

Stacy Reger, Ph.D., QME

Psychology ❖ Neuropsychology

Available for:

Agreed Medical Evaluations

Qualified Medical Evaluations

AOE/COE

SIBTF

Fitness for Duty

Expert Witness

Consultative Neuropsychological Assessment

Capacity Assessment

Pre-Surgical Evaluations

Psychodiagnostic/Personality Assessments

With specialty training in geropsychology, including neuropsychological and capacity evaluation, Dr. Reger created and ran the Neuropsychological Testing Clinic at the Veterans Affairs Long Beach Healthcare System Spinal Cord Injury/Disorders Unit. She later became Training Director of the doctoral psychology training programs at VA Long Beach, where she oversaw the general and neuropsychology track internship and practicum programs.

Main Office:

511 Torrance Blvd.
Redondo Beach, CA 90277
Phone: 714.459.3714

Additional Med-Legal Office

Locations:

Gardena
Los Angeles
Long Beach
Anaheim

Represented by:
Tel. 888 455-1600
www.garlandpr.com



Stacy L. Reger, Ph.D.

drstacyreger@gmail.com

(424) 262-1925

EDUCATION

- 12/14 **Doctor of Philosophy, Clinical Psychology**
University of Nevada, Las Vegas (UNLV)
Major Advisor: Russell T. Hurlburt, Ph.D.
Dissertation Title: "Exploring the inner experience of veterans with posttraumatic stress disorder"
- 05/11 **Master of Arts, Clinical Psychology**
University of Nevada, Las Vegas (UNLV)
Major Advisor: Russell T. Hurlburt, Ph.D.
Thesis Title: "Descriptive experience sampling interactive multi-media training tool for subjunctification and illustrative interviews"
- 05/08 **Master of Arts, Clinical Psychology**
California State University, Northridge (CSUN)
Major Advisor: Luciana Laganà, Ph.D.
Thesis Title: "Stress, pain, and PTSD symptomatology in ethnically diverse elderly women."
- 06/05 **Bachelor of Arts, Psychology (Magna Cum Laude)**
Pepperdine University, Malibu, CA

PROFESSIONAL LICENSE

- 09/15 **California Psychologist License #27639**

PROFESSIONAL EXPERIENCE

- 1/16 – present **Clinical Psychologist, Private Practice**
Redondo Beach, CA
- Private practice specializing in chronic health conditions (e.g., MS, cancer, chronic pain), disability, aging, and adjustment to health changes. Offer neuropsychological, capacity, pre-surgical, and psychodiagnostic testing for adolescents and adults, and individual psychotherapy.
 - Qualified Medical Examiner for CA state Worker's Compensation system, conducting psychological and neuropsychological assessments of workers in disputed claims.
- 12/19 – 08/22 **Director of Psychology Training**
Staff Psychologist, Hospice and Palliative Care Service
VA Long Beach Healthcare System
- Managed operations of an APA-accredited psychology internship program

- with 8 doctoral interns, and a practicum and neuropsychology clerkship with 8 – 12 trainees, and approximately 35 clinical supervisors (staff psychologists). Ongoing maintenance of program compliance with national and local VA, CA Board of Psychology, and national APA policies, procedures, and standards to retain accreditation and provide excellent clinical training to general and neuropsychology track health service psychology trainees.
- Employee supervisor for 8 paid interns, co-managed workflow and assignments for training program support assistant.
 - Member of Psychology service leadership team. Consultant to the Mental Health service leadership team and facility Executive Leadership Team for facility-level projects as needed.
 - Member of interdisciplinary clinical team serving veterans on inpatient hospice and outpatient palliative care/medical psychology service; provided psychotherapy to veterans and their families, and provided professional support, resources for self-care, consultation, and education to broader geriatrics service.
 - Provided consultative neuropsychological, capacity, pre-surgical, and psychodiagnostic assessment for a variety of presenting concerns.
 - Member of Geriatrics service leadership team, collaborated with interdisciplinary group of leaders to effectively implement policy and support staff across a large medical service.

