

## **Curriculum Vitae**

**Laura S. Schmidt, MA, LMFT**

1403 S. Grand Blvd Suite 101-S

Spokane, WA 99203

[laura@lauraschmidtlmft.com](mailto:laura@lauraschmidtlmft.com) 509.939.0622 [www.lauraschmidtlmft.com](http://www.lauraschmidtlmft.com)

### **EDUCATION**

M.A. Marriage and Family Therapy, Syracuse University, Syracuse, New York

B.A. Major in German, Minor in Interpersonal Communications

Wheaton College, Wheaton, Illinois

Eberhard-Karls-Universität, Tübingen, Germany

### **PROFESSIONAL CREDENTIALS**

AAMFT Approved Supervisor

WA State Approved Supervisor

Approved IFS Consultant for IFS Certification

Certified Internal Family Systems Therapist (2010)

Washington State Licensed Marriage & Family Therapist (2004)

### **EMPLOYMENT HISTORY**

2004 - present Private Practice Clinician and Owner of The Self Heals© psychotherapy practice.  
2019 - present PESI Seminar Presenter: Introduction to Internal Family Systems therapy (6 CEs).  
2019 - 20 Program Assistant, IFS Institute, IFS Level 1 Training. Portland, OR.  
2018 - 19 Program Assistant, IFS Institute. IFS Level 1 Training. Santa Cruz, CA.  
2004 - 06 Instructor, PSYC 423 Family Systems Therapy, Gonzaga University, Spokane, WA.  
2004 - 05 Sexual Trauma Response Coordinator, Gonzaga University, Spokane, WA.  
1999 - 03 Therapist and Victim Advocate, Rape Crisis Center of Syracuse, Inc., Syracuse, NY.  
1999 - 03 Private Practice Clinician, Syracuse, NY.  
1999 MFT Intern, Cortland Health Center, Cortland, NY.  
1998 - 99 MFT Intern, Catholic Charities, Syracuse, NY.  
1998 - 99 MFT Intern, Family Medicine/Family Therapy Program, Department of Family Medicine, SUNY Health Science Center Syracuse, NY.  
1997 - 99 Graduate Assistant, Syracuse University, Syracuse, NY.  
1997 - 99 Student Therapist, Goldberg Couple & Family Therapy Center, Syracuse, NY.  
1997 - 99 Academic Tutor, Athletic Department, Syracuse University, Syracuse, NY.  
1997 Teaching Assistant, HSH 101 First-Year Gateway, Syracuse University, Syracuse NY.  
1993 - 94 Outdoor Education Instructor, Summit Adventure, Bass Lake, CA

### **PROFESSIONAL MEMBERSHIPS**

Family Systems Therapists Northwest - FSTNW Member (since 2017)

WAMFT Member (since 2004)

AAMFT Clinical Fellow, American Association for Marriage and Family Therapists (2002)

WAMFT At-Large Board Member (2007 - 2010)

Inland Northwest Coalition on Eating Disorders - INCED (2006 - 2011)

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## PROFESSIONAL PRESENTATIONS and FACILITATING

- 2019 - 20      Program Assistant for IFS Level 1 Training for the IFS Institute. Portland, OR. (108 CEUs)
- 2017 - now  
2019      Co-supervisor with Mary Kruger, LMFT, for monthly, Eating Disorder tele-consultation group.  
PESI Presenter: Introduction to IFS Therapy. 6 CEs. Camp Pendleton, CA.
- 2019      WSPA Chapter 1 Quarterly CE Presenter: Introduction to IFS
- 2018 - 19      Lunch 'n Learn monthly workshop series offering 90 minute IFS Introductions and Expansions to  
local mental health professionals. Spokane, WA.
- 2018 - 19      Program Assistant for IFS Level 1 Training for the IFS Institute.  
Santa Cruz, CA. (108 CEUs)
- 2018      WAMFT May Networking CE Presenter: Introduction to Internal Family Systems  
Therapy.  
Spokane, WA.
- 2013      Small Group Leader for Introduction to IFS week-long course with Dr. Richard  
Schwartz. Cape Cod Institute. Eastham, MA.

