



Zohreh Zarnegar, MA, MS, Ph.D.

Dr. Zohreh Zarnegar is currently a CTA Fellow, and NMT Phase II Trained associate, a Zero To Three 21st Century Leadership Graduate Fellow and has participated in many Zero To Three Task Forces. She is endorsed as Infant-Early Childhood and Family Mental Health Specialist and Multi-disciplinary Reflective Practice Mentor and is certified as a Baby Massage Instructor. She has over 40 years of experience as an international teacher, trainer, and consultant in the fields of developmental psychology, early childhood mental health, early education, special needs, FASD, program development and trauma assessment and

treatment.

The scope of Dr. Zarnegar's professional experiences is expansive, and she has been a pioneer and advocate defending child safety, women's rights, and abuse prevention. In 1979, she developed the Foundation International for Survivors of Trauma and Torture (FIST) and served internationally as an expert witness, observer, evaluator and researcher on behalf of children in refugee camps, victimized by the wars and geopolitical conflicts around the world, which continues to-date.

In the 1980s, after earning her PhD at the University of Southern California (USC), her research, teaching, and training as a Clinical Assistant Professor at USC's Medical School were focused on early child development, community need assessment, prevention of prenatal exposures, and public education impacting health of the babies and their caregivers. As a NIMH visiting scholar from 1987-1990, her fascination with resiliency and survival of young children in spite of all confounding elements became a guiding rod leading her "back to the beginning." She developed a "pre to three" program - Beginning At the Beginning - which became a blue print for initiating, proposing and developing the Birth To Five (ICARE) program at the LACDMH.

In 2004, Dr. Zarnegar shifted her focus to working with the largest population of Native Americans in the United States by starting the first county-operated birth to five program in LA County through a science-based, innovative treatment intervention program serving young children impacted by Fetal Alcohol Spectrum Disorder (FASD). Further, she continues to publish on subjects related to human development. Embedded in all of her work – writing, direct service delivery, teaching, training, reflective supervision, mentoring, consultations, and program development lays the respect for individual ecology. She continues to be active in national and international organizations working toward human rights and those dedicated to promote health and well being of young children.
