

**Dr. Susan Simonds**  
Licensed Psychologist  
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## **EMPLOYMENT**

**Founder, CEO & Psychologist**      2/2022 - present

Kickass Wiseheart Wellness

- Offering retreats for women in healthcare.
- Consultation to the Moscow Food Coop for bystander training and gender equity, diversity, and inclusion training for staff.
- Monthly wellness column and consultation for staff needs regarding wellness for the Moscow Food Coop.

**Independent Psychology Practice**    9/2001 – 2/2022

- Specializing in Emotionally Focused Couples Counseling
  - Consultation for therapists in Emotionally Focused Couples Therapy
- Previously specializing in the treatment of anxiety, depression, PTSD, life transitions, women's issues, relationship issues, stress management, and coaching for writers.

**Psychologist**    8/1995 – 9/2014

Washington State University Counseling & Testing Services, Pullman, WA

Training clinic; APA-accredited internship site

- Individual, couples, group counseling, crisis intervention, and substance abuse assessments, educational programs for university students
- Psychologist for University of Washington Medical School
- Employee assistance program psychologist for staff & faculty
- Mindfulness class teacher
- Sexual Assault Response Coordinator
- Created online stress reduction program
- Co-ordinator for couples counseling and training rotation for doctoral interns in Emotionally Focused Couples Therapy (EFCT)
- Clinical supervision of doctoral students, doctoral interns, post-doctoral fellows, and pre-licensure psychologists.

**Psychologist**    9/2001 – 05/2002

University of Idaho Counseling Center, Moscow, Idaho

Individual counseling, intake interviewing, and crisis intervention of students.

**Psychologist** (1998-2001) and **Counselor** (1994-1998)

Dean Funabiki & Associates, Pullman, WA

- Counseling for adults in group practice. Focus on women's issues, couples, trauma, depression, anxiety, stress management, and life transitions.

- Consultant to Alternatives to Violence of the Palouse for treatment of survivors of sexual trauma

**Doctoral Internship** (APA accredited) 7/1994 – 6/1995

Washington State University Counseling & Testing Services

- Individual, couples, career counseling, psychological assessment, educational programs for university students
- Clinical supervision of graduate students

**Director, Women’s Services** 6/1993 - 6/1994

Eugenia Hospital, Lafayette Hill, PA

- Developed specialized inpatient treatment program for all women and adolescent survivors of sexual trauma
- Psychological assessment of inpatients on sexual trauma unit

**Director** 4/1991 - 6/1993

The Women’s Counseling Center at the Horsham Clinic, Ambler, PA

- Established outpatient center and inpatient treatment program for survivors of sexual trauma with multidisciplinary treatment team composed of social workers, psychologists, psychiatrists, and creative arts therapists.
- Created professional training program for continuing education by nationally recognized experts in trauma treatment and women’s issues in collaboration with a women’s music production company.
- Founded The Women Therapists Network with over 100 members from the tri-state area.

**Senior Therapist** 1/1988 - 3/1991

Creative Therapies Department, The Horsham Clinic, Ambler, PA

- Individual therapy, group therapy, art therapy, dance/movement therapy, and stress management for adolescent, adult, and dual diagnosis (substance abuse/mental health) inpatients.
- Body image groups for adolescents and young adults.
- Supervision of clinical staff.

**Program Director** 12/1985 - 1/1988

Horizon House, Philadelphia, PA

Director of two partial hospital programs serving 160 chronic and acute psychiatric clients.

**Therapist** 7/1981 - 11/1985

Northeast Community Mental Health Center, Philadelphia, PA

- Individual, group therapy, and dance/movement therapy for partial hospital clients.
- Intake evaluation and crisis intervention.

**Counselor** 9/1979 - 7/1981

John F. Kennedy Community Mental Health Center, Philadelphia, PA

Group leader in day program for developmentally disabled young adults.

**Senior Paralegal** 9/1973 - 6/1979

Community Legal Services, Philadelphia, PA

- Specialization in Medicare, Medicaid, and Social Security disability cases.
- Legal advocacy, writing, and research.
- Consultant for The Free Law School – developed curriculum for paralegal training in public interest law.

## **ADDITIONAL PREDOCTORAL TRAINING**

**Doctoral Practicum** 9/1993 - 4/1994

Eugenia Hospital, Lafayette Hill, PA

Psychological assessment with adult psychiatric inpatients.

**Doctoral Practicum** 4/1990 - 9/1993

Horsham Clinic, Ambler, PA

Psychological assessment of adult inpatients & adolescents in day treatment program.

**Doctoral Practicum** 4/1988 - 4/1992

Growth Horizons Clinic, Roslyn, PA

Outpatient counseling with adults & adolescents in recovery from substance abuse.

## **PUBLICATIONS**

### **Books**

Simonds, S. L. (2001). *Depression and Women: An Integrative Treatment Approach*. New York: Springer.

Simonds, S. L. (1994). *Bridging the Silence: Nonverbal Modalities in the Treatment of Adult Survivors of Childhood Sexual Abuse*. New York: W. W. Norton.