## PROFESSIONAL CONSULTATION / SUPERVISION received

- 2009 - present      Monthly individual IFS consultation with Ann Sinko, LMFT. Lead IFS Trainer.
- 2008 - 2019      Monthly individual IFS consultation and MFT Supervision with Mary Kruger, LMFT.  
Lead IFS Trainer and AAMFT Approved Supervisor.
- 2017 - 2019      Monthly individual MFT supervision with Carl Greenberg, LMFT, AAMFT Approved  
Supervisor.
- 2008 - 2009 Biweekly Individual IFS Consultation with Dr. Richard Schwartz, LMFT.

## CONFERENCES AND PROFESSIONAL TRAINING

### National

- 2019 IFIO (IFS Couples Therapy) 10 day training with Toni Herbine-Blank. Danville, CA.
- 2019 IFS Annual Conference. 3 days. Denver, CO.
- 2018-19 Level 1 IFS Program Assistant. Santa Cruz, CA. 108 hours.
- 2018 Internal Family Systems Online Circle Course.
- 2017 Internal Family Systems Online Continuity Circle Course.
- 2016 AAMFT 15-hour Fundamentals of Supervision. Online Didactic.
- 2016 Center for Mindfulness and Compassion. Integrating IFS and Mindful Self-Compassion: Discovering  
the breadth and depth of compassion. Drs. Pollak, Germer and Schwartz. Cambridge, MA.
- 2014 AAMFT 15-hour Fundamental of Supervision. Online Interactive.
- 2014 Internal Family Systems Annual Conference and Preconference Institute. Providence, RI.

- 2013 Internal Family Systems with Dr. Richard Schwartz at the Cape Cod Institute. Eastham, MA.
- 2012 Internal Family Systems Annual Conference and Preconference Institute. Providence, RI.
- 2010 IFS Level Two Training. Seattle, WA.
- 2009 IFS Level One Training. Seattle, WA.
- 2008 Internal Family Systems at the Cape Cod Institute with Dr. Richard Schwartz. Eastham, MA
- 2008 IFS Training: Spirituality & Psychotherapy Integration with R. Schwartz and Ron Kurtz. Carrolton, GA.
- 2008 Internal Family Systems Annual Conference and Preconference Institute. Oak Park, IL.
- 2005 AAMFT Winter Institute. Emotionally Focused Couples Therapy: Creating Attachment Bonds, Panama City, FL.
- 2005 Evolution of Psychotherapy International Conference. Anaheim, CA.
- 1999 AAMFT Annual Conference. Chicago, IL.
- 1998 The Growing Edge of Marital and Family Therapy: The Spirit of Carl Whitaker in Today's Clinical Practice. Syracuse, NY.
- 1998 PAMFT Annual Conference. David Schnarch Sexual Crucible Workshop. Philadelphia, PA.
- 1998 Family Therapy Networker Annual Conference. Washington, D.C.

