

SUSAN SIMONDS, Ph.D.
Licensed Psychologist
121 South Jackson Street
Moscow, ID 83843
(208) 892-1336

EDUCATION

- 1996 Doctor of Philosophy in Clinical Psychology
The Fielding Institute (APA-accredited),
Santa Barbara, CA
- 1991 Masters of Art in Psychology
The Fielding Institute
- 1981 Masters in Creative Arts Therapy
Specialization in Dance/Movement Therapy, Art Therapy,
Assessment of nonverbal behavior
Drexel University, Philadelphia, PA
- 1973 Bachelor of Arts with distinction
in Chinese language & literature
University of Wisconsin, Madison, WI

EMPLOYMENT

4/01 - present

Independent Psychology Practice

- Independent solo psychology practice
- Currently specializing in Couples Counseling
- Consultation & Supervision in Emotionally Focused Couples Therapy
- Previously specializing in the treatment of anxiety disorders, depression, posttraumatic stress disorder, life transitions, women's issues, relationship issues, as well as stress management, couples counseling, and coaching for writers.

8/95 – 9/14

Psychologist

Washington State University Counseling & Testing Services, Pullman, WA
Training clinic; APA-accredited internship site

- Individual, couples, and group counseling for university students
- Employee assistance program psychologist for staff & faculty
- Mindfulness class teacher
- Sexual Assault Response Coordinator

- Psychologist for University of Washington Medical School WWAMI Program
- Crisis intervention
- Intake assessments
- Substance abuse assessments
- Clinical supervision of doctoral practicum students, doctoral interns, post-doctoral fellows, and prelicensure psychologists
- Outreach presentations on stress management, depression, & sexual assault
- Created online stress reduction program
- Supervision of rotation in Emotionally Focused Couples Therapy (EFT) for doctoral interns
- Seminars for doctoral practicum students and doctoral interns in treatment of PTSD, treatment of sexual trauma, emotionally focused couples counseling, stress reduction, art therapy, and relevant topics in psychotherapy.
- Advanced practicum seminar for doctoral practicum students

9/01 – 05/02

Psychologist

University of Idaho Counseling Center, Moscow, Idaho

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

7/95 - 3/01

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

Dean Funabiki & Associates, Pullman, WA

- Treatment of adults in group practice.
- Special interest in women's issues, couples, trauma and sexual abuse, depression, anxiety disorders, stress management, and life transitions.
- Consultant to Alternatives to Violence of the Palouse for treatment of sexual abuse and assault survivors

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7/94 – 6/95

Doctoral Internship (APA accredited)

Washington State University Counseling & Testing Services

- Individual & couples counseling of university students
- Intake interviewing
- Crisis intervention
- Career counseling
- Psychological assessment
- Clinical supervision of graduate students
- Outreach presentations

6/93 - 6/94

Director, Women's Services

Eugenia Hospital, Lafayette Hill, PA

- Therapy groups and consultation for all women inpatients on sexual trauma unit.
- Treatment of all inpatient adolescent sexual trauma survivors.
- Psychological assessment of inpatients on sexual trauma unit.

4/91 - 6/93

Director

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

- Established outpatient center and inpatient treatment program for survivors of sexual trauma at the Horsham Clinic, a private psychiatric hospital.
- Provided individual therapy, group therapy, assessments, consultations, program development, and treatment planning.
- Developed sexual abuse multidisciplinary treatment team composed of social workers, psychologists, psychiatrists, and creative arts therapists.
- Implemented professional training program for continuing education in trauma treatment and women's issues.
- Created Women Therapists Network with over 100 members.

1/88 - 3/91

Senior Therapist

Creative Therapies Department, The Horsham Clinic, Ambler, PA

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

12/85 - 1/88

Program Director

Horizon House, Philadelphia, PA

- Director of two partial hospital programs serving 160 chronic and acute psychiatric clients.
- Supervision of clinical staff.
- Trainer in management training program.

7/81 - 11/85

Therapist

Northeast Community Mental Health Center, Philadelphia, PA

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

9/79 - 7/81

Counselor

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

- Group leader in day program for developmentally disabled young adults.

9/73 - 6/79

Senior Paralegal, Community Legal Services, Philadelphia, PA

- Specialization in administrative law, including 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

9/93-4/94 Doctoral Practicum – Eugenia Hospital, Lafayette Hill, PA
Psychological assessment with adult psychiatric inpatients.

4/90-9/93 Doctoral Practicum - Horsham Clinic, Ambler, PA
Psychological assessment of adult inpatients and adolescents in day treatment program.

4/88 - 4/92 Doctoral Practicum, Growth Horizons Clinic, Roslyn, PA
Outpatient psychotherapy with recovering substance abusing adults and adolescents.

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

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

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. & DeBruin, 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.

Poster

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

Doctoral Dissertation

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

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Licensed to practice psychology in Washington and Idaho

Editor, Newsletter for Eastern Washington/North Idaho Community for EFT

Certified Supervisor and Therapist in Emotionally Focused Couples Therapy

Newsletter Editor – Eastern Washington – North Idaho Community for EFT.

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 (1992 -1994)

Founding Board of Directors, The Women's Therapy Center, Philadelphia, PA (1984 -1987)

Registered Dance Therapist (1983-1990)

PROFESSIONAL SEMINARS AND WORKSHOPS

Simonds, S. L. (March, 2019). *A map for working with trauma in emotionally focused couples therapy*. CE 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., *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:

3/03 Montana National Association of Social Workers, Missoula, MT. 6 hours.

2/03 Boise State University Counseling Center, Boise, ID. 6 hours.

7/02 Keynote Program. 18th Summer Institute in the Human Services. Graduate School of Social Work, University of Utah, Salt Lake City, UT. 6 hours.

11/01 Eastern Washington University, Spokane, WA. 6 hrs.

3/00 The 25th Annual Association of Women in Psychology Conference, Salt Lake City, UT. 3 hours.

1/00 Palouse Continuing Education Consortium, Moscow, ID.

Simonds, S. L. (2/03) *Mindfulness-based stress reduction for depression relapse prevention*. Western Washington University Counseling Center, Bellingham, WA. 3 hours.

Simonds, S. L. (4/99). *The use of art in psychotherapy with survivors*. Fourth Annual Northwest Regional Trauma Disorders Conference, Chelan, WA. 3 hours.

- Simonds, S. L. (3/99). *Therapy with depressed women: An integrative approach*. Professional training seminar at Washington State University Counseling Services. 1 hour.
- Simonds, S. L. (9/97). *The aftereffects of child sexual abuse and sexual assault*. Seminar for Alternatives to Violence of the Palouse, Moscow, ID. (Also given in 1996.)
- Simonds, S. L. (6/97) *Creative techniques in psychotherapy with adolescent and adult survivors of abuse*. Families First, Missoula, MT. 6 hours.
- Simonds, S. L. (12/96). *The use of art in psychotherapy with adolescent and adult survivors of childhood sexual abuse*. Integrated Behavioral Health Care, Spokane, WA. 1 hour.
- 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

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

Surviving the dissertation: Coping with yourself and your committee. Workshop for doctoral students at Washington State University. (4/99, 11/98)

LECTURES, WORKSHOPS, AND 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 9/02 & 4/02).

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. (9/01 & 3/02)

Simonds, S. L. (November, 2002). *A workshop for writers: Getting into the flow*. Moscow, ID.

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. (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 Woman 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.