Laura Elizabeth Bafford Leslie, LCSW #57814

Certified IFS therapist

Austin, TX

CURRENT LBL Austin Trauma Therapy, Austin, TX

SOCIAL WORK April 2016 ~ Present

EMPLOYMENT *Facilitator of Trauma-Informed Group & Individual Therapy with specialization*

 *in Internal Family Systems (IFS) therapy, in conjunction with Neuroscience, Attachment, Mindfulness, Psychoeducation*

PENDING PhD Professional Practice in Psychological Perspectives, Canterbury Christ Church University, England, in collaboration with the Taos Institute, USA.

 Program Acceptance: September 2019

 *Research question: How might Internal Family Systems (IFS) principles impact a correctional facility that houses young adult men, ages 18 to 25? Thesis: A proposed collaboration with correctional officers and prison mental health clinicians to establish a coherent rehabilitative ecosystem that explores and advances a more generative treatment of young offenders to enhance their self-worth and reduce recidivism*

PUBLICATIONS *A Bedside Book About Us: From Attachment to the Infinite*,Author

 Published 2019, Available on the IFS website: https://ifs-institute.com

 *A lovely guide to our inner world for the layperson, our clients, friends and family, for ourselves, with a gentle introduction to Internal Family Systems woven throughout. This book is an entry into a thought-provoking mosaic of topics that support the eight C’s of Self and is the first in a series about who we are and who we can become, with an emphasis on IFS.*

 *Life in Travis Heights* magazine, “*Carefully Selected*” Columnist

 August 2016 ~ July 2019

 *Explorations from the therapy room for the general public*

RECENT Austin Lakes Hospital Outpatient Services,Austin, TX

SOCIAL WORK June 2013 ~ July 2017

EMPLOYMENT *Developer of and Therapist for Trauma-Focused IOP three days per week, with weekly individual therapy; therapies and resources utilized include Internal Family Systems (IFS) therapy, Attachment, Neuroscience, CBT, Psychoeducation, Acceptance & Commitment Therapy (ACT), Mindfulness, Emotion Freedom Technique (EFT)/tapping and Ted Talks/videos to enhance mental health*

GRADUATE The University of Texas at Austin,Austin, TX

EDUCATION School of Social Work MSSW Graduate Program

 Fall 2011 ~ Spring 2013

 Grade Point Average: 4.0

 Phi Alpha Honor Society Member

UNDERGRAD Sacred Heart University,Fairfield, CT

EDUCATION Fall 2010 ~ Spring 2011

 Upper-level courses to enhance graduate school preparation, GPA: 4.0

Duke University,Durham, NC
B.S. Zoology with an emphasis on Environmental Studies

*cum laude*

CURRENT & The Center for Self Leadership International Level 3 Training: Specialized

RECENT Advanced Retreat, led by Richard C. Schwartz, PhD, Founding Developer of

CONTINUING Internal Family Systems, held at the Mandali Retreat Center, Quarna Sopra, Italy

EDUCATION/ November 19 ~ 24, 2019

LICENSING *Advanced training to further develop skills in IFS therapeutic techniques, with daily demonstrations by Dick Schwartz,*

 The Center for Self Leadership IFS: Healing the Addictive Process, led by

 Cece Sykes, IFS Senior Trainer, held in Austin, Texas

 April 12 ~ 13, 2019

 *This two-day workshop explored how behaviors become compulsive, looked at hidden traps to recovery and addressed compassion-based interventions to reveal and heal underlying burdens; included demonstrations led by the senior trainer*

 The Center for Self Leadership Level 3 Training: Specialized Advanced Retreat,

 led by Richard C. Schwartz, PhD, Founding Developer of Internal Family Systems, held in Del Ray Beach, Florida

 December 18 ~ 22, 2018

 *Advanced training to practice and hone skills in IFS therapeutic techniques, with daily demonstrations*

