



Joseph H. Obegi, PsyD

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Licensure and Certifications

Licensed as a psychologist in California since August 2007 (Psy 21603)
Certified Correctional Health Professional, National Commission on Correctional Health Care, 2020

Organizational Memberships

California Psychological Association
Sacramento Valley Psychological Association
American Association of Suicidology

Education

Alliant International University, San Diego, CA – PsyD, 2005
University of California, Davis, CA – MS Child Development, 1999
University of California, Davis, CA – BS Physiology, 1995

Clinical Experience

CLINICAL PSYCHOLOGIST, PRIVATE PRACTICE; DAVIS, CA – 2008-PRESENT

I provide continuing education and consultation on suicide-related subjects.

SR. PSYCHOLOGIST SPECIALIST, CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION; ELK GROVE, CA – OCTOBER 2024-PRESENT

I author the department's annual report on suicides and suicide prevention, complete special projects related to suicide prevention, and provide consultation. I also review and write suicide death reports and conduct training.

SR. PSYCHOLOGIST SPECIALIST, CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION; ELK GROVE, CA – APRIL 2021-SEPTEMBER 2024

I monitored and supported the suicide prevention programs of eight prisons in Northern California. These included facilities that provide case management, intensive outpatient programs, and psychiatric hospitalization. I conducted site visits, provided consultation on policy and patient care, reviewed and wrote suicide death reports, and conducted training.

SR. PSYCHOLOGIST SPECIALIST, CALIFORNIA MEDICAL FACILITY, CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION; VACAVILLE, CA – MARCH 2019-MARCH 2021

I coordinated the suicide prevention program for a 400-bed psychiatric unit. In this role, I maintained local policies, conducted quality monitoring, mentored clinicians in suicide risk

assessment and in treating suicidality, trained staff in departmental suicide prevention policies, and provided consultation on high-risk cases.

SR. PSYCHOLOGIST SPECIALIST, CALIFORNIA STATE PRISON, SOLANO, CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION; VACAVILLE, CA – FEBRUARY 2017-FEBRUARY 2019

I coordinated the institution's suicide prevention program. I also trained clinical staff in performing evaluations of disciplinary responsibility and supported petitions for involuntary medications and conservatorship. Periodically, I provided direct services in inpatient units as well.

SR. PSYCHOLOGIST SUPERVISOR, CALIFORNIA STATE PRISON, SOLANO, CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION; VACAVILLE, CA – AUGUST 2013-JANUARY 2017

I supervised the delivery of inpatient and outpatient mental health services. I also conducted departmentally mandated training, supported quality management efforts, supervised unlicensed staff, and coordinated care across disciplines.

PSYCHOLOGIST, CALIFORNIA STATE PRISON, SOLANO, CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION; VACAVILLE, CA – MARCH 2009-JULY 2013

I rendered treatment in various settings (inpatient, outpatient, and administrative segregation). I also served as the quality management psychologist and coordinated referrals for long-term psychiatric hospitalization.

SUPERVISOR, COUNSELING & PSYCHOLOGICAL SERVICES, SAN DIEGO STATE UNIVERSITY; SAN DIEGO, CA – JANUARY 2008-MAY 2008

To cover the sabbatical of a staff psychologist, I supervised therapists delivering mandated interventions, based on motivational interviewing, to college students referred for concerns about alcohol or substance use. I also delivered these same services.

POSTDOCTORAL SCHOLAR, DEPARTMENT OF PSYCHIATRY, UNIVERSITY OF CALIFORNIA, SAN DIEGO; SAN DIEGO, CA – AUGUST 2005-AUGUST 2007

I provided direct clinical services to a dually diagnosed adult population while creating a program of research. This included individual psychotherapy (with an emphasis on motivational techniques) and several psychotherapy groups (e.g., DBT Group).

