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Dr. Bander is a licensed psychologist and board-certified coach with over 35 years of clinical, teaching, training and coaching experience. Dr. Bander held a faculty appointment in Family Medicine from 1981 through 2000 at the USC-Keck School of Medicine. She has also taught at Pepperdine University, Ryokan University and the University of Wisconsin. She functioned, during her 20 year tenure as faculty within a Family Medicine Residency, in administrative, management and clinical roles. She is noted for her abilities to integrate an understanding of the multiple demands impacting today's physicians and leaders - from performance outcomes demanded by organizations to their familial, practice, and community responsibilities.

Dr. Bander's passion is wellness and creating environments that support healthy behaviors. She is keenly aware that we spend the greatest part of our lives at work – and that our workplaces can promote well-being while improving profitability. She empowers individuals, teams and their organizations to work in ways that align core values with interpersonal skills & strengths that yield increased productivity, profitability, & satisfaction.

Dr. Bander is a skilled organizational consultant. She develops teams' effectiveness and individual leadership, conducts recruitment, selection and recruitment planning along with executive integration. Dr. Bander works collaboratively with a wide variety of professional groups, designing training programs that reflect on the diversity of the group and their educational needs. As an award-winning educator, she has shared her expert communication skills and mediation style with leaders in Fortune 500 companies, academic settings, healthcare organizations, and family businesses. She has coached and consulted in leadership & executive development, transition management, wellness and stress in healthcare industries, and risk management in manufacturing and small businesses.

Additionally, she is a highly skilled relationship and individual therapist with significant expertise in medical and health-related issues, sexuality, and life transitions. Dr. Bander assists high performance and highly stressed professionals and their families to lead balanced and rewarding lives through expected, developmental transitions and through the surprise changes that come along the way. Dr. Bander uses her curiosity, love of learning, and problem solving skills to drill down on your specific strengths, opportunities, and challenges.

Dr. Bander holds a master's in Counseling & Personnel Work and a doctorate in Counseling Psychology from the Ohio State University. She holds the CCE Board Certification as a Coach with specialties in Career Coaching, Wellness Coaching, and Life Coaching. She is also a certified Emotional Intelligence trainer and HeartMath trainer.



Aligning Vision, Values, Strengths and Actions