The Center for Self Leadership, Level 1 Training, PA (Program Assistant) to

 Lead Trainer Chris Burrus, LMFT, LPC, held in Austin, TX & Delray Bch, FL

 February & April 2018

 *Working as an assistant to the Lead Trainer for this introductory, retreat-style training*

 *in the IFS model*

 The Center for Self Leadership Level 2 Training: IFS, Trauma & Neuroscience, led by Richard C. Schwartz, PhD & Frank G. Anderson, MD, held in Chicago, IL

 November 3 ~ 8, 2017

 *An IFS retreat-style training that focused on techniques for working with clients who have trauma histories, supported by lectures in relevant neuroscience*

 IFS Continuity Program, led by Richard C. Schwartz, PhD, Founding Developer

 of Internal Family Systems therapy

 April 2017 ~ March 2018

 *A second yearlong online program that includes multiple monthly teachings by Dr.*

 *Schwartz and Lead Trainers, Q&A calls, and a private IFS Circle Facebook group with 500+ members. Focus: trauma and neuroscience, couples therapy, and addiction*

 The Center for Self Leadership, Level 1 Training: The Internal Family Systems Model, led by Chris Burrus, LMFT, LPC, held in Florida & Vermont

 February & June 2017

 *A retreat-style training that focused on the foundational aspects of IFS therapy, with didactic instruction, demonstrations and small group practice*

 Internal Family Systems Membership Program, led by Richard Schwartz, PhD,

 Founding Developer of IFS

 April 2016 ~ March 2017

 *A yearlong, online program with multiple monthly teachings by Dr. Schwartz and*

 *Lead Trainers, Q&A calls, and a private IFS Circle Facebook group with 500+ members*

 Post-Graduate Program in Trauma Studies, led by Bessel van der Kolk at the

 Justice Resource Institute, Brookline, MA

 October 2015 ~ June 2016

 *A nine-month online course teaching the foundation of trauma treatment, attachment*

 *and relational engagement, treatment foundations, regulation, dissociation, trauma*

 *experience integration, and enhancing competency & future directions of treatment*

 EMDR, Level 1 & Level 2 Training, led by Rick Levinson, LCSW, EMDRIA-Approved Basic Training Provider, held in Austin, TX

 February 12, 2016 ~ May 1, 2016

 *A two-and-a-half-month course in the history, evidence-based research and practice*

 *of Eye Movement Desensitization & Reprocessing, with two 3-day workshops and*

 *five consultations with the instructor*

ATTENDANCE “Internal Family Systems,” led by Richard C. Schwartz, PhD and Jeanne

AT Catanzaro, PhD, a workshop held by the Cape Cod Institute in Orleans, MA.

RELATED July 15 ~ 19, 2024

SEMINARS, *A five-day workshop that highlighted the core concepts of Internal Family Systems,*

WORKSHOPS, *legacy burdens, couples therapy, trauma treatment and the challenges of marginalized*

RETREATS & *populations, explored through the lens of IFS. Opening meditations, dyad exercises and*

CONFERENCES *demonstrations were held daily, alternating between the in-person and online attendees.*

 “The Sufi Path of Love,” led by Pir Zia Inayat Khan and Omid Safi, a workshop

 held at the Omega Institute in Rhinebeck, NY.

 June 23 ~ 28, 2024

 *This 5-day workshop explored the spiritual contributions that Sufis have brought to*

 *major religions over the course of millennia. Attendees were invited to participate in Sufi practices such as invocations, chanting, whirling and question/answer sessions. The importance of Sufi knowledge as it relates to human wellbeing and advancement was explored.*

“U-Turn to Return Retreat”, led by Cathy Johnson, PhD and Sallie Ingle, LPC, held in Spicewood Springs, TX.

 May 3 ~ 5, 2024

 *This 3-day retreat focused on relationship between partners with an emphasis on the IFS U-turn approach to mindful connection. Group discussions and dyad exercises were held.*

47th Annual Psychotherapy Networker Symposium held in Washington, DC.

