

**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 anxiety disorders, stress management, depression, couples counseling, sexual trauma, life transitions, women's issues, 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, cognitive processing therapy, 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
- 

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. 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

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. (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. 18<sup>th</sup> 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 25<sup>th</sup> 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*. 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.

Simonds, S. L. (November, 1988). *Creative pathways to healing: Movement therapy and psychoneuroimmunology*. 23<sup>rd</sup> Annual Conference of the American Dance Therapy Association, Baltimore, MD.

## **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. & Hernandez Hacker, P. (March 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.