### **Journal Articles**

De Bruin, K. & Simonds, S. L. (Winter, 2019-2020). Practical Micro-Strategies for Dancing with the Dragons of Trauma. *The EFT Newsletter*, 40, pp. 7-10.

Simonds, S. L. (2019). A Practical and Conceptual Map for Working with Complex Trauma Survivors in EFT. *The EFT Newsletter*. 90, pp.10-12.

Artime, T. M. & Simonds, S. L. (November, 2014). *Treatment of sexual assault victims at university counseling centers*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

Simonds, S. L. & Lee, A. (Summer, 2010). A Map for Helping Couples Recover from Infidelity, *EFT Community Newsletter*, 6, p. 12.

Palmer-Olsen, L., Lee, A., Simonds, S. L. & De Bruin, K. (Summer, 2010). Getting the Right Supervision, *EFT Community Newsletter*, 6, p. 9.

Simonds, S. L. (1992). Sexual Abuse and Body Image: Approaches and Implications for Treatment. *The Arts in Psychotherapy*, 19, 289-293.

**Doctoral Dissertation**

Simonds, S. L. (1996). *Vicarious traumatization in therapists treating adult survivors of childhood sexual abuse*. The Fielding Institute. Santa Barbara, CA.

## **PROFESSIONAL LICENSING AND CERTIFICATION**

Licensed to practice psychology in Washington PY 00002246 and Idaho PSY-363  
Certified Supervisor in Emotionally Focused Couples Therapy  
Certified Therapist in Emotionally Focused Couples Therapy

## **PROFESSIONAL ORGANIZATIONS AND ACTIVITIES**

Member, International Centre for Excellence in Emotionally Focused Therapy

Member, Idaho Psychological Association

Editor, Newsletter for Eastern Washington/North Idaho Community for EFT (2016 – 2018)

North Idaho representative – Idaho Psychological Association (2010)

Co-founder, Palouse Chapter of the Association for Women in Psychology

Chair and Founder, The Women Therapists' Network, Eastern Pennsylvania

Founding Board of Directors, The Women's Therapy Center, Philadelphia, PA

## **PROFESSIONAL SEMINARS AND WORKSHOPS**

Simonds, S. L. (March, 2022). Practical and creative strategies for stabilization: Using metaphor and storytelling in emotionally focused therapy. Online Continuing Education Workshop for Eastern Washington-North Idaho EFT Community.

Simonds, S. L. (March, 2019). *A map for working with trauma in emotionally focused couples therapy*. Continuing Education Workshop for Eastern Washington-North Idaho EFT Community, Spokane, WA.

Simonds, S. L. (April, 2014). *Transforming vicarious trauma: Addressing the impact of handling sexual assault complaints*. Workshop for WSU employees handling Title IX complaints and providing sexual violence education. Pullman, WA.

Simonds, S. L. (November, 2012). *Transforming vicarious traumatization: Creative techniques for maintaining hope*. Workshop for Alternatives to Violence of the Palouse, local sexual assault and domestic violence support agency.

Simonds, S. L., (January, 2008). *Introduction to Emotionally Focused Couples Therapy*. Continuing education seminar sponsored by Washington State University Counseling Services, Pullman, WA.

Simonds, S. L. (2003, October). *Mindfulness-based cognitive therapy for anxiety, stress reduction, and depression relapse prevention*. Continuing education seminar sponsored by Eastern Washington University, Spokane, WA.

Simonds, S. L. (February, 2002). *Women and depression: Risk factors and resilience*. Lecture for Association for Faculty Women, Washington State University, Pullman, WA.

Simonds, S. L., *Depression and women: An integrative treatment approach*. Continuing education seminar based on my book of the same name was sponsored by the following professional and academic organizations:

(March, 2003). Montana National Association of Social Workers, Missoula, MT.

(February, 2003). Boise State University Counseling Center, Boise, ID.

(July, 2002). Keynote Program. 18<sup>th</sup> Summer Institute in the Human Services. Graduate School of Social Work, University of Utah, Salt Lake City, UT.

(November, 2001). Eastern Washington University, Spokane, WA.

(March, 2000). The 25<sup>th</sup> Annual Association of Women in Psychology Conference, Salt Lake City, UT.

(January, 2000). Palouse Continuing Education Consortium, Moscow, ID.

Simonds, S. L. (February, 2003). *Mindfulness-based stress reduction for depression relapse prevention*. Western Washington University Counseling Center, Bellingham, WA.

Simonds, S. L. (April, 1999). *The use of art in psychotherapy with survivors*. Fourth Annual Northwest Regional Trauma Disorders Conference, Chelan, WA.

Simonds, S. L. (March, 1999). *Therapy with depressed women: An integrative approach*. Professional training seminar at Washington State University Counseling Services.

Simonds, S. L. (September, 1997). *The aftereffects of child sexual abuse and sexual assault*. Seminar for Alternatives to Violence of the Palouse, Moscow, ID. (Also in 1996.)

Simonds, S. L. (June, 1997) *Creative techniques in psychotherapy with adolescent and adult survivors of abuse*. Families First, Missoula, MT.