 March 21 ~ 24, 2024

 *This 4-day conference included keynote addresses presented by Bryan Stevenson (Just Mercy), Frank Anderson (To Be Loved, A Memoir) and actor Rainn Wilson (The Office). Three-hour breakout sessions were led by notable leaders in the mental health field who addressed trauma, neuroscience of the brain, couples therapy, marginalized populations, and multiple other topics for attendees to choose from.*

“Trauma and Releasing Personal and Legacy Burdens with the IFS Model,”

 led by Richard C. Schwartz, PhD, and for the first time, his wife, Jeanne Catanzaro, PhD, a retreat held at Blue Spirit in Nosara, Costa Rica.

 March 2 ~ 9, 2024

 *A five-day, in-depth workshop that highlighted the development of the IFS model,*

 *followed by a focus on trauma as it is experienced by attachment injuries in our*

 *current lives as well as legacy burdens passed down to us from our parents and/or*

 *ancestors. Couples therapy and tormentors were discussed. Breakout sessions and live demonstrations were held daily.*

“40 Years of IFS: Celebrating Our Past, Embracing our Present and Shaping our Future,” led by Richard C. Schwartz, PhD, held in Denver, CO.

October 25 ~ 28, 2023

 *In this 4-day conference, Dick Schwartz introduced the concept of “guides,” and shared about how they had informed his development of the IFS model; participants paired up to interview one of their guides. Another focus was the integration of IFS and psychedelics. I participated in a breakout session on IFS research, presenting about my doctorate work for a small group of attendees that included one of Dick’s co-authors, Martha Sweezy.*

“Internal Family Systems” led by Richard C. Schwartz, PhD, a workshop held by the Cape Cod Institute in Orleans, MA.

 July 10 ~ 14, 2023

 *A five-day workshop that highlighted the core concepts of Internal Family Systems, couples therapy, psychedelic-assisted IFS therapy and legacy burdens as seen through the lens of IFS. Dyad exercises and live demonstrations were held daily.*

“MAPS Sponsored Psychedelics Science Conference,” led by MAPS Founder and President, Rick Doblin, PhD, held in Denver, CO.

 June 20 ~ 23, 2023

 *This 4-day conference attended by approximately 15,000 people brought together innumerable aspects of psychedelics including the production, practices, legislation around, benefits and limitations of legal and illegal substances. Highlighted were the indigenous communities around the world who have held sacred practices with entheogens for hundreds or thousands of years.*

 “IFS Grief Retreat,” led by Ann Sinko, LMFT and Sallie Ingle, LPC, held in Spicewood Springs, TX.

 May 5 ~ 7, 2023

 *A deep exploration of grieving processes was explored from an emotional and somatic perspective with experiential unburdening of pain around loss with group support.*

 “Trauma and Releasing Personal and Legacy Burdens with the IFS Model,”

 led by Richard C. Schwartz, PhD, a retreat held at Blue Spirit in Costa Rica.

 February 18 ~ 25, 2023

 *A five-day, in-depth workshop that highlighted the development of the IFS model*

 *followed by a focus on our natural multiplicity, trauma and healing and legacy burdens passed down to us from our parents and/or ancestors. Dyad exercises and live demonstrations were held daily.*

“Expanding our Perspectives: Revitalizing Inner Resources,” led by Richard C. Schwartz, PhD, held fully virtual.

 October 20 ~ 22, 2022

 *A 3-day annual conference with various tracks, including trauma; addiction; couples*

 *and relationships; family and children; mind, body and spirit; cultural competency; and*

 *IFS and daily life.*

 “Healing the Trauma That Surrounds Medical Syndromes: A Two-Day

 Live IFS Masterclass with Dr. Lissa Rankin and Richard Schwartz, Ph.D.”