11/15 – 12/19 **Staff Psychologist & Lead, SCI/D Neuropsychology Clinic
Spinal Cord Injury/Disorders Service
VA Long Beach Healthcare System**

- Established and managed operations of the SCI/D Neuropsychological Testing Clinic; created clinic tailored to address SCI/D service testing needs (conducting neuropsychological, psychodiagnostic, and capacity assessments), efficiently managed consult flow, improved wait time for veteran testing from averaging 6 months to 3 weeks, supervised between 1 and 4 psychology trainees doing testing in the clinic, provided annual report on clinic operations to national Paralyzed Veterans of America survey.
- Member of interdisciplinary team serving veterans with spinal cord injuries and MS; provided psychotherapy, neuropsychological and capacity assessment, team consultation, nursing education, and behavioral management for high-complexity clinical cases with focus on disability, aging, adjustment to health changes, physical rehabilitation, pain, and grief.
- Served on VA SCI/D National Long Term Care Think Tank, providing consultation on integration of mental health care into LTC environment.

POSTDOCTORAL FELLOWSHIP (APA-ACCREDITED)

9/14 – 9/15 **San Francisco Veterans Affairs Medical Center**
San Francisco, CA

Training Director: Samuel Wan, Ph.D.

Primary Supervisor: Elizabeth Sutherland, Psy.D.

Emphasis Area: Geropsychology

Rotations:

9/14 – 9/15 **Community Living Center Inpatient Psychology Consult Service**

Supervisor: Elizabeth Sutherland, Psy.D.

9/14 – 9/15 **Geriatric Mood Assessment Clinic (Outpatient)**

Supervisors: Elizabeth Sutherland, Psy.D.; Megan McCarthy, Ph.D.

3/15 – 9/15 **Community Living Center Inpatient Chronic Mental Illness Specialty Team (Social Focus Cohort)**

Supervisor: Elizabeth Sutherland, Psy.D.

9/14 – 3/15 **Inpatient Hospice Team**

Supervisor: Michael Drexler, Ph.D.

9/14 – 3/15 **Palliative Care Inpatient Consult Team**

Supervisor: Elizabeth Sutherland, Psy.D.

9/14 – 3/15 **Palliative Care Outpatient Consult Team**

Supervisor: Elizabeth Sutherland, Psy.D.

9/14 – 3/15 **University of California San Francisco Memory and Aging Clinic Integrated Neurology and Neuropsychology Testing Service**

Supervisor: Joel Kramer, Psy.D.

DOCTORAL INTERNSHIP (APA-ACCREDITED)

7/13-7/14 **San Francisco Veterans Affairs Medical Center**
San Francisco, CA

Training Director: Kellie Rollins, Psy.D.

Rotations:

7/13 – 7/14 **Neuropsychology Assessment Clinic (Inpatient and Outpatient)**

Supervisors: Johannes Rothlind, Ph.D.; Paul Dukarm, Ph.D.; R. Scott Mackin, Ph.D.

7/13 – 7/14 **PTSD Clinical Team**

Supervisors: Dawn Lawhon, Ph.D.; Martha Schmitz, Ph.D.; Angela Waldrop, Ph.D.; Susan Maxwell, Psy.D.

- 7/13 – 3/14 **Opioid Treatment Program**
Supervisor: Jessica Keyser, Ph.D.
- 7/13 – 12/13 **Time-Limited Dynamic Psychotherapy Clinic**
Supervisor: John Devine, M.D.
- 7/13 – 10/13 **Memory Disorders Clinic (Neuropsychological Assessment)**
Supervisor: Johannes Rothlind, Ph.D.
- 9/13 – 7/14 **Interpersonal Psychotherapy Clinic**
Supervisor: Megan McCarthy, Ph.D.
- 10/13 – 2/14 **Hospice and Palliative Care Team**
Supervisor: Jeremy Doughan, Psy.D.
- 1/14 – 7/14 **Couple and Family Therapy Program**
Supervisor: Sarah Shonkweiler, LCSW, and Keith Armstrong, LCSW

OTHER CLINICAL EXPERIENCE AND TRAINING

Pre-Doctoral Clinical Practicum Training:

- 9/12-8/13 **Rawson Neal State Psychiatric Inpatient Hospital**
Las Vegas, NV
Supervisors: Paula Squitieri, Ph.D.; Dean Nelson, Ph.D.
- 5/12-9/12 **Private Practice in DBT, Lisa Linning Ph.D.**
Las Vegas, Nevada
Supervisor: Lisa Linning, Ph.D.
- 1/12-5/13 **Cleveland Clinic Lou Ruvo Center for Brain Health**
Las Vegas, Nevada
Supervisor: Sarah Banks, Ph.D.
- 8/11-5/12 **UNLV Counseling and Psychological Services**
Las Vegas, Nevada
Supervisor: Shauna Landis, Psy.D.
- 8/10-8/11 **Desert Regional Center**
Las Vegas, Nevada
Supervisors: Leanne Earnest, Ph.D., and Brian Lech, J.D., Ph.D.
- 08/09-8/11 **Center for Individual, Couple, and Family Counseling, UNLV**
Las Vegas, NV

Supervisors: Marta Meana, Ph.D., Michelle Paul, Ph.D.

