

MARIA RHEBA ESTANTE, MA, LMFT, LPCC

1460 Maria Lane, Suite #300

Walnut Creek, California 94596

rheba@exposuretherapydesigns.com | 925-808-8961

LinkedIn: linkedin.com/in/rhebae

EDUCATION

Certificate in Adult Psychoanalytic Psychotherapy (In Progress)

New Center for Psychoanalysis, Los Angeles, CA

Expected September 2027

Two-year program in British Object Relations, Kleinian theory, Lacanian perspectives, ethics, and character structure

Master of Arts, Industrial-Organizational Psychology and Marriage & Family Therapy

Golden Gate University, San Francisco, CA

2011–2015

Combined concentration meeting California BBS educational requirements for LMFT and LPCC licensure

Certificate in Grant Writing

Fort Hays State University, 2013

Bachelor of Arts, Philosophy and Religion

John F. Kennedy University, Pleasant Hill, CA

2009–2010

ACADEMIC APPOINTMENTS

Adjunct Professor, Marriage & Family Therapy

University of San Francisco, East Bay Campus

January 2026–Present

Teach graduate-level Community Mental Health coursework within a COAMFTE-aligned,

California BBS license-eligible MFT program

Develop and deliver curriculum integrating trauma-informed, culturally responsive, and systems-oriented clinical practice

Provide individualized mentorship, evaluative feedback, and professional development support to graduate trainees

Instruction emphasizes ethics, crisis intervention, advocacy, and community-based service delivery models

TEACHING INTERESTS & COMPETENCIES

Graduate Courses:

Community Mental Health Systems and Service Delivery

Ethics in Clinical Practice and Professional Decision-Making

Crisis Intervention and Trauma-Informed Care

Evidence-Based Treatment Approaches (EMDR, ERP, CPT, ACT, DBT)

Multicultural and Diversity-Oriented Mental Health Care

Couples and Family Systems Theory and Practice

Clinical Education:

Clinical supervision of pre-licensed clinicians and graduate trainees at CIP Marin

Case conceptualization and formulation

Professional identity development and ethical decision-making

LICENSURE & CERTIFICATIONS

Clinical Licensure:

Licensed Marriage & Family Therapist - California (#129514)

Licensed Professional Clinical Counselor - California (#14937)

Licensed Marriage & Family Therapist - Connecticut, Hawaii, Indiana, Massachusetts, Nevada, Virginia

Out-of-State Telehealth Provider - Florida, South Carolina, Vermont

Specialized Certifications:

Certified EMDR Therapist and Consultant-in-Training (CIT), EMDRIA 2025

Clinical Supervision Certificate (CSC), Telehealth Certification Institute, 2024

ADVANCED CLINICAL TRAINING

Brainspotting Phase 1 & 2, 2025

Emotionally Focused Individual Therapy (EFIT), Level 1, ICEEFT (2024)

Cognitive Processing Therapy (CPT), Strong Star Training Initiative (2024)

EMDR Basic Training, Parts I & II, Philip Manfield, Ph.D. (2023)

Flash Technique, Philip Manfield, Ph.D. (2023)

Solutions-Focused Brief Therapy (SFBT), Level 1, PESI (2022)

Gottman Method Couples Therapy, Level 1, The Gottman Institute (2016)

CLINICAL & ADMINISTRATIVE LEADERSHIP

Founder, Practice Manager & Clinical Lead

Exposure Therapy Designs, PC (California Professional Corporation)

November 2023 - Present

Founded and direct a neurodivergent-affirming group private practice

Specializations: OCD, PTSD, anxiety disorders, couples and family systems, women's and maternal mental health

Clinical modalities: Brainspotting, ERP, EMDR, Flash Technique, ACT, CBT, DBT, CPT,

Gottman Method, HRT, SFBT

Provide clinical supervision to pre-licensed associates and facilitate consultation groups

Deliver telehealth services across ten U.S. states

Substitute Clinical Supervisor

Community Institute for Psychotherapy, Marin County, CA

August 2024–Present

Serve as backup clinical supervisor for trainees and interns at CIP Marin, a psychodynamic training institute

Support case formulation, ethical practice, competency development in clinical documentation and clinician development

Provider Advisory Board Member

Spring Health (National EAP Mental Health Platform)

August 2024 - February 2025

Selected member of national clinician advisory cohort providing practitioner feedback on clinical workflows and tools

CLINICAL PRACTICE EXPERIENCE

Network Clinician and Certified EMDR Therapist

Two Chairs, San Francisco, CA (Remote) | January 2025 - Present

Clinical Therapist - OCD, PTSD, & Anxiety Disorders (part-time)

Centered Mind Therapy, San Diego, CA (Remote) | January 2022 - February 2025

Clinical Therapist - OCD and Related Disorders

NOCD, Remote (California) | March 2022 - May 2023

Associate Marriage & Family Therapist (part-time)

Healthy Minds Counseling Center, Brentwood, CA | July 2021 - February 2022

Intensive Case Manager

Youth Homes, Concord, CA | March 2021 - October 2021

Associate Marriage & Family Therapist (part-time)

Dolan Mental Health, San Francisco, CA | December 2019 - February 2021

Contracted provider for U.S. Department of Justice Probation & Pretrial Services

Clinical liaison with federal probation officers serving justice-involved clients

Behavior Specialist (part-time, contract)

Rogers Behavioral Health, Walnut Creek, CA | February 2019 - October 2019

Substance Abuse Counselor

BAART Programs (BayMark Health), San Francisco, CA | June 2017 - February 2019

Program Monitor - Supportive Housing (full-time transitioned to on-call 2017)

Swords to Plowshares (Stanford Hotel), San Francisco, CA | June 2015 - March 2019

EARLY CLINICAL TRAINING

MFT Intern, Pacific Institute / AgeSong (Gero-Wellness Program), 2016 - 2017

Mobile Crisis Team Intern, City of Berkeley, 2015-2016

Pre-MFT Trainee, Contra Costa County Behavioral Health Services, 2013 - 2014

DUI Program Instructor, National Center for Alcoholism & Drug Addictions, Summer 2015

PUBLICATIONS & PUBLIC WRITING

Estante, M. R. (2024). *Playlist Processing for Ambiguous Grief: Styles Songs for Releasing Sorrow* [Workbook]. ERP Designs LLC, available on Lulu Bookstore

Contributing Writer (freelance), Potrero View Newspaper, San Francisco (2010–2012)

PROFESSIONAL MEMBERSHIPS

EMDR International Association (EMDRIA) - Full Member

American Association for Marriage and Family Therapy (AAMFT) - Clinical Fellow

Textbook & Academic Authors Association (TAA)