 August 13 ~ 14, 2022

 *A two-day online workshop led by Dr. Rankin with Richard Schwartz and*

 *contributions by Harvard Medical School faculty member, Jeffrey Rediger, MD,*

  *MDiv, they focused on developmental trauma, the relationship between trauma and*

 *disease, and Rankin’s six steps toward healing from her book, “Mind Over Medicine.”*

 *Dick Schwartz conducted several live IFS demonstrations over the two days.*

 “Internal Family Systems” led by Richard C. Schwartz, PhD, a workshop held at the Cape Cod Institute, MA.

 July 4 ~ 8, 2022

 *A five-day workshop that highlighted the core concepts of Internal Family Systems,*

 *legacy burdens, couples therapy and addiction treatment through the lens of IFS. Dyad exercises and live demonstrations were held at least once daily.*

 “The I in the Storm: Bringing Self Leadership to Everyday Life,” led by

 Richard C. Schwartz, PhD, a retreat held at the Esalen Institute in Big Sur,

 California

 February 14 ~ 18, 2022

 *A five-day retreat that explored the Internal Family Systems model as both a mental*

 *paradigm and therapeutic approach to healing; this program focused on how to bring Self*

 *energy to challenging relationships and situations. Demos were conducted twice daily.*

“Annual IFS Conference,” led by Richard C. Schwartz, PhD, held online due to COVID.

 October 14 ~ 16, 2021

 *This abbreviated annual conference included breakout sessions on IFS & psychedelic-assisted psychotherapy presented by Dick Schwartz and two clinical practitioners; IFS and communal collective unburdening presented by Stan Einhorn, PhD; a grief workshop led by Ann Sinko, LMFT and an evening plenary with Susan McConnell, MA, CHT, presenting on somatic IFS therapy.*

 “Frontiers in Trauma Treatment,” led by Bessel van der Kolk, MD, a workshop

 held at the Cape Cod Institute, MA.

 August 16 ~ 20, 2021

 *A five-day workshop* *that focused on the history of trauma perspectives in the mental*

 *health field and advocacy for a greater understanding of how trauma impacts both*

 *the brain and body, with an emphasis on current neuroscientific research. Numerous*

 *approaches to healing trauma were explored.*

“Internal Family Systems,” led by Richard C. Schwartz, PhD, a workshop held

 at the Cape Cod Institute, MA.

 August 9 ~ 13, 2021

 *A five-day workshop* *that focused on the core concepts of IFS, legacy burdens, couples*

 *therapy and the current research on psychedelic-assisted psychotherapy in collaboration*

 *with IFS therapy. Demos were conducted on several days.*

 “Trauma and the Internal Family Systems Model: Releasing Personal and

 Legacy Burdens,” led by Richard C. Schwartz, PhD, an online workshop

 March 4 ~ 5, 2021

 *A two-day workshop focused on unloading the beliefs and emotions acquired through our*

 *personal experiences or absorbed from family, peers, ethnic groups and cultural contexts*

 *regarding ourselves and/or groups with whom we identify, as well as groups we consider*

 *“other;” the sources of these burdens and the fears of releasing them were explored; daily*

 *demonstrations by Dick Schwartz*

 “The Treatment of Trauma in the IFS Model,” led by Richard C.

 Schwartz, PhD, held at the New York Open Center, New York City, NY

 April 25, 2020

 *An all-day, remote workshop focused on the Internal Family Systems multiplicity*

 *of mind paradigm and its approach to healing trauma from a Self-to-parts*

 *perspective, with Q&A*

 “Self-Compassion in Inner and Outer Relationships,” led by Richard C.

 Schwartz, PhD, held at the Esalen Institute, Monterey, CA

 February 2 ~ 7, 2020

 *Second year in attendance at an annual retreat with the Founder of Internal*

 *Family Systems therapy* *to explore its core concepts that apply to relationships in*

 *and beyond the therapeutic setting. Dr. Schwartz also conducted one-on-one*

 *demos each day, followed by in-depth examinations of the process and its results*

 “IFS Without Borders: Exploring the Universality of Self Leadership,”

 led by Richard C. Schwartz, PhD, held in Denver, Colorado

 September 26 ~ 28, 2019

 *Annual IFS conference offering workshops that include Trauma; Addiction; Couples,*