05/09-09/12 **Psychological Testing and Assessment Clinic, UNLV
Las Vegas, NV**

Supervisors: Paula Emke-Francis, Ph.D., Michelle Paul, Ph.D.

PROFESSIONAL AND SERVICE ACTIVITIES

2019-2021 **Treasurer**, Los Angeles County Psychological Association
2019-present **Chair**, Executive Training Committee, VA Long Beach Psychology
Training Program
2018-2020 **Co-facilitator**, Intern Diversity Seminar, VA Long Beach Psychology
Training Program
2018-2019 **Vice Chair**, Early Career Psychologist Committee, Los Angeles
County Psychological Association
2017-2019 **Member**, VA SCI/D Long-Term Care National Think Tank
2016-2019 **Member**, Executive Training Committee, VA Long Beach Psychology
Training Program
2013-2015 **Member**, San Francisco VAMC Diversity Curriculum Planning
Committee
2012-2013 **UNLV Student Representative**, Nevada Psychological Association
2008-2012 **Member**, Selection Committee, Clinical Psychology Department
Admissions Interviews, UNLV
2012-2013 **Mentor**, Outreach Undergraduate Mentoring Program, UNLV
2011-2013 **Member**, Nevada Psychological Association Diversity Committee
2010-2011 **Co-chair**, Clinical Student Committee, Psychology Department,
UNLV
2008-2009 **Cohort Representative**, Clinical Student Committee, Psychology
Department, UNLV
2009-2011 **Mentor**, UNLV New Graduate Student Mentor Program
2004-2005 **Secretary**, Psi Chi Honor Society, Pepperdine University

PROFESSIONAL PRESENTATIONS (Selected)

Reger, S.L. (February, 2022). *Menopause and ADHD: managing hormone changes, aging, and ADHD*. Westside Family Resource and Empowerment Center/Children and Adults with ADHD (CHADD) Westside. Virtual Presentation.

Reger, S.L. (October, 2020). *Capacity and conservatorship: a framework for clinical decision-making*. VA Long Beach SCI/D Didactic Series. Long Beach, CA.

Reger, S.L. (June, 2019). *Treating chronic pain in disability*. LA County Psychological Association CE series. Manhattan Beach, CA.

- Reger, S.L.** (August, 2018). *Everyday matters*. Invited workshop for The National Multiple Sclerosis Society. Long Beach, CA.
- Reger, S.L.** (June, 2018). *Depression and anxiety in hydrocephalus*. Invited presentation at Hydrocephalus Association 15th National Conference on Hydrocephalus. Newport Beach, CA.
- Reger, S.L.** (October, 2017). *Assessment of psychiatrically complex populations*. Didactic presentation for the Los Angeles Mission practicum seminar series. Los Angeles, CA.
- Reger, S.L.** (March, 2017; annually). *The role of psychology in spinal cord injury and disorders*. University of California, Irvine Physical Medicine and Rehabilitation residency program. Long Beach, CA.
- Reger, S. L.** (February, 2017; annually). *Neuropsychological testing considerations in SCI and disability*. Long Beach VA Neuropsychology Service grand rounds. Long Beach, CA.
- Reger, S.L.** (November, 2016; biannually). *Cognitive function and aging in SCI and MS*. University of California, Irvine Physical Medicine and Rehabilitation residency program. Long Beach, CA.
- Reger, S. L.** (July 2015). *Grief, loss, and bereavement*. Nursing in-service training, San Francisco VA Medical Center Palliative Care Service. San Francisco, CA.
- Reger, S. L.** (June 2015). *Managing loss and grief in the context of disability*. San Francisco VA Medical Center Visual Impairment Support Team. San Francisco, CA.
- Reger, S.L.** (April 2015). *Posttraumatic stress disorder and end-of-life care*. Hospice by the Bay nursing in-service. San Francisco, Napa, & Larkspur, CA.
- Ortigo, K. & **Reger, S. L.** (March, 2014). *LGBT issues in the VA: Safe Space continuing education workshop*. San Francisco VA Medical Center, San Francisco, CA.
- Reger, S. L.** (April, 2012). *That was definitely in my experience: recognizing (un)straightforward descriptions of inner experience*. Paper presentation at “Toward a Science of Consciousness” Conference, Tucson, AZ.
- Hurlburt, R. T., & **Reger, S. L.** (June, 2011). *Aspects of pristine experience*. Invited