INTERNSHIP, SAN DIEGO LGBT CENTER; SAN DIEGO, CA – JULY 2003-JUNE 2004

I conducted adult and couples therapy; completed initial intakes for new clients, co-facilitated a men's intimacy group; and served as the on-duty counselor for walk-ins and callers.

INTERNSHIP, ST. VINCENT DE PAUL COUNSELING CENTER; SAN DIEGO, CA – AUGUST 2002-AUGUST 2003

I delivered child, adult, and family therapy; completed developmental screenings, psychosocial interviews, and neuropsychological batteries; and conducted a boys group.

RESEARCH ASSISTANT, ALLIANT INTERNATIONAL UNIVERSITY; SAN DIEGO, CA – SEPT. 2001-JUNE 2002

I scored Rorschach research protocols and edited an advanced Rorschach scoring manual and research articles for publication.

PRACTICUM, SAN DIEGO CENTER FOR CHILDREN; SAN DIEGO, CA – SEPTEMBER 2001-JUNE 2002

I completed mini-neuropsychological batteries and academic screenings, conducted child and family therapy, and designed and implemented behavioral intervention plans.

INTAKE COORDINATOR, CHILD HAVEN, INC.; FAIRFIELD, CA – JUNE 1999-JULY 2000

I screened prospective clients for child abuse treatment and/or early intervention services, and I completed screening and intake procedures for new clients and their families.

Publications

PEER-REVIEWED

Obegi, J. H. (2025). Challenges in classifying components of a suicide prevention program. *Psychiatric Services, 76*(5), 529. <https://doi.org/10.1176/appi.ps.20240408>

Obegi, J. H. (2025). An alternative to suicide risk assessment: Assessing suicidality and its severity. *Practice Innovations, 10*(1), 76-89. <https://doi.org/10.1037/pri0000259>

Obegi, J. H. (2024). Monitoring a correctional suicide prevention program: The roles of implementation and intermediate outcomes. *Psychology, Public Policy, and Law, 30*(1), 59-65. <https://doi.org/10.1037/law0000398>

Obegi, J. H. (2023). Distinguishing prevention from treatment in suicide prevention. *International Journal of Environmental Research and Public Health, 20*(9), 5725. <https://doi.org/10.3390/ijerph20095725>

Obegi, J. H. (2024). Death by hunger strike: Suicide or not? *Psychiatry, Psychology and Law, 31*(1), 121-131. <https://doi.org/10.1080/13218719.2023.2175069>

Obegi, J. H. (2023). [Assessing prisoners suspected of feigning suicidality]. In T. Merten (Ed.), *Beschwerdenuvalidierung in der Begutachtung, Klinik und Rehabilitation [Symptom and performance validation in forensic, clinical, and rehabilitation contexts]*. Hogrefe.

Obegi, J. H. (2022). Hazards of using constant observation with suicidal patients. *Journal of Psychiatric Practice, 28*(6), 485-491. <https://doi.org/10.1097/pra.0000000000000668>

Obegi, J. H., & Canning, R. D. (2022). The cell-front interview revisited. *Correctional Health Care Report, 23*(4), 81, 97-98.

Obegi, J. H. (2021). How common is the recent denial of suicidal ideation among ideators, attempters, and suicide decedents? A literature review. *General Hospital Psychiatry, 72*, 92-95. <https://doi.org/10.1016/j.genhosppsy.2021.07.009>

Obegi, J. H. (2021). Disciplinary responsibility in prison. *Journal of the American Academy of Psychiatry and the Law, 49*(3). doi:10.29158/JAAPL.200103-20

Obegi, J. H. (2021). Your patient refuses a suicide risk assessment. Now what? *Current Psychiatry, 20*(4), 45. doi:10.12788/cp.0111