 *Family, Parenting & Children; Mind, Body & Spirit, and IFS Beyond Therapy*

 “Internal Family Systems Therapy: Embodying the Healing Wisdom,”

 led by Richard C. Schwartz and Sarah Stewart, held at Kripalu Institute,

 Stockbridge, MA

 August 4 ~ 9, 2019

 *This workshop presented the core elements of Internal Family Systems therapy, daily*

 *exercises and demos led by Dr. Schwartz, and provided opportunities for rich discussions about the value of IFS both* *in a therapeutic setting and in the real world*

 2019 SAND (Science And NonDuality) Conference, hosted by Co-Founders, Maurizio & Zaya Benazzo, at the Titignano Castle, Orvieto, Italy

 July 2 ~ 7, 2019

 *Annual retreat that brought together experts from around the world in the fields of neuroscience, quantum physics and cosmology in association with writers, scholars and practitioners in the fields of religion, spirituality, mental health and mindfulness to explore the contribution of humanity within the unfolding universe*

 “Self-Compassion in Inner and Outer Relationships,” led by Richard C.

 Schwartz, PhD, held at the Esalen Institute, Monterey, CA

 January 27 ~ February 1, 2019

 *This retreat allowed 30 participants to gather daily with the Founder of Internal*

 *Family Systems therapy* *to explore its core concepts that apply to relationships in*

 *and beyond a therapeutic setting. Dr. Schwartz also conducted one-on-one*

 *demos each day, followed by in-depth examinations of the process and its results*

“New Horizons for IFS: Self Leadership as a Universal Human Paradigm,”

 led by Richard C. Schwartz, PhD, held in Providence, RI

 November 8 ~ 10, 2018

 *Annual IFS conference focused on the diverse venues into which Internal Family*

 *Systems Therapy is being employed outside of the therapeutic setting, including*

 *in educational (at all levels), community and business venues*

 MAPS (Multidisciplinary Association for Psychedelic Studies) led by

 Founder and Executive Director, Rick Doblin, PhD, held in Pittsburgh, PA

 July 13 ~ 15, 2018

 *Conference on the research toward legalization and application of psychedelics and marijuana for the treatment of mental health disorders that include PTSD, depression, anxiety, addictions and end-of-life challenges in cancer patients*

 2018 SAND (Science And NonDuality) Conference, hosted by Co-Founders, Maurizio & Zaya Benazzo, at the Titignano Castle, Orvieto, Italy

 July 3 ~ 9, 2018

 *Annual retreat that brought together experts in the fields of neuroscience, quantum physics and cosmology in association with writers, scholars and practitioners in the fields of religion, spirituality, mental health and mindfulness to explore the path of humanity within the unfolding universe*

IFS & Spirituality workshop led by Richard C. Schwartz, PhD & Flint Sparks,

 Austin, TX, March 9 ~ 11, 2018

 *A weekend workshop that explored the intersection of Internal Family Systems and*

 *Zen Buddhist teachings*

 “Self-Led Activism: Releasing Your Inner Change Agent,” led by Richard C.

 Schwartz, PhD, held in Providence, RI

 October 27 ~ 29, 2017

 *Annual IFS conference focused on ways that mental health practitioners and related*

 *professionals can advocate for their clients, patients, students, etc., with five half-day*

 *workshops that included working with the incarcerated population, practicing*

 *psychodrama therapy, and utilizing sound in therapy from the latest in neuroscience*

 “Internal Family System & Spirituality,” led by Richard Schwartz, PhD & Loch Kelly, MDiv, LCSW, held at the Mandali Retreat Center, Quarna Sopra, Italy

 June 10 ~ 15, 2017

 *A 5-day residential retreat where participants explored the relationship between*