presentation at “First-Person Methods of Exploring Consciousness”
Convention, Berkeley, CA.

Reger, S. L. & Hurlburt, R. T. (April, 2011). *Descriptive experience sampling interactive multi-media training tool for subjunctification and illustrative interviews*. Poster presentation at the 2011 Nevada Psychological Association Annual Conference, Reno NV.

Reger, S. L., Thaler, N. S., Mayfield, J., & Allen, D. N. (March, 2011). *Constructs mediating Trail Making Test for Children performance in pediatric traumatic brain injury*. Poster presentation at the Annual Meeting of the American College of Professional Neuropsychology. Las Vegas NV.

RESEARCH EXPERIENCE

04/19-08/20 **Principal Investigator, Clinical Research**

Cognitive Screening of Newly Spinal-Cord-Injured Veterans
Long Beach VA Medical Center

09/12-08/14 **Principal Investigator, Doctoral Dissertation Research:**

Exploring the Inner Experience of Veterans with Posttraumatic Stress Disorder

University of Nevada, Las Vegas

Committee Chair: Russell T. Hurlburt, Ph.D.

08/09-05/12 **Co-Investigator, Neuropsychology Research Program**

University of Nevada, Las Vegas

Principal Investigator: Daniel N. Allen, Ph.D.

08/08-08/11 **Principal Investigator, Master's Thesis Research: *Descriptive Experience Sampling Interactive Multi-Media Training Tool for Subjunctification and Illustrative Interviews***

University of Nevada, Las Vegas

Committee Chair: Russell T. Hurlburt, Ph.D.

08/06-05/08 **Principal Investigator, Master's Thesis Research: *Stress and PTSD Symptomatology in Relation to Physical Health in Ethnically Diverse Elderly Women***

California State University, Northridge

Committee Chair: Luciana Laganà, Ph.D.

02/03-05/05 **Research Assistant, Undergraduate Research Project**

Pepperdine University

Principal Investigator: Tomàs Martinez, Ph.D.

PUBLICATIONS

- Syme, M.; **Reger, S.L.** (2021). Sexuality, disability, and aging: an intersectional perspective. In L. Mona and R. Shuttleworth (Eds.), *The Routledge Handbook of Disability and Sexuality*.
- Thaler, N. S., Kang, J., & **Reger, S. L.** (2014). IQ testing and the Asian American client. In L. Benuto, N. S. Thaler, & B. Leany (Eds.), *Guide to Psychological Assessment with Asian Americans*. New York, NY: Springer Publishing.
- Thaler, N. S., **Reger, S. L.**, Ringdahl, E. N., Mayfield, J., Goldstein, G., & Allen, D. N. (2012). Neuropsychological profiles of children with ischemic or hypoxic anoxic brain injury: six case reports. *Child Neuropsychology*, 18 (5), 512-519.
- Laganà, L., & **Reger, S.** (2009). A pilot study on perceived stress and PTSD symptomatology in relation to four dimensions of older women's physical health. *Aging & Mental Health*, 13 (6), 885-893.

