

Curriculum Vitae
Laura Schmidt, LMFT
1403 S. Grand Blvd Suite 101-S
Spokane, WA 99203
laura@pausewithlaura.com 509.939.0622

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

2019 IFSI Approved Clinical Consultant
2019 AAMFT Approved Supervisor
2017 Washington State Approved Supervisor
2010 Certified Internal Family Systems Therapist
2004 Washington State Licensed Marriage & Family Therapist
2002 AAMFT Clinical Fellow

EMPLOYMENT HISTORY

2018 – now International Online IFS Approved Clinical Group Consultant
I organize and lead numerous Online IFS Consultation Groups for mental health professionals internationally

2013 - now Remote IFS and MFT Individual Consultation and Supervision

2004 - now Private Practice Clinician and Owner of Laura Schmidt, LMFT, psychotherapy practice

2015 – 2020 IFS Process Group Leader for both clients and clinicians, Spokane, WA

2013 – 20 In-person AAMFT Approved Individual and Group Supervision (Spokane, WA)

2018 - 2019 Lunch 'n Learn monthly workshop series offering 90 minute IFS Introductions and Expansions to local mental health professionals. Spokane, WA.

2004 – 06 Adjunct Professor, 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.

CONTRACT and CONSULTING WORK

- 2023 IFS Staff for Colorado River Journey. 7 days. Moab, UT
- 2017 – now Co – facilitator with Mary Kruger, LMFT, for monthly Eating Disorder Online Consultation Group
- 2022 2 day / 12 Hour Introduction to IFS for Teton Behavioral Health. Jackson, WY.
- 2021 & 2022 Faculty Assistant to Dr. Richard Schwartz. Cape Cod Institute. 15 hours each summer
- 2019 PESI Seminar Speaker. Introduction to IFS. Camp Pendleton, CA.
- 2019 WSPA (Washington State Psychology Association) Chapter 1 CE February Presenter: Introduction to IFS. Spokane, WA.
- 2018 WAMFT May CE Presenter: Introduction to IFS. Spokane, WA.
- 2013 Small Group Leader for Introduction to IFS week-long course with Dr. Richard Schwartz. Cape Cod Institute. Eastham, MA. 20H

IFSI PROGRAM ASSISTING

- 2023 Program Assistant, IFSI. Level 2 Trauma and Neuroscience - online with Dr. Frank Anderson. 32H
- 2021 Program Assistant, IFSI. Level 2 Anxiety and Depression – online with Ann Sinko & Mike Elkin. 32H
- 2019 Program Assistant, CSL. IFS Level 1 with Mariel Pastor. Portland, OR 108H
- 2018 – 19 Program Assistant. IFS Level 1 with Mariel Pastor & Mary Kruger. Santa Cruz, CA.

PROFESSIONAL CONSULTATION & SUPERVISION RECEIVED

- 2009 - now Weekly-Monthly individual IFS therapy with Ann Sinko, LMFT. Lead IFS Trainer
- 2021 – 22 Monthly White Affinity Consultation Group led by Dr. Virginia Seewaldt
- 2008 – 19 Bimonthly individual IFS consultation and MFT Supervision with Mary Kruger, LMFT. Lead IFS Trainer and AAMFT Approved Supervisor.
- 2017 - 19 Monthly individual MFT supervision with Carl Greenberg, LMFT, AAMFT Approved Supervisor.
- 2008 - 09 Individual IFS Therapy and Consultation with Dr. Richard Schwartz, LMFT

EDUCATIONAL EMPLOYMENT

- 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.

PROFESSIONAL MEMBERSHIPS

- WAMFT Member (since 2004)
- AAMFT Clinical Fellow, American Association for Marriage and Family Therapists since '02
- Family Systems Therapists Northwest - FSTNW Member (2017)
- WAMFT At-Large Board Member (2007 - 2010)
- Inland Northwest Coalition on Eating Disorders - INCED (2006 - 2011)

CONFERENCES AND PROFESSIONAL TRAINING

Online

- 2020 – present Numerous IFS Masterclasses through IFSI, IFSCA, Life Architect, etc.
- 2022 Beyond Inclusion, Beyond Empowerment with Dr. Leticia Nieto, LMFT. 6 Ethics CEs
- 2022 Law and Ethics of Clinician Self-Care with Dr. Eric Ström, JD. 3 Ethics CEs
- 2021 Advanced IFIO (Intimacy for the Inside Out) with Toni Herbine-Blank.

IN PERSON

National

- Oct '23 IFS Annual Conference. 3 days. Denver, CO
- Sept. '23 Shame Camp with Toni Herbine-Blank and Dr. Martha Sweezy. 5 days, Austin, TX.
- 2023 Grief Retreat with Ann Sinko, LMFT, IFS Lead Trainer. 3 days, Austin, TX.
- 2021 & '22 Cape Cod Institute IFS Introduction assisting Dr. Richard Schwartz. 15H each summer
- 2021 Somatic IFS Step 1 with Susan McConnell & Beth O'Neill, 5 days, Molokai, Hawaii.
- 2019 Basic IFIO with Toni Herbine-Blank. Danville, CO. 2 weeks.
- 2019 IFS Annual Conference. 3 days. Denver, CO.
- 2019 - The I in the Storm: Bringing Self Leadership to Everyday Life with Dr. Richard Schwartz. Esalen. Big Sur, CA. 26 hours over 5 days.
- 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. 12 hours.
- 2014 AAMFT 15-hour Fundamental of Supervision. Online Interactive.
- 2014 Internal Family Systems Annual Conference and Preconference Institute. Providence, RI. 4 days
- 2013 Internal Family Systems with Dr. Richard Schwartz at the Cape Cod Institute. Eastham, MA. s
- 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.
- 2008-09 Online IFS Groups with Dr. Jay Earley
- 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

- 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 8th 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 Rubinfeld. Rhinebeck, NY.

Local

- 2019 Pesi Seminar: Legal and Ethical Issues with Technology in Mental Health. Spokane. 6 hours.
- 2018 RCS Seminar: Ethical Practice for Couple and Family Treatment. Spokane, WA. 6 hours.
- 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.