 *Self and awareness through exploration of IFS and Buddhist frameworks enhanced*

 by *experiential practices*

“Mind, Consciousness and the Cultivation of Wellbeing: Transformation

 Through the Lifespan,” led by Daniel J. Siegel, MD, held at UCLA in

 Los Angeles, CA

 March 17 ~ 19, 2017

 *16th Annual IPNB conference focusing on perspectives and practices that foster a*

 *sense of wellbeing* *and enhance higher states of consciousness; topics included Buddhist*

 *perception of love, Mindfulness Based Stress Reduction (MBSR), Complementary & Integrative Medicine (CIM) and the art & science of self-compassion.*

 “All Parts Are Welcome? Examining the Exiles in Our Culture and in Us,”

 led by Richard Schwartz, PhD, held in Providence, RI

 November 11 ~ 13, 2016

 *Annual IFS conference focusing on exiles, with five half-day workshops related to*

 *trauma treatment and development of Self in the therapist, including: treating the cycle of self-destructive behaviors by working collaboratively with parts, mastering the*

 *extremes of trauma and dissociation, and accessing and living with Self.*

“The Cultural Lens in Psychotherapy: Identity, Empowerment and Context,”

 led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

 March 4 ~ 6, 2016

 *15th Annual IPNB conference exploring the implications of cultural factors in therapeutic*

 *treatment with an emphasis on the social brain, modern relationships and implicit*

 *influences on behavior*

“We are the Tools of our Trade: How the Therapist’s Own Attachment

 Patterns Shape Therapy,” led by David Wallin, PhD, held in Austin, TX

 November 7, 2015

 *A presentation on the role of attachment in healing, growth and change, and the*

 *influence of therapists’ own attachment history in their efforts to help their patients*

 “Bringing Right-Brained Grieving to a Left-Brained World: Using Attachment

 and Interpersonal Neurobiology to Humanize Our Approach to Grief,”

 led by Candyce Ossefort-Russell, LPC-S, held in Austin, TX

 June 5, 2015

 *A presentation on approaches to healing grief from an Attachment and Interpersonal Neurobiological perspective, with clinical case footage from numerous therapeutic interventions.*

 “Cross-Discipline Trauma Conference of Central Texas,” led by

 Bruce D. Perry, MD, PhD, held in Austin, TX

 March 30, 2015

 *A daylong conference focused on the neurosequential model of the brain to address*

 *the clinical, social and educational implications of trauma in children*

 “ACEP EFT Training and Certification Program: Professional Skills I,”

 led by Shannon Horine, MPA, M.Ed., LPC, ACP-EFT, held in Austin, TX

 March 28 ~ 29, 2015

 *A 2-day workshop to introduce a contemporary healing approach based on meridian*

 *energy systems from ancient Chinese acupuncture and acupressure*

“Play, Creativity, Mindfulness & Neuroscience in Psychotherapy,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

 March 6 ~ 8, 2015

*14th Annual IPNB conference exploring the value of play, creativity, and mindfulness to stimulate client resilience and enhance therapist presence during client sessions.*

“Exploring the Triple Flame: Attachment, Intimacy and Sexuality Seminar,”

 led by Esther Perel, MA, LMFT, held in Austin, TX

 November 15, 2014

 *A daylong conference for clinicians to address the conflicting needs in clients’ quest*

 *for secure love and attachment while pursuing passion in their relationships*

 “Affect Regulation & Healing of the Self,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

 March 14 ~ 16, 2014

 *13th Annual IPNB conference focusing on affect regulation and healing in mental health*

 “ACT Boot Camp,” led by Steven C. Hayes, PhD & Kelly G. Wilson, PhD, held in Orlando, FL

 September 5 ~ 8, 2013

 *A 4-day intensive workshop exploring elements of Acceptance & Commitment Therapy*   *and its application in the therapeutic setting*

 “First Annual UT at Austin Military Conference,” led by Allen Rubin, PhD in the Joe C. Thompson Conference Center, Austin TX

 April 11 ~ 13, 2013

*Volunteer and attendee at 3-day event that focused on Veteran treatment considerations, including Cognitive Processing Therapy, Exposure Therapy and Virtual Reality Exposure Therapy*