TEACHING EXPERIENCE

- o8/11-5/13 **Adolescent and Adult Developmental Psychology (PSY 434)**
Instructor of Record
University of Nevada, Las Vegas
- o8/10-05/11 **Introductory Psychology (PSY 101)**
Instructor of Record
University of Nevada, Las Vegas
- o8/08-06/10 **Statistical Methods in Psychology (PSY 210)**
Graduate Assistant to Russell Hurlburt, Ph.D.
University of Nevada, Las Vegas
- o6/07-05/08 **Introductory Psychology (PSY 150)**
Instructor of Record
California State University, Northridge
- o5/07-05/08 **Teaching Intern Program**
Supervisor: Gabriela Chavira, Ph.D.
California State University Northridge

PROFESSIONAL MEMBERSHIPS

Los Angeles County Psychology Association
California Psychological Association
American Psychological Association



Aging Workers: Psychological Considerations

Stacy L. Reger, Ph.D., QME



Overview

- Age as a Diversity Variable
 - Age-Related Changes in Health and Mental Health
 - US Workforce Age-Related Demographics & Injury Statistics
 - Workers' Compensation Considerations for Aging Workers
-

Age as a Diversity Variable

- Age identity
- Ageism
 - <https://implicit.harvard.edu/implicit/takeatest.html>
- Ageism in the Workplace
 - Age Discrimination in Employment Act



Age as a Diversity Variable

Age discrimination is flourishing



Nearly **1 in 4** workers **age 45** and older have been subjected to negative comments about their age from supervisors or coworkers



About **3 in 5** older workers have seen or experienced age discrimination in the workplace



of older workers see age discrimination as a hurdle to finding a new job



More than half of older workers are prematurely pushed out of longtime jobs



of those workers never earn as much again



of U.S. households headed by someone age 55 or older have no retirement savings or pension



Older people who don't feel useful are **3x** more likely to develop a disability and **4x** more likely to die prematurely

Source: AARP

 **vervoe**

Age-Related Changes

Physical and Health
Concerns

- Physical Aging Effects
 - Changes in muscle mass/strength/endurance
 - Flexibility/joint health
 - Posture and balance
 - Body temperature
 - Vision
 - Hearing
- Comorbidities/Risks that Increase with Age
 - Bone and joint diseases
 - Diabetes
 - Obesity
 - Cardiovascular problems
 - Lung disease
 - Medication side effects/interactions

Age-Related Changes

Mental Health

- Normal Age-Related Changes
 - Sleep Cycle Changes
 - Impact of Sleep Deprivation
 - Cognitive Changes
 - Behavioral Factors
- Aging Increases Risk for:
 - Cognitive Decline & Dementia
 - Depression
 - Anxiety
 - Grief/Loss
 - Social Isolation
 - Poverty
 - Chronic Pain
 - Decreased Independence
 - Suicide



Aging Workforce Demographics

- Older Workers in the Labor Force (National Council on Compensation Insurance, 2021)
 - 65+ currently: 7% of labor force (10.7 million)
 - Projected by 2029: 10% of labor force (16.5 million)
- Why?
 - Baby boomer generation aging (born 1946-1964)
 - Higher rates of labor force participation among older adults
 - Social Security age of retirement increasing
 - Average savings at retirement age is lower

