® Podcast

July 2023

- *Food for thought: The impact of nutrition on our brains with holistic nutritionist Dr. Jaz Robbins*
- Hosted by Melissa D. Barry, Dr. Robbins discusses the impact of nutrition on mental health
- [Click here to listen](#)

The Daily Drum's Medical Monday

July 2023

- *Rebooting self-care with Dr. Jaz Robbins*
- Hosted by Harold Fisher on WHUR 96.3 and Sirius XM, Dr. Robbins offers listeners a new way of conceptualizing self-care
- [Click here to listen](#)

PsychedAbout Podcast

June 2023

- *Health psychology with Dr. Jaz Robbins*
- Hosted by Erin Kaller and Sepi Zoufonoun, Dr. Robbins educates listeners on the discipline of health psychology
- [Click here to listen](#)

BLKBX Project Video Series

June 2021

- *BLKBX: A therapist speaks*

- Dr. Robbins delivers a 12-video series in collaboration with recording artist, Grace Gausted, for their debut album, BLKBX, that addresses mental health struggles common to teens and tweens
- [Click here to view](#)

Breaking Modern Loneliness

May 2021

- *Conversations on mental health hosted by Dr. Jaz Robbins*
- In collaboration with Lauv's Blue Boy Foundation and Microsoft, Dr. Robbins leads a mental health discussion with recording artists Alec Benjamin, Hayley Kiyoko, Two Feet, and Téa Campbell
- [Click here to view](#)

WORKSHOPS & SEMINARS

Anxious Appetites: How Food Fuels (or Fights) Anxiety	Los Angeles, CA	March 2026
Girl Talk: Cultivating Emotional Wellness for Tweens & Teens	Los Angeles, CA	March 2025
Trauma-informed Care: Power, Privilege & Vulnerable Populations	Pittsburg, PA	October 2024
Trauma-informed Care: Unpacking Implicit Bias	Pittsburg, PA	September 2024
Trauma-informed Care: Unpacking Historical Racism in Medicine	Pittsburg, PA	September 2024
Trauma-informed Care: Dissecting Cultural Humility & Its Impact	Pittsburg, PA	August 2024
Trauma-informed Care: Dissecting Empowerment & Its Impact	Pittsburg, PA	July 2024
Trauma-informed Care: Dissecting Collaboration & Its Impact	Pittsburg, PA	June 2024
Trauma-informed Care: Dissecting Choice & Its Treatment Impact	Pittsburg, PA	May 2024
Trauma-informed Care: Dissecting Trust & Its Treatment Impact	Pittsburg, PA	April 2024
Trauma-informed Care: Dissecting Safety & Its Treatment Impact	Pittsburg, PA	March 2024
Trauma-informed Care as a Framework for Respectful Maternity Care	Pittsburg, PA	March 2024
Intentionality: Dissecting Its Positive Impacts	Pittsburg, PA	March 2024
Trauma-informed Care: Shifting Perspective	Pittsburg, PA	February 2024
Trauma-informed Care: Adverse Childhood Experiences	Pittsburg, PA	February 2024
Birth Trauma: Identifying Solutions for Respectful Maternity Care	Pittsburg, PA	January 2024
Trauma-informed Maternity Care: Defining Trauma	Pittsburg, PA	January 2024
Birth-related Trauma and the Need for Respectful Maternity Care	Pittsburg, PA	December 2023
Food & Mental Health: Understanding the Connection	Los Angeles, CA	June 2023
Birth Trauma: Identifying Solutions for Humanistic Healthcare	Washington, DC	May 2023
Trauma-Informed Care: From Theory to Practice	Santa Monica, CA	July 2022
Impact of Nutrition on Mental Health: Teens & Young Adults	Hollywood, CA	June 2022
Prepping for Internship	Los Angeles, CA	June 2022
Impact of Sleep on Overall Wellness	Long Beach, CA	April 2022
Impact of Nutrition on Mental Health: University Residents	Long Beach, CA	April 2022
Hydration and Mental Health	Long Beach, CA	March 2022
Understanding the Impact of Nutrition on Mental Health	Long Beach, CA	February 2022
Writing Retreat Intensive	Los Angeles, CA	September 2021
Navigating the Internship Application Process	Los Angeles, CA	June 2021
Academic Writing Bootcamp	Los Angeles, CA	Mar 2021
Physical Health & Mental Health in the Entertainment Industry	Los Angeles, CA	October 2019
Positive Education: Creating Healing & Inspiring Learning Environments	Los Angeles, CA	August 2019
Play Therapy in the Classroom	Los Angeles, CA	August 2018
Change Your Thoughts; Change Your Life	Los Angeles, CA	January 2016
The Artistic Way	New York, NY	March 2015
Loving Ourselves and Ending the Cycle	Brooklyn, NY	October 2014
Be Bold. Be Courageous.	Venice, Italy	August 2014
Harnessing Your Inner Strength	Milan, Italy	August 2014
Healing, Forgiving, and Moving Forward	New York, NY	March 2014
The Artistic Way	New York, NY	February 2014

