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## Curriculum Vitae

ELSBETH J. MARTINDALE, Psy.D.

### EDUCATION

- 1987            Psy.D. Clinical Psychology, Rosemead Graduate School of Psychology La Mirada, CA
- 1983            M.A. Clinical Psychology, Rosemead Graduate School of Psychology La Mirada, CA
- 1981            M.A. Psychology-Marriage, Family, Child Counseling, Pepperdine University, Los Angeles, CA
- 1979            B.A. Psychology, Westmont College, Santa Barbara, CA

### LICENSING

- 1991-Present    Oregon, #936 - Clinical Psychologist
- 1986-1998       California, #MS22624 - Marriage, Family, Child Counselor

### HOSPITAL STAFF PRIVILEGES:

- 1991-1994       Portland Adventist Hospital, Portland, OR
- 1992-1994       Providence Milwaukie Hospital, Milwaukie, OR

### EMPLOYMENT HISTORY:

- 1994-Present    Psychologist - Mt. Tabor Psychological Services, Portland, OR  
Staff and manage a psychological counseling center. Provide individual, couple and group psychotherapy. Conduct community workshops. Provide treatment groups on various topics: Sexual Abuse, Depression Management, Models of Courage, Boundary Setting, Self-Talk, Self-Soothing, Self Parenting. Specialized areas: Women's issues, Child and Adolescent Psychotherapy, Creativity in Healing, Communication Skills Training.
- 1994-1999       Instructor in Skills of Communication National College of Naturopathic Medicine, Portland, OR  
Teach Naturopathic students the fundamental and advanced skills of communication for professional practice. Expose students to psychoeducational materials for health improvement. Conduct labs for practice of skills discussed during lectures.
- 1991-1994       Psychologist - Clackamas Psychological Services, Milwaukie, OR  
Provided individual, couple, group and family psychotherapy. Conducted
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- psychological evaluations. Specialized areas: Women's issues, Parent-Child Relationships, Couple Communication Skills, Family Therapy.
- 1985-1991 Marriage, Family, Child Therapist - L.I.F.E. Counseling Group, Monrovia, CA  
 Provided individual (adult/child), couple, family and group psychotherapy. Personality and intellectual testing. Conducted community workshops on communication training, assertion, parenting skills, dysfunctional families and imagery in healing. Specialized areas: Parent-Child Issues, Women's Concerns, Re-parenting, Psychospiritality.
- 1989-1991 Psychological Consultant - CPC Alhambra Psychiatric Hospital, Rosemead, CA  
 Lead weekly guided imagery group for women's psychiatric inpatient program. Charted weekly progress. Participated in program planning.
- 1989-1990 Psychological Evaluator - PASSAR Corporation, Sacramento, CA  
 Conducted comprehensive psychological evaluations as mandated by the State of California Dept. of Mental Health. Assessed psychological functioning of elderly to determine required level of care. Reviewed documentation of medical history, neuropsychological and psycho-social functioning. Presented reports to the PASSAR Corporation.
- 1988-1989 Psychological Consultant - Community Assistance Program for Seniors, Pasadena, CA  
 Trained interns and practicum students in day treatment management issues. Modeled effective programming. Conducted monthly group supervision and planning sessions for interns and program leaders. Conducted FOCUS groups to assess strengths and weaknesses in programming.
- 1986-1989 Psychological Consultant - Camp La Jolla, Santa Barbara, CA  
 Consulted with director and staff regarding psychological components of weight reduction. Trained Behavior Modification instructors. Provided individual and group psychotherapy and problem-solving sessions for campers. Wrote weight loss manual.
- 1985-1987 Group Home Manager - Pasa Alta Manor, Pasadena, CA  
 Oversaw the provision of daily physical and emotional needs of developmentally disabled adults. Planned and implemented treatment strategies. Instructed in Social Living Skills.
- 1984-1985 Psychological Intern - Pasadena Community Counseling Clinic, Pasadena, CA  
 Evaluated psychological functioning levels for clients. Wrote and presented initial assessments and treatment recommendations. Provided individual and couple psychotherapy. Lead weekly Gestalt therapy group. Provided supervision for practicum level students. Provided crisis intervention services. Charted progress notes.
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- 1984-1985      Psychological Intern - Community Assistance Program for Seniors, Pasadena, CA  
 Provided individual and group psychotherapy for impaired older adults. Assessed levels of physical, emotional and cognitive functioning. Created treatment programs and activities. Wrote and presented initial / quarterly reports and treatment objectives. Provided supervision for practicum students. Charted progress notes.
- 1981-1984      Child Care Worker - Five Acres Residential Treatment Center, Altadena, CA  
 Provided for basic physical and emotional needs of emotionally disturbed children. Taught relational and problem solving skills. Developed and implemented an intensive therapy program for children in crisis. Developed and directed domestic skills training for adolescents.
- 1980-1981      Social Worker - Hillview Acre Children's Home, Chino, CA  
 Evaluated referrals for child placement. Provided individual and group therapy. Developed and implemented tutorial program in conjunction with public schools.