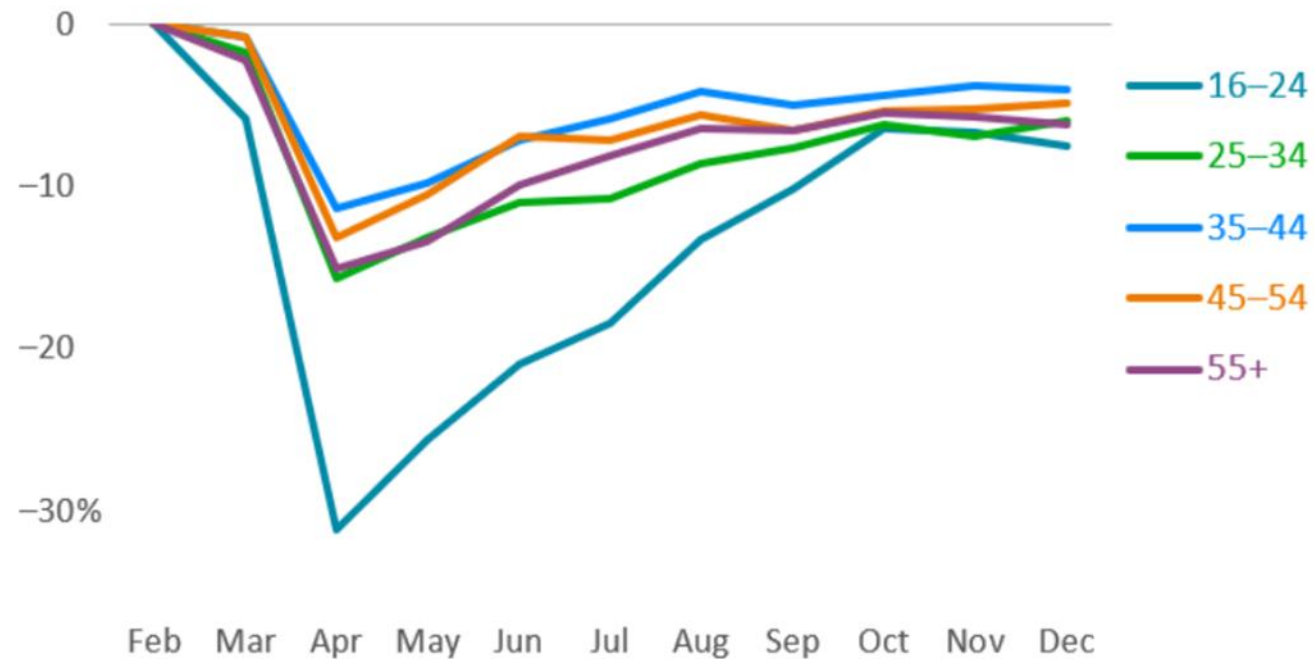
Exhibit 1. Labor Force by Age Group

Age Group	Distribution (%)			Growth (millions)		Growth (%)	
	2009	2019	2029p	2009–2019	2019–2029p	2009–2019	2019–2029p
16–24	13.9	12.9	11.4	–0.3	–1.6	–1.3	–7.7
25–44	43.8	43.6	43.9	+3.7	+4.1	+5.5	+5.8
45–64	38.1	37.0	35.1	+1.8	–0.3	+3.1	–0.6
65+	4.2	6.5	9.6	+4.1	+5.8	+63.2	+54.7
Total	100.0	100.0	100.0	+9.4	+8.0	+6.1	+4.9

Source: US Bureau of Labor Statistics, Employment Projections program

Pandemic Effects on Employment by Age

Exhibit 2. Employment Loss Since February, by Age



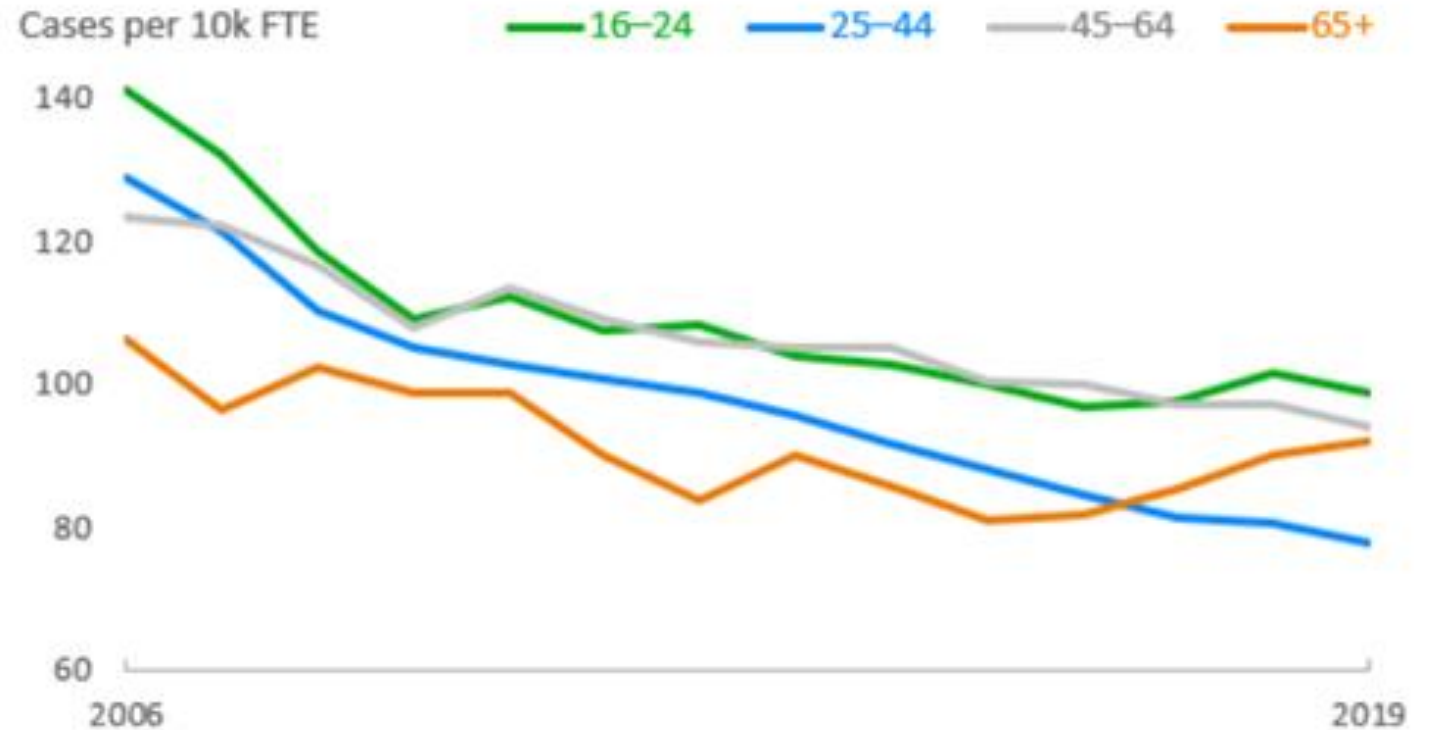
Cumulative change in employment, February 2020 to December 2020