Recognizing the Long-Term Effects of Abuse	New York, NY	February 2013
Become the Person You Want to Be	Beverly Hills, CA	November 2012
A Celebration of Strong Women	Los Angeles, CA	May 2012
Healing the Scars of Abuse	Los Angeles, CA	April 2012
Use Your Mind to Create Your Future	Los Angeles, CA	August 2011
Release the Past; Dive Into Your Future	Los Angeles, CA	October 2010

LEADERSHIP EXPERIENCE

President Los Angeles County Psychological Association (LACPA)	Jan. 2026 - Present
President-Elect Los Angeles County Psychological Association (LACPA)	Jan. 2025 – Dec 2025
Secretary, Division VII: Diversity & Social Justice California Psychological Association (CPA)	Jan. 2023 - Dec. 2024
Chair, Convention Committee Los Angeles County Psychological Association (LACPA)	Jan. 2022 - Dec. 2022
Membership Director California Psychological Association of Graduate Students (CPAGS)	July 2020 - Aug. 2022
Ethics Committee Member Los Angeles County Psychological Association (LACPA)	Jan. 2020 - Present
Board Member, Student Leadership Committee Los Angeles County Psychological Association (LACPA)	Jan. 2020 – Dec. 2021
Teaching Assistant, Pamela Harmell, Ph.D. Pepperdine University	Sep. 2018 - Apr. 2020
Campus Representative California Psychological Association of Graduate Students (CPAGS)	Aug. 2018 - Jun. 2020
Campus Representative Los Angeles County Psychological Association (LACPA)	Aug. 2018 - Dec. 2020
University Writing Center Tutor Pepperdine University	Aug. 2018 - May 2019
Teaching Assistant, Pernilla Nathan, Psy.D. Pepperdine University	Aug. 2017 - May 2018

VOLUNTEER EXPERIENCE

Robbins Nest Wellness Foundation (Founder) - Deliver programming to K-12 youth that centers expressive arts as a tool for healing - Facilitate healing circles for adults that use art and creativity as core vehicles for achieving personal growth - Produce theatre shows using drama therapy as a transformative intervention	Los Angeles, CA
Healing, Hope & Love (Founder) - Deliver meals and resources to Skid Row and other food-deprived communities. - Provide resources and care packages to youth of deceased military parents.	Los Angeles, CA
Unlocking Futures Provided mentorship to female teens at risk for dropping out of school.	New York, NY

Our Commitment, Inc.

Los Angeles, CA

- As Resident Artist, provided theatrical entertainment to underserved communities.
- Delivered pets to terminally ill youth patients.

The Dream Catcher Foundation

Los Angeles, CA

- Facilitated group workshops for female teens residing in a group home.

PROFESSIONAL AFFILIATIONS

National Association of Nutrition Professionals	2021-Present
International Society for Nutritional Psychiatry Research	2021-Present
Association of Black Psychologists	2019-Present
California Psychological Association	2018-Present
Los Angeles County Psychological Association	2018-Present
American Psychological Association	2017-Present
California Association of Marriage and Family Therapists	2017-2019

GRANTS, HONORS, & SCHOLARSHIPS

Distinguished Contributions to Community Service: California Psychological Assn. Division VII	2024
Bronze Psi Award: Outstanding Service to CPA by a Graduate Student	2022
Distinguished Service to LACPA by a Graduate Student	2021
LACPA Foundation Scholarship	2020
Conrad N. Hilton Foundation Fellowship	2018
Glen & Gloria Holden Scholarship	2018
Graduate School of Education & Psychology Diversity Scholarship: 50% Tuition	2018
Urban Fellows Grant Scholarship	2017
Harry & Izelle Schafer Scholarship	2017
Colleagues Grant in Clinical Psychology	2016, 2017

ASSESSMENT TRAINING

Tests of Intellectual and Executive Functioning	Tests of Psychological Functioning
• Beery VMI-6 • Bender Visual-Motor Gestalt • COWAT FAS • Mini Mental Status Exam • Montreal Cognitive Assessment (MoCA) • Rey Auditory Verbal Learning Test • Trails A & B • WAIS-IV • WISC-V • WRAT-4	• Acceptance and Action Questionnaire-2 • Activities of Daily Living Scale • AUDIT • BAI • BDI-II • Brief Reasons for Living Inventory • Brief COPE • BSL-23 • BSL-Supplement • Columbia Suicide Severity Rating Scale • DAST • DERS • Dysfunctional Attitude Scale • Five Facet Mindfulness Questionnaire (FFMQ-SF) • GAD-7 • Geriatric Depression Scale • Linehan Risk Assessment and Management Protocol • Mental Health Continuum-Short Form (MHC-SF) • PHQ-9 • PCL-5
Tests of Effort and Malingering	
• Rey 15-Item Test • Rey Word Recognition Test	
Personality Assessments	
• Millon Adolescent Clinical Inventory • Millon Clinical Multiaxial Inventory-III • MMPI-2 • NEO-PI-R • Roberts Apperception Test for Children • Rorschach Inkblot Test	

- Rotter Incomplete Sentence Blank
- Thematic Apperception Test (TAT)
- Ultra-Short Suicidal Ideation Scale
- Work and Social Adjustment Scale