 “How People Change: Relationships & Neuroplasticity in Psychotherapy,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

 March 8 ~ 10, 2013

 *12th Annual IPNB conference where numerous experts in the field of mental health and brain science presented on neuroscientific considerations in the therapeutic setting* *to enhance emotion regulation and higher functioning relationships*

 Dr. Bessel van der Kolk’s “Trauma Center Summer Training Institute: The

 Complexity of Adaptation to Trauma Workshop,” led by Joseph Spinazzola, PhD, with Trauma-Informed Yoga specialist, Dave Emerson, Cape Cod, MA

 July 23 ~ 26, 2012

 *1st Annual trauma seminar focusing on new perspectives of assessment and diagnosis*

 *for children with multiple adverse childhood experiences; the transformative*

 *power of yoga, movement & play, improvisational theatre; treatments for dissociation related to childhood abuse and neglect*

 “Toward a New Psychology of Interpersonal Relationships,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

 March 9 ~ 11, 2012

 *11th Annual IPNB conference focusing on neuroscience, attachment research and mental health*

 “Healing Moments In Trauma Treatment,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

 March 11~13, 2011

 *10th Annual IPNB conference, included models for trauma treatment, integration aspects of the mind/body connection, ways to use brain research in clinical treatment, and models designed to foster mindfulness in clients*

 “Mindfulness Seminar,” led by Jon Kabat-Zinn, PhD, held at Dr. Bessel van der Kolk’s Justice Resource Institute in Brookline, MA

 January 6, 2011

 *Topics included mindfulness benefits and applications, associated neural circuitry and personal stories of mindfulness practices with clients*

 “Adult Attachment, Interpersonal Neurobiology and Psychotherapy Conference,” led by Daniel J. Siegel, MD, Mary Main, PhD & Erik Hesse, PhD, held at UCLA in Los Angeles, CA

 December 10 ~12, 2010

*A look at research and findings of the Adult Attachment Interview and how brain neuroplasticity can be utilized to effectively transform insecure forms of attachment*

 “Mindsight: A New Approach to Psychotherapy Seminar,” led by Daniel J. Siegel, MD, held in Ellicott City, MD

 November 19, 2010

 *An introduction to Mindsight concepts, including the principles of brain neuroplasticity, the “nine domains of integration,” the “triangle of well-being” and the “plane of possibility,” and their application to the practice of psychotherapy*

 “Frontiers of Trauma Workshop,” led by Bessel van der Kolk, MD and Dana Moore, MAR, MA, held at Kripalu in Stockbridge, MA

 October 29 ~ 31, 2010

 *A 3-day workshop with discussions regarding recent research on EMDR, Neurofeedback and Yoga as effective therapeutic healing modalities for trauma; both presenters led group experiential exercises to demonstrate interpersonal practices that enhance emotion regulation and self-awareness*

 “Mindsight: The New Science of Personal Transformation Workshop,” led by Daniel J. Siegel, MD, held at Kripalu in Stockbridge, MA

 April 9 ~11, 2010

 *An introduction to various models associated with integration and well-being and their neural equivalents with discussion of clinical cases and group participation*

GRADUATE The Austin VA Outpatient Clinic, Austin, TX

SCHOOL January 2013 ~ May 2013

INTERNSHIPS *Final Field Internship at the VA Mental Health Department, under the supervision of Jennifer Wood Silva, LCSW and Dr. Michael Uebel, PhD, LCSW, with primary*

 *duties to co-facilitate multiple support groups and classes, conduct individual therapy, provide logistical support to Dr. Uebel and advance comprehensive patient care within the VA system and local community; CPRS.*

 Austin Travis County Mental Health Public Defenders Office, Austin, TX

 March 2012 ~ May 2012

 *Working under the supervision of Valerie Whiting, LCSW, responsibilities included client case management and re-entry planning for individuals from the Travis County Correctional Facility. Mid-semester internship transfer to ATCMHPD office was arranged after Austin State Hospital supervisor became ill.*