Source: US Bureau of Labor Statistics, Current Population Survey

Industrial Injury Trends and Age

Frequency has declined
across age groups, except
65+

Exhibit 3. Frequency Is Rising for the **Oldest Workers**
BLS Incidence Rates by Age Range



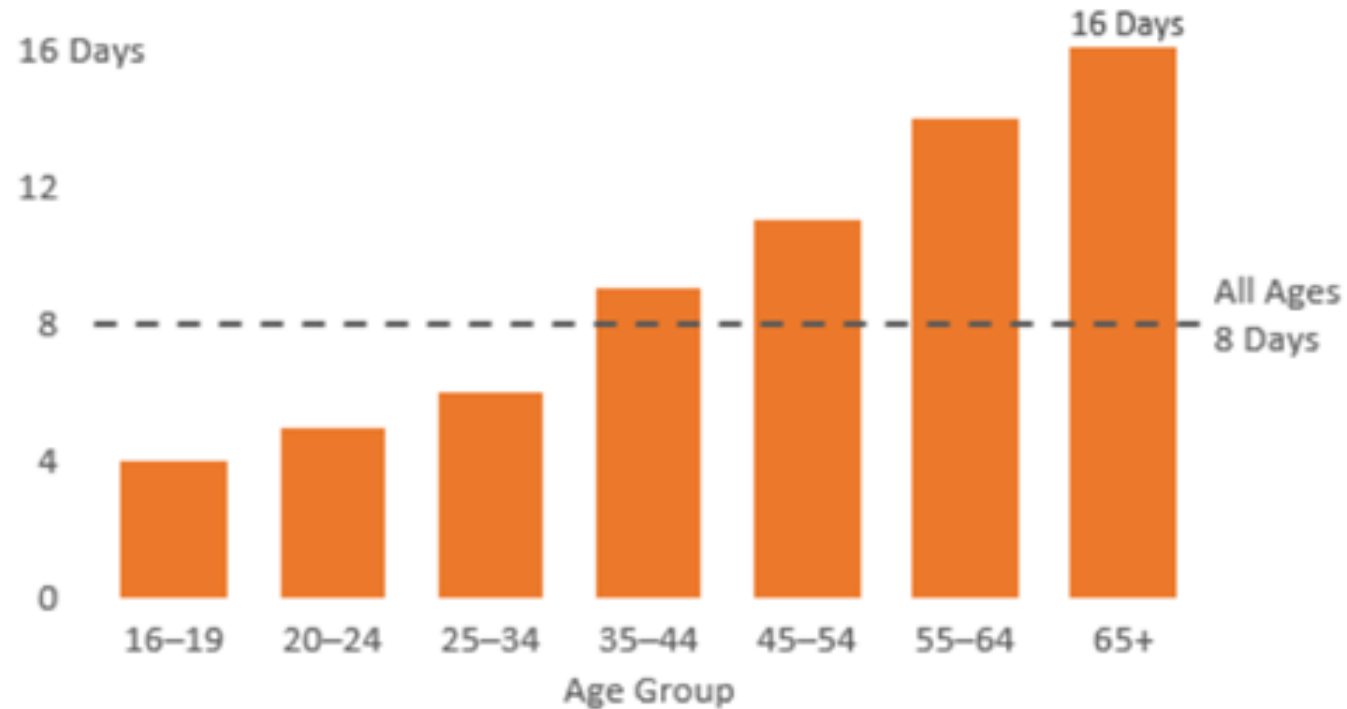
FTE = full-time equivalent worker

Source: US Bureau of Labor Statistics, Survey of Occupational Injuries and Illnesses