Simonds, S. L. (December, 1996). *The use of art in psychotherapy with adolescent and adult survivors of childhood sexual abuse*. Integrated Behavioral Health Care, Spokane, WA.

Simonds, S. L. (September, 1996). *Vicarious traumatization in therapists treating trauma survivors*. Invited Symposium Series, Dept. of Psychology, Washington State University, Pullman, WA.

Simonds, S. L. (December, 1995). *The use of art in the treatment of adult and adolescent survivors*. Fourth Annual Conference for Advances in Treating Survivors of Trauma and Abuse, Philadelphia, PA.

Simonds, S. L. (February, 1995). *Creative techniques in the treatment of adult survivors of childhood sexual abuse*. Seminar sponsored by Continuing Education Consortium for Psychologists, Washington State University and University of Idaho Counseling Centers.

Simonds, S. L. (October, 1993). *The use of creative modalities in psychotherapy with adult survivors*. Workshop for Association for Women in Psychology, Philadelphia, PA.

Simonds, S. L. (November, 1992). *Bridging the silence: Nonverbal modalities, the verbal therapist, and the adult survivor*. Workshop at the First Annual Conference for Advances in Treating Abuse and Trauma, Baltimore, MD.

M. A. Venezia, & M. Buxbaum, & Simonds, S. L. (May, 1992). *Countertransference and sexual abuse*. Continuing education seminar, American Psychiatric Association Annual Meeting, Washington, D. C.

Simonds, S. L. (March, 1992). *Reaching the woman within: Creative techniques for treatment*. Keynote address, Delaware Valley Task Force on Women and Addiction. Philadelphia, PA

Simonds, S. L. (February, 1992). *Treatment of women survivors of sexual abuse*. Training seminar at Catholic Social Services of Philadelphia.

Venezia, M. A. & Simonds, S. L. (November, 1991). *Women's life cycle issues: Adolescence and young adulthood*. Lecture presented at The Horsham Clinic Continuing Education Series, Ambler, PA.

Simonds, S. L. (April, 1991). *Connecting body and mind in psychotherapy: A workshop on women's body image issues*. Hahnemann University, Philadelphia, PA.

Simonds, S. L. (April, 1991). (September, 1991). *Stress Management Workshop*. Staff Retreat, Rape Crisis Services, Bucks County, PA.

Simonds, S. L. (December, 1991). *Connecting body and mind in psychotherapy: A workshop on women's body image issues*. The Horsham Clinic, Ambler, PA.

## **GRADUATE TEACHING**

*Seminars for Doctoral Practicum Students and Special Topics Seminars for Doctoral Interns* in stress management, responding to sexual assault, treatment of PTSD, cognitive processing therapy, couples counseling, using art in psychotherapy. Washington State University Counseling Services (1995- 2014).

*Women's Issues in Counseling* - Graduate course for students in the Masters of Arts in Community and School Psychology, University of Idaho. (Summer, 2002).

## **LECTURES, WORKSHOPS & COURSES FOR THE GENERAL PUBLIC**

Simonds, S. L. & Hacker, P. H. (March & October 2018) *Hold Me Tight® on the Palouse: A Weekend Workshop for Couples*. Moscow, ID.

Simonds, S. L. (April, 2003). *Strategies for stress: When life gives you lemons, make vinaigrette*. Pullman Memorial Hospital Women's Wednesdays Lecture Series, Pullman, WA (also September, 2002 & April, 2002).

Simonds, S. L. (April, 2003). *Why are so many women depressed and what can we do about it?* Montana National Association of Social Workers. Missoula, MT.

Simonds, S. L. *Mindfulness-based stress reduction course*. 6-week course sponsored by Pullman Memorial Hospital. (September, 2001 & March, 2002).

Simonds, S. L. (2001). *Women and Wellness*. Radio Show for the University of Idaho radio station, KUOI, 89.3.

Simonds, S. L. (November, 2002). *A Workshop for Writers: Getting into the Flow*. Moscow, ID.

Simonds, S. L. (October, 2002). *Women's Retreat: Feng Shui for Body, Heart, and Soul*. Hawthorn Inn, Pullman, WA.

Simonds, S. L. (November, 1996). *I'm dancing as fast as I can: Survival strategies for the 90's*. Stress management workshop for Third Annual Women and Wellness Conference, Pullman Memorial Hospital, Pullman, WA.

Simonds, S. L. (October, 1991). *Saying yes to no: Assertiveness training*. The Horsham Clinic, Ambler, PA.

Stern, J. & Simonds, S. L. (January, 1984). *Self-hypnosis and relaxation*. Philadelphia, PA.

## **EDUCATION**

1991-1996

Doctor of Philosophy in Clinical Psychology  
The Fielding Institute (APA-accredited),  
Santa Barbara, CA

1990-1991

Master of Arts in Psychology  
The Fielding Institute

1979-1981

Master of Arts in Creative Arts in Psychotherapy  
Specialization in Dance/Movement Therapy with  
training in Art Therapy & Music Therapy  
Drexel University (formerly Hahnemann University)  
Philadelphia, PA



1969-1973

Bachelor of Arts with Distinction in Chinese language  
& literature  
University of Wisconsin, Madison, WI