



COGNITIVE BEHAVIORAL THERAPY INSTITUTE OF SOUTHERN CALIFORNIA



Biography

Paul DePompo, PsyD, ABPP

Dr. Paul DePompo is a psychologist, author, speaker, researcher, and is internationally recognized as an expert in helping people learn how to be their own coaches and make lasting change.

He is the founder of the Cognitive Behavioral Therapy Institute of Southern California. Dr. DePompo's no-nonsense approach utilizes short-term techniques that when mastered in the short-term, make for long-term change.

His Cognitive Behavioral Therapy Institute includes an Infidelity Clinic. Dr. DePompo and his team are pioneers in the field of the "other" side of infidelity, and their latest scientific study will be published in an academic journal in mid-2016.

Dr. DePompo is Board Certified in Cognitive Behavioral Therapy, a Diplomate of the Academy of Cognitive Therapy, and the director of the only affiliated training center of the Albert Ellis Institute in California conducting trainings for psychologists in Cognitive Behavioral Therapy at multiple graduate schools. Dr. DePompo was trained in PCIT by UC Davis, CAARE Team. He attended NYU while earning his Bachelor's degree and earned his Master's and Doctoral Degrees at the California School of Professional Psychology.

He appears regularly in the media as a respected authority on relationships, dating, and human behavior, and also consults with Hollywood studios regarding psychological matters.

Dr. DePompo is co-author of *THE OTHER WOMAN'S AFFAIR ... Gambling Your Heart and Reclaiming Your Life When Your Partner is Married*, published in May 2016.

Websites: <http://drpauldepompo.com>, <http://cbtiofsocal.com>

Reel: <https://youtu.be/f17m1CY4igA>

Media Contact: Kathlene Carney, Carney & Associates
510-426-4100, KathleneC@carneypr.com