Median Days Away From Work by Age

Exhibit 4. Older Workers Lose More Time For Work-Related Injuries

Median Days Away From Work (DAFW) by Age Group, All Injuries



Days lost per injury with at least one day away from work

Source: US Bureau of Labor Statistics, Survey of Occupational Injuries and Illnesses, 2019

/ Injury Type and Age

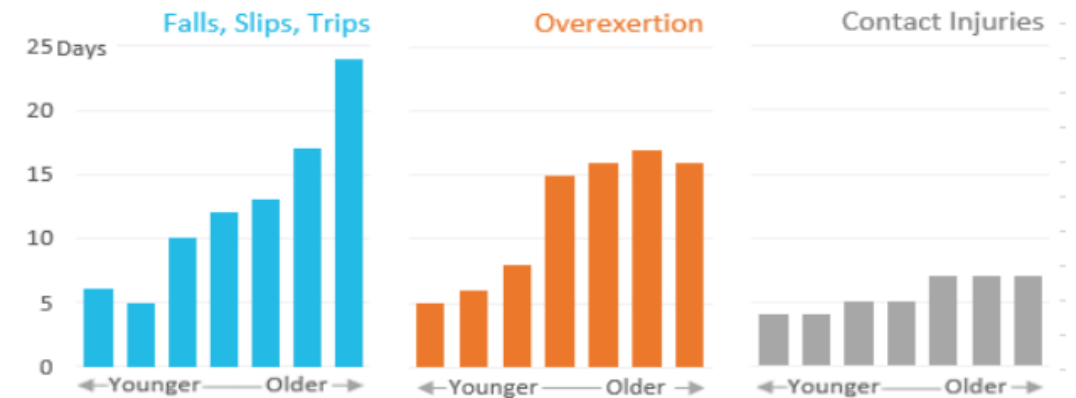
Exhibit 5. Share of Injuries by Age and Event

	16–24	25–44	45–64	65+	All Ages
Overexertion	23%	32%	33%	24%	31%
Falls, Slips, and Trips	19%	22%	33%	48%	28%
Contact with Objects/Equipment	38%	29%	20%	17%	26%
All Other	20%	17%	13%	11%	16%
Total	100%	100%	100%	100%	100%

Source: US Bureau of Labor Statistics, Survey of Occupational Injuries and Illnesses, 2019

Exhibit 6. Falls, Slips, Trips and Overexertion Drive Injuries

Median Days Away From Work (DAFW) by Age Group, Injury Event



Days lost per injury with at least one day away from work

Source: US Bureau of Labor Statistics, Survey of Occupational Injuries and Illnesses, 2019

/ Summarizing the Current Data

- The workforce is aging
 - Older workers have more frequent AND more severe injuries
 - Recovery time per injury is longer with age
 - Aging and pre-existing health conditions impact injury severity/recovery
 - Higher fatality risk for older workers
 - Higher indemnity cost for older workers
 - Higher wages
 - Higher claim severity
 - Longer duration of treatment per claim
-

/ Claim Considerations

- Encourage prompt reporting
 - Prompt treatment
 - Assess other age-related factors
 - Assess support system
 - Engage appropriate specialists
 - Address incidental findings
 - Address medications with providers
 - Obtain a thorough health injury history
 - Identify risk factors
 - Claimant education
 - Check bias in language/assumptions
 - Coordinate care when possible (industrial and non-industrial)
 - Modified return-to-work programs
 - Employers should consider pre-loss efforts to control costs
 - Prevention/Safety Training
 - Universal Design
 - Employee wellness programs
-

/ Benefits of Working with Older Adults

- Experience & Skill
- Knowledge
- Often share company values/have a sense of loyalty
- Reliable
- Teams are most effective when they are diverse
- Play a critical role in training newer workers

(Columbia Aging Center, 2022)
