



Carlina Ramirez Wheeler, Ph.D.

Philosophy of Care

I feel privileged to serve my child and family clients by promoting wellness, healing, and growth. I aim to provide high-quality services by delivering strengths-based, developmentally appropriate, culturally sensitive, and trauma-informed clinical care. I am inspired by the infants, children, adolescents, and caregivers that I meet in my practice. It is truly rewarding to see how resilient my clients are by bravely overcoming life's challenges, including breaking the cycle of intergenerational trauma, to reach their full potential. Everyone is deserving of quality care and our team is here to help empower you to improve your mental health, one step at a time.

Clinical Interests

Dr. Carlina Ramirez Wheeler is a bilingual (English/Spanish) multiracial/multicultural Assistant Clinical Professor with specialized training and experience working with high-risk and systems-involved youth ages 0-21. She is committed to increasing access to quality mental health care for youth and their families within primary care and community mental health settings. Within the UC Davis Clinical Child and Adolescent Psychology (CCAP) Training Programs, she serves as the Training Director for the APA-accredited Doctoral Internship Program and the APPIC-member Postdoctoral Psychology Program.

As a licensed and credentialed Health Service Psychologist (HSP), Dr. Wheeler provides a range of direct clinical services primarily at the Sacramento County Child and Adolescent Psychiatric Services (CAPS) Clinic. She has received supervised training in a range of evidence-based practices specific to infants, children, and adolescents exposed to traumatic and adverse childhood experiences (e.g., Functional Family Therapy, Child-Parent Psychotherapy, Cognitive-Behavior Therapy [CBT], Trauma-Focused CBT, Parent-Child Care, Incredible Years, Aggression Replacement Training, and Acceptance and Commitment Therapy). She has dedicated her career to bringing these services to children and families from underserved, low-income, and diverse communities.

Research/Academic Interests

Dr. Wheeler's clinical, teaching, and research interests include: diversity-related issues and acculturative/minority stress; risk and resilience factors; developmental psychopathology; trauma, adversity, and maltreatment; attachment and family systems theory and approaches; strength-based, comprehensive psychological assessment; pediatric integrated behavioral health; population-based health; and prevention/early intervention program development and outcomes research. In addition, she currently serves as the instructor for the UC Davis Psychiatry Residency Program's Introduction to Psychological Assessment Seminar and the Child and Adolescent Psychiatry Fellowship Program's Family Therapy Seminar and advanced rotation.

Title

Health Sciences Assistant Clinical Professor
Training Director, UC Davis Clinical Child and Adolescent Psychology (CCAP) Internship and Fellowship Program



Carlina Ramirez Wheeler, Ph.D.

Specialty	Child Clinical Psychology
Department	Psychiatry and Behavioral Sciences
Division	Child and Adolescent Psychiatry
Clinic	UC Davis Medical Group, Sacramento - Midtown
Address/Phone	UC Davis Midtown Ambulatory Care Center, UC Davis Medical Group - Midtown Pediatrics, 3160 Folsom Blvd Suite 2900 Sacramento, CA 95816 Phone: 916-734-5846 UC Davis School of Medicine, UC Davis School of Medicine - Child and Adolescent Psychiatric Services (CAPS) Clinic, 3331 Power Inn Rd Suite 140 Sacramento, CA 95826 Phone: 916-875-1183
Additional Phone	Clinic Fax: 916-451-1059 Clinic Fax: 916-875-6904 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Languages	Spanish
Education	M.S., Clinical Psychology, Pacific Graduate School of Psychology, Palo Alto University, Palo Alto CA 2011 Ph.D., Clinical Psychology, Pacific Graduate School of Psychology, Palo Alto University, Palo Alto CA 2013 B.A., Psychology, Legal Studies Minor, UC Santa Cruz, Santa Cruz CA 2007
Internships	Clinical Child Psychology, Western Youth Services, Anaheim CA 2012-2013
Fellowships	Clinical Child Psychology, UC Davis Medical Center, Sacramento CA 2013-2014
Board Certifications	National Register - Health Services Psychologist State of California Licensed Psychologist
Professional Memberships	American Psychological Association American Psychology-Law Society (Division 41) APPIC DEI Committee 2022-2025 - Chair Society for Couple and Family Psychology (Division 43) Society of Clinical Child and Adolescent Psychology (Division 53)



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Honors and Awards

American Psychological Association, Teaching Grant, Co-Investigator, 2017

National Register, Health Service Psychologist Scholarship, 2013

American Psychology- Law Society, Minority Affairs Committee, Diversity Travel Grant, 2012

Students for Ethnic and Cultural Awareness, Evidence Based Practices in Child Welfare Settings

Symposium, Travel Grant, 2012

County of San Mateo, Cultural Competence Award, 2010

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