- Obegi, J. H. (2020). Differentiating genuine from feigned suicidality in corrections: A necessary but perilous task. *International Journal of Law and Psychiatry*, 71. doi:10.1016/j.ijlp.2020.101573
- Obegi, J. H. (2020). The Suicide Risk heading in DSM-5: Promising start or flubbed launch? *Psychiatric Quarterly*. doi:10.1007/s11126-020-09728-3
- Obegi, J. H. (2019). Is suicidality a mental disorder? Making the case using the DSM-5 guidelines for new diagnoses. *Death Studies*, 1-13. doi:10.1080/07481187.2019.1671546
- Obegi, J. H. (2019). Is identifying suicide risk the point of universal screening? *General Hospital Psychiatry*, 59, 80. doi:10.1016/j.genhosppsych.2018.12.008
- Obegi, J. H. (2019). Rethinking suicidal behavior disorder. *Crisis*, 1-11, 209-219. doi:10.1027/0227-5910/a000543
- Obegi, J. H. (2017). Probable standards of care for suicide risk assessment. *Journal of the American Academy of Psychiatry and the Law*, 45, 452-459.
- Obegi, J. H., Rankin, J. M., Williams, J. C., & Ninivaggio, G. (2015). How to write a suicide risk assessment that's clinically sound and legally defensible. *Current Psychiatry*, 14(3), 50-51.
- Obegi, J. H. (2011). Review of 'Clinical applications of the Adult Attachment Interview.' *Psychoanalytic Psychology*, 28, 162-163.
- Obegi, J. H. (2008). The development of the client-therapist bond through the lens of attachment theory. *Psychotherapy: Theory, Research, Practice, Training*, 45, 431-446.
- Obegi, J. H., Morrison, T. L., & Shaver, P. R. (2004). Exploring intergenerational transmission of attachment style in young adult women. *Journal of Personal and Social Relationships*, 21, 625-638.
- OTHER PUBLICATIONS**
- Obegi, J. H. (March 2012). Psychoeducation: The forgotten intervention. *The Sacramento Valley Psychologist*.
- Obegi, J. H. (January 2010). Malingering and adjustment in jail. *The Sacramento Valley Psychologist*.
- Obegi, J. H., & Berant, E. (Eds.). (2009). *Attachment theory and research in clinical work with adults*. New York: Guilford.
- Obegi, J. H. (November 2009). Beware of gifts or not? *The Sacramento Valley Psychologist*.
- Obegi, J. H. (September 2009). Circles of security in psychotherapy. *The Sacramento Valley Psychologist*.

Obegi, J. H. (July 2009). Down is not the way up: A critical view of 'hitting bottom.' *The Sacramento Valley Psychologist*.

Obegi, J. H., Shaver, P. R., Mikulincer, M., & . (2009). A framework for attachment-based psychotherapy with adults. *New Therapist*, 61, 10-21.

Selected Presentations

Obegi, J. H. (April 2025). The 4-Square Model of Suicide Prevention. National Commission on Correctional Health Care, Spring Conference. Louisville, KY.

Obegi, J. H. (March 2024). The End of Suicide Risk Assessment? A Research Update. American College of Forensic Psychology Symposium. San Diego, CA.

Obegi, J. H. (April 2022). Constant Observation: Ethical and Practical Dilemmas. Annual Conference of the American Association of Suicidology. Chicago, DC.

Obegi, J. H. (October 2022). Hunger Strikes and Suicidal Intent. Annual Suicide Prevention Summit, California Department of Corrections and Rehabilitation (online).

Davies, B. & Obegi, J. H. (April 2021). Roundtable: Use of Surrogates for Patients Who Lack Capacity to Provide Informed Consent. Virtual Spring Conference on Correctional Health Care, National Commission on Correctional Health Care.

Obegi, J. H. (April 2021). An Introduction to Medical Capacity. California Department of Corrections and Rehabilitation. Vacaville, CA.

Obegi, J. H. (April 2021). Differentiating Genuine from Feigned Suicidality in Corrections: A Necessary but Perilous Task. 46th Annual Conference of the Forensic Mental Health Association of California (online).

Obegi, J. H. (January 2020). Writing Progress Notes: Legal, Ethical, and Clinical Perspectives. California Department of Corrections and Rehabilitation.

