

Megan Torrey-Payne, LCSW, CST

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Curriculum Vitae

Professional Licenses & Certifications:

Licensed Clinical Social Worker (LCSW), CA, License Number: LCS21970
Certified Sex Therapist (American Association of Sex Educators, Counselors, & Therapists); 2012

Education:

Post-Graduate Certificate

Couples & Sex Therapy Training Program
UCLA Extension, Los Angeles, CA
July 2007-June 2008

Master of Social Work

University of Southern California, Los Angeles, CA
May 2000

Bachelor of Arts, Psychology

University of Southern California, Los Angeles, CA
May 1998

Honors Thesis: *Psychological and Physiological Correlates of Women Experiencing Domestic Violence.*

Clinical & Work Experience:

Relationship and Sex Therapist

Private Practice

Glendale/Pasadena, CA

August 2004 – Present

- Help individuals, couples, and triads to address relationship and sexual concerns.
- Use cognitive-behavioral and psychodynamic talk therapy to improve communication, positive interactions and intimacy within relationships.
- Provide in-office education and discussion supplemented by at-home behavioral exercises and relevant reading to help individuals and couples enhance sexual function, pleasure, and knowledge of human sexuality and anatomy.

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- Work with adults in treating general anxiety, depression, PTSD, ADHD, and OCD, as well as to address other issues in their lives related to work/life balance, dating, self-esteem, parenting, caregiving for elderly parents, and other relationships.

Sexuality Educator

Glendale/Pasadena, CA

November 2014 – Present

- Designed and implement *Raising Sex-Savvy Kids: How to Turn “The Talk” Into A Life-Long Conversation About Sex & Relationships*, a program aimed at parents to improve comfort and confidence in talking to children about sex and relationships.
- Hold regular workshops for community groups regarding a variety of topics related to sexuality, including:
 - Pleasure-Positive Anatomy & Sex
 - Teens & Porn
 - Sexuality As We Age

Therapist

St. Anne’s Group Home

Los Angeles, CA

May 2000 – May 2005

- Assisted pregnant and parenting adolescents and their families around issues related to emotional wellbeing, trauma recovery, parenting, sexuality, and relationships with parents, caregivers, and partners.
- Utilized individual, couple, family, and group therapy, as well as psychoeducational classes, to help adolescents cope with foster-care and group home living, and prepare them for independent living upon emancipation.
- Facilitated staff trainings related to safety and de-escalation, crisis intervention, and mental health issues in pregnant and parenting teens.

Social Work Intern

Glendale Community College – Mental Health Center

Glendale, CA

September 1999 – June 2000

- Provided individual and group counseling for students of Glendale Community College.

Social Work Intern

Glendale YWCA – Domestic Violence Services Center

Glendale, CA

June 1999 – December 1999

- Provided counseling for women who were struggling with domestic violence in their partner relationships.

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Social Work Intern
Henry Mayo Newhall Hospital
Valencia, CA
September 1998 – June 1999

- Provided in-patient social service support for patients in the Acute Care Units.
- Provided individual and group therapy for medically frail and severely mentally ill clients of the Adult Day Health Care Center.

Volunteer Experience:

Planned Parenthood Pasadena & San Gabriel Valley
Pasadena, CA
April 2016-Present

Member, NextGen Partners Steering Committee

- Help to organize and implement sexuality education for adults and youth in the communities of Pasadena and the San Gabriel Valley.
- Assist in outreach to local public and private schools to promote sexuality education programs.

Community Ambassador

- Represent Planned Parenthood at community events and health fairs.
- Distribute information and answer questions about Planned Parenthood.
- Provide education about reproductive health, safer sex, and sexuality through the lifespan.

Good Shepherd Shelter
Los Angeles, CA
September 1995 – June 1998

- Facilitated art groups for child residents of the domestic violence shelter.

Professional Presentations:

Torrey-Payne, M. (2017, October). *You Were Look At WHAT!?! What Parents Need to Know About Teens & Porn*. Presentation for Fusion Academy, Pasadena, CA.

Torrey-Payne, M. (2017, September). *Let's Talk About Sex...In Therapy: Addressing Sexual Issues in Clinical Practice*. Presentation for San Gabriel Valley Psychological Association, Pasadena, CA.

Torrey-Payne, M. (2017, June). *Raising Sex-savvy Kids: Helping Parents Turn 'The Talk' into a Life-long Conversation About Sex and Relationships*. Presentation at the Annual Conference of the American Association of Sexuality Educators, Counselors, & Therapists (AASECT), Las Vegas, NV.

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Torrey-Payne, M. & Wagner, L. M. (2017, June). *Bringing Perimenopause into the Light: Dispelling the Mystery Around Women's Midlife Reproductive Transition*. Presentation at the Annual Conference of the American Association of Sexuality Educators, Counselors, & Therapists (AASECT), Las Vegas, NV.

Mueller, E. & Torrey-Payne, M. (2016, October). *Couple Therapy: The Challenge of Treating Infidelity & Repairing the Sexual Relationship After Infidelity*. Presentation for San Gabriel Valley Psychological Association, Pasadena, CA.

Professional Memberships:

American Association of Sex Educators, Counselors, and Therapists (AASECT)
California Association of Marriage & Family Therapists (CAMFT)
San Gabriel Valley Psychological Association (SGVPA)