#### SPECIAL TRAINING

- 1991-Present      Keep current on psychological treatment issues through continuing education at a minimum of fifty hours every two years.
- 1988-1990      Psychosynthesis Training- Psychosynthesis Center of Orange County  
 Two year training program in the synthesis of psychological and spiritual processes
- 1988              The Art of the Psychotherapist - James F.T. Bugental, Ph.D.  
 Seven day intensive training in the techniques of Existential Analytic Psychotherapy
- 1985              Basic Marriage Communication Training- Gary Brainerd, Ph.D.  
 Nine week training in couple communication techniques utilizing feedback equipment.
- 1982-1983      Gestalt Therapy Training Group - Gary Brainerd, Ph.D.  
 Yearlong training in Gestalt Therapy Practice
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PUBLICATIONS / PRODUCTIONS:

- Martindale, E. Treatments that Work. Presentation for Sunnyside Counseling Winter Symposium. 2006.
- Martindale, E. Things to Know Before I Say "Go"; A Deck of Cards for Assessing the Viability of a Chosen Relationship. Self Published. 2005.
- Martindale, E. Psychoeducational Short Courses offered at Mt. Tabor Psychological Services. Four week courses on Self -Talk, Self-Soothing, and Boundary Setting. 2004-present.
- Martindale, E. Summoning the Qualities of a Good Mother. Six month psychoeducational group offered at Mt. Tabor Psychological Services on reparenting and building healthy internalized models of self care. 2003-present.
- Martindale, E. Models of Courage. Six month group studying courage in women offered at Mt. Tabor Psychological Services. Used readings, discussion and community models explore courage and make applications to individual lives. 2001.
- Martindale, E. Strategies for Enhancing the Observing Ego. Presentation at Oregon Psychological Association Spring Conference. 1997.
- Martindale, E. What the Hell Do I Do With My Rage? Workshop presented for The Way Back on understanding and utilizing anger to assist in the healing of trauma caused by sexual abuse. 1996.
- Martindale, E. Co-creator of The Way Back, a gathering of women with a history of sexual abuse to join together for a performance, art exhibit, poetry reading, and workshops to honor the process of healing from sexual abuse. 1994 & 1995.
- Martindale, E. Existential Psychotherapy and Christian Mysticism: A Comparison of Bugental and Guyon. Rosemead Graduate School of Psychology (Unpublished dissertation). 1987.
- Martindale, E. Slimdown: A Behavioral Guide to Treating Yourself in a Loving Manner Santa Barbara, Camp La Jolla Press. 1987.
- Martindale (Helgeson) E., Camp La Jolla Weight Loss Video. Discussion of Habits, Triggers, and Visualization in Weight Loss. 1987.
- Martindale (Helgeson) E. and Willis, S. Handbook of Group Activities for Impaired Older Adults. Activities, Adaptation and Aging. 9(2). Winter, 1986
- Martindale (Helgeson) E. and Willis, S. Handbook of Group Activities for Impaired Older Adults. New York, Haworth Press, Inc. 1986.
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SERVICE

- 2000-Present Red Cross Emergency Services Volunteer, Mental Health Responder. Volunteer to respond to emergency mental health needs associated with disasters within the community.
- 1998-2001 Volunteer for Community Advocates, an educational organization aimed at protecting children from sexual and physical abuse. Run support group for staff to debrief issues of vicarious trauma.
- 1996-2000 Panel member of the Psychologist Support Committee of the Oregon Psychological Association. Provide impairment intervention and support for psychologists in the organization.
- 1993-1996 Serve on the Social Issues Committee of the Oregon Psychological Association. Explore and evaluate areas of social concern to the association. Report issues and make recommendations to the OPA.

