

Laura Elizabeth Bafford Leslie, PhD, LCSW Texas #57814
Certified IFS therapist
Austin, TX

CURRENT SOCIAL WORK EMPLOYMENT	LBL Austin Trauma Therapy, Austin, TX April 2016 ~ Present <i>Facilitator of Individual Therapy with specialization in Internal Family Systems (IFS) in conjunction with Neuroscience, Attachment, Mindfulness, Psychoeducation</i>
PhD CONFERRED	Professional Practice in Psychological Perspectives, Canterbury Christ Church University, England, in collaboration with the Taos Institute, USA September 3 2025 <i>The aim of my research was to explore if Internal Family Systems (IFS) may afford generativity among three primary populations in a correctional facility, that is, correctional officers (COs), mental health clinicians (MHCs) and incarcerated youth offenders (YO), to their betterment and to the advantage of perennial operations</i>
PUBLICATIONS	<i>A Bedside Book About Us: From Attachment to the Infinite</i> , Author Published 2019, Available on the IFS website: https://ifs-institute.com/store <i>A lovely guide to our inner world for the layperson, our clients, family and friends, 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 invites us to reflect upon our lived experience, "There is a part of me...."</i> <i>Life in Travis Heights</i> magazine, "Carefully Selected" Columnist August 2016 ~ July 2019 <i>Explorations from the therapy room for the general public</i>
FORMER SOCIAL WORK EMPLOYMENT	Austin Lakes Hospital Outpatient Services, Austin, TX June 2013 ~ July 2017 <i>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</i>
GRADUATE EDUCATION	The University of Texas at Austin; Austin, TX School of Social Work MSSW Graduate Program Fall 2011 ~ Spring 2013 Grade Point Average: 4.0 Phi Alpha Honor Society Member
UNDERGRAD EDUCATION	Sacred Heart University, Fairfield, CT 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 <i>cum laude</i>

CURRENT &
RECENT
CONTINUING
EDUCATION/
LICENSING

Successful completion of all requirements to be named a *Certified Internal Family Systems Therapist* in accordance with standards set by the IFS Institute
October 29, 2021

The Center for Self Leadership International Level 3 Training: Specialized Advanced Retreat, led by Richard C. Schwartz, PhD, Founding Developer of Internal Family Systems, held at Mandali Retreat Center, Quarna Sopra, Italy
November 19 ~ 24, 2019
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, TX
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, FL
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, Online
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 FL & VT
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, Online

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
AT
RELATED
SEMINARS,
WORKSHOPS,
RETREATS &
CONFERENCES

Jericho Circle Project (JCP) IFS Inside Circle Workshop for Inmate Circle
Guides, held at MCI-Norfolk medium security prison in Massachusetts

September 13-14, 2025

Participating team member in collaboration with JCP volunteers and a small cohort of IFS practitioners to conduct the first ever IFS training in a weekend long workshop for 18 incarcerated men with a history of leading Inside Circle programs. I presided over large group meditations, trainings and discussions and oversaw smaller group explorations and exercises around IFS.

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

July 19 ~ 25, 2025

A five-day, in-person workshop that highlighted the core concepts of Internal Family Systems, legacy burdens, couples therapy, trauma treatment, explored through the lens of IFS. Opening meditations, dyad exercises and demonstrations were held daily, alternating between the in-person and online attendees.

“Trauma and Releasing Personal and Legacy Burdens with the IFS Model,” led
by Richard C. Schwartz, PhD and Jeanne Catanzaro, PhD, an intensive retreat
for about 120 attendees from around the world, held at Blue Spirit in Costa Rica

February 22 ~ March 1, 2025

A five-day, in-depth workshop that highlighted the foundational concepts of IFS while exploring trauma and legacy burdens, participating in dyad and role play exercises and witnessing live demonstrations held daily.

“Self-Leadership Transformation,” led by Richard C. Schwartz, PhD and Sunny
Strasburg, LMFT, held at 1440 Multiversity in Scotts Valley, CA

January 24 ~ 28, 2025

This 5-day retreat blended Internal Family Systems and 3 days of ketamine experiences in a small group (34 people) under the compassionate eyes of Dick, Sunny and a team of medical and IFS professionals, with processing circles daily.

“Internal Family Systems & Memoir Writing,” led by Lissa Rankin, MD, an in-person healing writing retreat held on the Maltese island of Gozo November 4 ~ 8, 2024

This 5-day IFS workshop entailed all-day group discussions, storytelling, and writing exercises primarily focused on penning a book, with a focus on our natural multiplicity and IFS Self qualities; creative conversations were held during meals and an all-day tour of the island.

“IFS in Evolution: Broadening Applications of the Internal Family Systems Model,” led by Richard C. Schwartz, PhD & Jeanne Catanzaro, PhD, Online October 24 ~ 25, 2024

This 2-day conference held online for the international IFS community featured diverse webinars like “Bringing IFS to Life” with Dick Schwartz, Jeanne Catanzaro and author, Sacha Mardou; “Redefining Restorative Justice for the Exiled: IFS in Prisons” with Dick Schwartz, Marlee Liss, RSW and Fritz Horstman of Compassion Prison Project; and “Working with Grieving Parts” with Audrey Davidheiser, PhD

“Internal Family Systems,” led by Richard C. Schwartz, PhD and Jeanne Catanzaro, PhD, a workshop held by the Cape Cod Institute in Orleans, MA July 15 ~ 19, 2024

A five-day workshop that highlighted the core concepts of Internal Family Systems, legacy burdens, couples therapy, trauma treatment and the challenges of marginalized populations, explored through the lens of IFS. Opening meditations, dyad exercises and 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.

“Expanding our Perspectives: Revitalizing Inner Resources,” led by Richard C. Schwartz, PhD, Online.
October 20 ~ 22, 2022

A 3-day annual conference held online 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 2-Day Live IFS Masterclass with Dr. Lissa Rankin and Richard Schwartz, PhD,” Online
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, 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, CA
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.

“Widening the IFS Lens Through Voices of the Global Majority,” led by Richard C. Schwartz, PhD, 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, Online

March 4 ~ 5, 2021

A two-day online 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 SCHOOL INTERNSHIPS

The Austin VA Outpatient Clinic, Austin, TX

January 2013 ~ May 2013

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 OUTPATIENT CLINIC

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

January 24, 2013

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
VA MEDICAL
CENTER

“Motivational Interviewing,” led by Victor Pendleton, PhD
March 13, 2013

Strategies for MI application in dual diagnosis Veteran population

RELATED
IPNB
EDUCATION

MINDSIGHT 8-week online courses with a focus on the latest in
neuroscience and Interpersonal Neurobiology, taught by Dr. Daniel J. Siegel
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
PROFESSIONAL
HISTORY

After college, my 7-year career in videotape editing commenced with a job at CNN in Atlanta, GA. I subsequently trained on the cutting-edge 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 MEMBERSHIPS	Circumnavigators Club, Member since 1998 NASW (National Association of Social Workers), Member since 2012 SAND (Science & Non-Duality), Member since 2018 Inayatiyya Order, Friend since 2024
ADDITIONAL LICENSURES	Private Pilot, Instrument Rating, 1994 Certificated Private Pilot License, Single-Engine, Land, 1993