## **Regional**

- 2019 Level 1 IFS Program Assistant, Portland, OR. 108 hours.
- 2018 IDAMFT Annual Meeting. Soul Searching: Therapists and the Ethical Lives of Our Clients. Dr. William Doherty. Spokane, WA.
- 2017 CSL Training: Parts vs. Self: Healing the Divide with IFS. Mariel Pastor, LMFT. Portland, OR.
- 2015 CSL Training: Advanced Techniques in Internal Family Systems with Dr. Michi Rose. Portland, OR.
- 2015 WAMFT Annual Conference: Solving Key Challenges of Couple Therapy with EFT with Sue Johnson. Lynnwood, WA.
- 2014 WAMFT Annual Conference: Secrets, Cybersex, Affairs, Addiction – and Forgiveness with Janis Abrams Spring. Seattle, WA.
- 2014 CSL Workshop: Intimacy from the Inside Out: An IFS Approach to Couples Therapy with Toni Herbine-Blank. Portland, OR.
- 2010 WAMFT Annual Conference: New Perspectives on Desire with David Schnarch. Seattle, WA.
- 2009 WAMFT Annual Conference: Breaking Patterns of Depression with Michael Yapko. Seattle, WA.
- 2009 CCED: Psychopharmacology Update. Seattle, WA.
- 2009 CSL Workshop: Somatic IFS with Susan McConnell. Seattle, WA.
- 2009 Basic IFS for Therapists Phone Group with Dr. Jay Earley.
- 2008 ICED Conference (International Conference on Eating Disorders). Seattle, WA.
- 2008 Introduction to IFS Phone Group with Dr. Jay Earley.
- 2008 REMUDA: Breaking Down Walls: Overcoming Barriers and Obstacles in Eating Disorder Treatment. Wickenburg, AZ.
- 2008 NBCC Workshop. Overcoming Barriers and Obstacles in Eating Disorder Treatment. Seattle, WA.
- 2008 WAMFT Annual Conference: Introduction to Internal Family Systems Therapy with Dr. Richard Schwartz. Seattle, WA.
- 2007 WAMFT Annual Conference: Possibility Therapy and Keeping Your Soul Alive with Bill O'Hanlon. Seattle, WA.
- 2006 RENFREW Workshop: Body to Die For: Advanced Training in the Treatment of Eating Disorders and Body-Image Disturbance in Women. Seattle, WA.
- 2005 Gottman Institute: The Art and Science of Love with John and Julie Gottman. Seattle, WA.
- 2003 8<sup>th</sup> Annual Alliance Conference. It Takes Teamwork to Prevent Child Abuse. Syracuse, NY.
- 1999 NYAMFT Annual Conference. The Highway into the 21st Century. Syracuse, NY.

1998 Omega Institute. The Body Tells the Truth: The Duet of Talk and Touch with Ilana Rubenfeld. Rhinebeck, NY.

### Local

- 2018 RCS Seminar: Ethical Practice for Couple and Family Treatment. Spokane, WA.  
2017 CCE Workshop: Sandplay Therapy 101+. Spokane, WA.  
2016 CCE Workshop: Demystifying Ethics for Distance Counseling and Supervision. Spokane, WA.  
2016 WAMFT Workshop: Spiritual Experience. Seattle, WA.  
2015 Wellspring Workshop: Working with Suicidal Clients. Spokane, WA.  
2013 CCED: DSM-5 In Plain English. Spokane, WA.  
2013 AAMFT Training: Ethical Issues for MFT Practice. Seattle, WA.  
2012 CCED: Art Therapy for Grief and Loss. Spokane, WA.  
2012 Moore Center: Eating Disorders Training. Spokane, WA.  
2011 Cascadia Training: Ethics and Technology. Spokane, WA.  
2011 CCED: Using Sandtray Therapy as a Therapeutic Intervention. Spokane, WA.  
2010 CCED: Ethical Pitfalls: Avoiding Professional Hazards. Spokane, WA.  
2009 WAAMFT: Attachment Theory and Emotionally Focused Therapy. Spokane, WA.  
2009 St. Luke's Rehabilitation Center: Bipolar Update. Spokane, WA.  
2009 Inner Journeys Training: Boundaries and Shapeshifting. Spokane, WA.  
2009 Inner Journeys Training: Freedom. Spokane, WA.  
2009 Inner Journeys Training: Pain of Disconnecting. Spokane, WA.  
2009 Inner Journeys Training: Pieces of the Past. Spokane, WA.  
2009 Inner Journeys Training: Levels of Communion. Spokane, WA.  
2009 CCED: Coding and Billing for Mental Health Services. Spokane, WA.  
2008 WAMFT Workshop: Working Through Ethical Dilemmas. Spokane, WA.  
2008 CCED Workshop: Mindfulness in Therapy. Spokane, WA.  
2007 NBCC Workshop: Eating Disorder Update. Spokane, WA.  
2006 NBCC Workshop: Effective Physician/Therapist Collaboration. Spokane, WA.  
2005 Ethical Issues for the Clinician. Seattle, WA.  
1999 Female Athletes and Eating Disorders: The Losing Side of Winning with Priscilla Bolin and Tiffany Cohen Adams. Syracuse, NY.