Austin State Hospital, Austin, TX

 September 2011 ~ February 2012

 *Working in the COPSD (Co-Occurring Psychiatric and Substance Use Disorders) Department under the supervision of Jo Ann Brandon, LCSW, conducting individual and group therapy sessions with psychiatric patients, occasionally taking on a patient advocacy role with other ASH providers.*

VA SEMINARS:

@ AUSTIN VA “Shame & Guilt,” led by Dr. Michael Uebel, PhD, LCSW

OUTPATIENT January 24, 2013

CLINIC *Phenomenology of shame and guilt*

 “Chronic Pain Management,” led by Sherry Caine, PhD

 January 31, 2013

 *Types of pain, assessment & comprehensive treatment plan components*

 “Addictions & Substance Use Disorders,” led by Scott Steiner, PhD

 February 21, 2013

 *Associated substance use and mental health considerations in Veterans*

 “Mutual Storytelling,” led by Albert Cantara, PhD

 February 28, 2013

 *The personal narrative and its role in mental health*

“Hierarchy of Basic Psychological Needs,” led by Sharon Wills, PhD

 March 21, 2013

 *Predominate psychological needs of Veterans & disruption outcomes*

“Complex PTSD & Dissociative Disorders,” led by Scott Steiner, PhD

 April 4, 2013

 *Assessment and treatment considerations of these mental health disorders*

@ TEMPLE“Motivational Interviewing,” led by Victor Pendleton, PhD

VA MEDICALMarch 13, 2013

CENTER *Strategies for MI application in dual diagnosis Veteran population*

RELATED MINDSIGHT 8-week online courses with a focus on the latest in

IPNBneuroscience and Interpersonal Neurobiology, taught by Dr. Daniel J. Siegel

EDUCATION January ~ June 2012

 *IPNB Year Three: Teaching and Learning from the Inside Out*

 March ~ June 2011

 *IPNB Clinical Immersion II & III- Treatment Planning & Therapeutic Interventions*

 *Foundations of Mindsight II & III- Brain Fitness & IPNB and Relationships*

 January ~ February 2011

 *IPNB Clinical Immersion I- Clinical Assessment*

 *Foundations of Mindsight I- IPNB from the Inside Out*

 September ~ October 2010

 *Foundations of Mindsight IV- IPNB for Psychotherapists: The Mindful Therapist*

COMMUNITY WarriorWorks,nonprofit Founder & President

 August 2012 ~ May 2013

 *Our Mission: Finding new and meaningful ways for Veterans to transition home. I conceived this nonprofit and coordinated all aspects of its development, including*

 *putting together a small team of volunteers, coordinating with local companies and Veterans organizations to provide multiple opportunities for Warriors to integrate*

 *into the Austin community, designed an interactive website, and participated in the Dell Social Innovation Challenge Competition.*

 ECHO Point-In-Time Homeless Count/Austin,Volunteer

January 2012 & 2013

 *Identified homeless individuals and conducted surveys; this effort provides important information for HUD to determine state funding.*

EARLY *After college, my 7-year career in videotape editing commenced with*

PROFESSIONAL *a job at CNN in Atlanta, GA. I subsequently trained on the cutting-edge*

HISTORY *videotape editing systems of the day and worked for two commercial post-production facilities in Atlanta. After working as the Head Editor for the second Atlanta facility where I designed the editing suites and supervised the other members of the edit staff, I was hired by Editel/NY. I worked at this nationally renowned facility until I*

 *married and moved to Connecticut to raise a family, substitute teach math and science at a private educational institution, and ultimately return to graduate school.*

ADDITIONAL Circumnavigators Club Member since 1998

MEMBERSHIPS NASW Member since 2012

 Association for Contextual Behavioral Science (ACBS) Member since 2013

ADDITIONAL Private Pilot, Instrument Rating, 1994

LICENSURE S Certificated Private Pilot License, Single-Engine, Land, 1993