

Curriculum Vitae
Laura S. Schmidt, MA, LMFT
910 N. Washington Suite 211
Spokane, WA 99201
schmidtlmft@gmail.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

AAMFT Approved Supervisor Candidate. (Full credential in process and expected 5/19)

WA State Approved Supervisor (2016)

Certified Internal Family Systems Therapist (2010)

Washington State Licensed Marriage & Family Therapist (2004)

EMPLOYMENT HISTORY

2019 - now Program Assistant, Center for Self Leadership. IFS Level 1 Training. Portland, Or.

2014 - now AAMFT Approved Supervisor Candidate of LMFT Associates.

2004 - now Private Practice Clinician and Owner of The Self Heals psychotherapy practice

2018 – 19 Program Assistant, Center for Self Leadership. 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 (2017)

WAMFT Member (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)

PROFESSIONAL PRESENTATIONS and FACILITATING

2019 - now Program Assistant for IFS Level 1 Training with the Center for Self Leadership. Portland, OR. (108 CEUs)

2019 WSPA Chapter 1 CE February Presenter: Introduction to IFS. Spokane, WA.

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

2018 - 2019 Program Assistant for IFS Level 1 Training with the Center for Self Leadership. Santa Cruz, CA. (108 CEUs)

2018 WAMFT May CE Presenter: Introduction to IFS. Spokane, WA.

2017 - now Co-supervisor with Mary Kruger, LMFT, for monthly, Eating Disorder tele-consultation group.

2013 Small Group Leader for Introduction to IFS week-long course with Dr. Richard Schwartz. Cape Cod Institute. Eastham, MA.

PROFESSIONAL CONSULTATION / SUPERVISION received

2017 - now Monthly individual MFT supervision with Carl Greenberg, LMFT, AAMFT Approved Supervisor.

2009 - now Biweekly individual IFS consultation with Ann Sinko, LMFT. Lead IFS Trainer.

2008 - now Bimonthly individual IFS consultation and MFT Supervision with Mary Kruger, LMFT. Lead IFS Trainer and AAMFT Approved Supervisor.

2008 Individual IFS Therapy and Supervision with Dr. Richard Schwartz, LMFT.

CONFERENCES AND PROFESSIONAL TRAINING

National

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 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 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.