Lorey, D., Lozano, J., Ninivaggio, G., Cueva, D. & Obegi, J. H. (October 2019). Rule Violation or Suicide Attempt? Annual Suicide Summit, California Department of Corrections and Rehabilitation.

Obegi, J. H. (October 2019). Buried Above Ground: Understanding, Assessing, and Treating Suicidal People. CE offered by the Community Institute for Psychotherapy. San Rafael, CA.

Obegi, J. H. (October 2019). Suicide and Legal Liability: What You Need to Know to Protect Your Patient and Yourself. Annual Suicide Summit, California Department of Corrections and Rehabilitation. Folsom, CA.

Obegi, J. H., May, M., and Binder, R. (March 2019). Panel on Diagnosing Suicidality. Annual Conference of the Northern California Psychiatric Society. Monterey, CA.

Suicide Risk Assessment: What is the Standard of Care? March 2018. Annual Conference of the Forensic Mental Health Association of California (FMHAC). Monterey, CA.

Obegi, J. H. (April 2018). Rethinking Suicidal Behavior Disorder: A Clinically and Empirically Informed Expansion of Criteria. Annual Conference of the American Association of Suicidology. Washington, DC.

Obegi, J. H. (April 2018). Essentials of Suicide Risk Assessment and Intervention. 34th Annual Symposium in Forensic Psychology. San Diego, CA.

Obegi, J. H. (September 2017). Screening for Suicidality: Fearlessly Asking Fearsome Questions. Grand Rounds, Sutter Center for Psychiatry. Sacramento, CA.

Obegi, J. H. (April 2017). Suicide Risk Assessment: What Is the Standard of Care? 33rd Annual Symposium in Forensic Psychology. San Diego, CA.

Obegi, J. H. (October 2016). Means Restriction: Talking about the Tools of Suicide with Patients. Annual Conference of the Sacramento Valley Psychological Association, Sacramento, CA.

Obegi, J. H. (October 2015). Safety Planning: How to Ditch No-Suicide Contracts and Keep Your Patients Safer. Continuing education course sponsored by the Sacramento Valley Psychological Association. Sacramento, CA.

Obegi, J. H. (April 2014). A Primer on Suicide Risk Assessment. Continuing education course sponsored by the Sacramento Valley Psychological Association. Sacramento, CA.

Callan, J. E., & Obegi, J. H. (2008). The Relevance of Attachment Theory and Research to the Practice of Psychodynamic Psychotherapy: Training the Next Generation of Clinicians. Annual Conference of the American Psychological Association. Boston, MA.

Judd, P. H., & Obegi, J. H. (2007). Shifting the Frame: Attachment and Psychotherapy. Presentation at the Fall Conference of the San Diego Psychological Association. San Diego, CA.

Journal Peer Reviewer

I occasionally act as a peer reviewer for professional journals. I have completed reviews for *BMJ Open*, *Current Psychiatry*, *European Psychiatry*, and the *Journal of Counseling Psychology*.

Teaching

ONLINE INSTRUCTOR, ZUR INSTITUTE; SEBASTOPOL, CA – AUGUST 2010-APRIL 2020

Online Course: Attachment and the Therapeutic Relationship.

LECTURER, ALLIANT INTERNATIONAL UNIVERSITY; SAN DIEGO, CA – SEPTEMBER 2007-JUNE 2008

Graduate Courses: Attachment and Psychotherapy, Psychodynamic Psychotherapy, Chemical Dependency, Practicum Consultation and Ethics. Undergraduate Course: Introduction to Clinical Psychology.

ADJUNCT INSTRUCTOR, GROSSMONT COMMUNITY COLLEGE; SAN DIEGO, CA – FALL 2004, FALL 2005

Course: Building Secure Relationships.

ADJUNCT INSTRUCTOR, SOUTHWESTERN COMMUNITY COLLEGE; SAN DIEGO, CA – SUMMER 2001

Course: Child, Family, and Community.