

LAURA E. FORSYTH

Curriculum Vitae

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LICENSE

2002 Licensed Psychologist, PSY 17938

PROFESSIONAL EXPERIENCE

- 2005 - present **Private Practice**, Camarillo, California. Psychotherapy practice for adults. Specialty areas: college students and adults with Attention Deficit Hyperactivity Disorder, cognitive-behavioral therapy, and mindfulness-based approaches for anxiety and depression.
- 2006 - 2018 & 2002-2004 **Supervisor of Mental Health Counseling**. Moorpark College Student Health Services, and ACCESS (Disabled Students Programs & Services, to 6/2009), Moorpark, California. *Student Health Services*: Brief psychotherapy for students; recruitment, supervision and training of postdoctoral fellows, developed a training manual and activities; program development and outreach activities. Consulted with college administration and faculty. Wrote curriculum for an 8-week Mindfulness Training workshop series; created associated website, mindfulnessatmc.weebly.com. *ACCESS*: Assessment of students for AD/HD and other psychological conditions to determine eligibility for services under the Americans with Disabilities Act and establish appropriate accommodations; counseling and coaching for students with disabilities. Trained postdoctoral interns in assessment and disability services for mental health and AD/HD.
- 2004 - 2005 **Coordinator, Personal Counseling Services**. California State University, Channel Islands, Camarillo, California. Provided personal and educational counseling, outreach and psychoeducational presentations to students; supervised doctoral practicum trainee; engaged in training and consultation for Student Life staff. Consultation to faculty, administration and staff regarding distressed students. Administrative duties: program development, crafting policy and procedures, alcohol prevention education.
- 2002 - 2004 **Coordinator, Adult Offender Services**. Interface Children Family Services, Camarillo, California. Program development, intern training and clinical services for a family sexual abuse treatment program. Wrote and piloted manual for the incest offender group.
- 2001 - 2003 **Trainer**. PacifiCare Behavioral Health EAP. Corporate wellness and management trainer.
- 2000 - 2003 **Private Practice**. Simi Valley, California. General outpatient psychotherapy practice for adults, couples, adolescents and children, as a psych assistant and post-licensure.

- 1995 - **Staff Therapist.** Behavioral Medicine Services, Simi Valley Hospital and Health Care Services, Simi Valley, California. Individual and group psychotherapy, case management and psycho-educational groups to adults in a JCAH certified acute care locked and outpatient psychiatric, dual diagnosis and addiction treatment facility.
- 1992 - **Group Facilitator.** Parents United of Ventura County, Oxnard, California. Co-led counseling groups for incest perpetrators, survivors and family members, working primarily with offenders.
- 1992 - **Clinic Supervisor.** Ray E. Hosford Clinic, Counseling/Clinical/School Psychology Program, University of California, Santa Barbara. Supervised masters and doctoral practicum students in a community training clinic.
- 1987 - **Admissions Counselor** Vista Recovery Center, Van Nuys, California. Screening, treatment planning, and utilization coordination at a JCAHO accredited outpatient substance abuse treatment program.
- 1989
- 1986 **Outpatient Counselor.** Janus of Santa Cruz, Santa Cruz, California. Individual and group therapy for alcohol and drug addicted adults and their family members in a community based private nonprofit social model treatment program.
- 1984 - **Therapist, Chemical Dependency Services.** Northland Mental Health Center, Grand Rapids, Minnesota (JCAHO accredited). Individual and group therapy within an outpatient alcohol and other drug service for adolescents and adults.
- 1986
- 1984 - **Therapist, Court Services.** Northland Mental Health Center, Grand Rapids, Minnesota. Diagnostic, consultation and prevention services to the District Court and Probation Department for drug and alcohol offenders.
- 1986
- 1980 - **School Interventionist.** Northland Mental Health Center, Grand Rapids, Minnesota. Consultation, counseling and liaison position between the mental health center and area junior high and high schools.
- 1982
- 1979 - **Therapeutic Community Worker.** Santa Cruz SubAcute Residential Treatment, Santa Cruz, California.
- 1980
- 1979 **Psychiatric Nursing Assistant.** Santa Cruz Care and Guidance, Santa Cruz, California.

EDUCATION

- 1996 Ph.D. Counseling Psychology, University of California, Santa Barbara. Dissertation: "Excuse-Making in Intrafamilial Child Sexual Abuse Perpetrators" (chair: Nolan Zane, Ph.D.)
- 1991 M.A. Counseling Psychology, University of California, Santa Barbara
- 1979 B.A. Psychology, University of California, Santa Cruz, with honors
- 1975 A.A. Manaolu College, United States International University, Maui, Hawaii

OUTREACH & TEACHING

1997 - **Outreach Presentations & Classroom Lectures.** Moorpark College,
2018 Moorpark, California.

How Do You Get to “Happy”?
Your Smartphone: Your Servant or Your Master?
The Well of Resilience
Test Anxiety: Beat Out the Freakout
Multicultural Lineage of Stress Management
Flex Around Stress
Brain Basics for Stress Management
Your Brain on Mindfulness
Take a Breath

Human Sexuality: Sexual Dysfunctions, ED in College Age Men
Abnormal Psychology: Bipolar Disorder
Developmental Psychology: AD/HD

2004- **Adjunct Faculty.** California State University Channel Islands,
2005 Camarillo, California.

Educational Psychology
Theories of Personality
Human Sexuality

1993 **Instructor.** University of California, Santa Barbara.

Introduction to Counseling Psychology
Gender Issues in Psychology. (co-instructor)
Methods of Group Counseling. (co-instructor)

1993 **Guest Lecturer.** Pacifica Institute, Santa Barbara, California.

Administration and Interpretation of the WAIS-R.

1992 - **Lecturer.** University of California, Santa Barbara.
1993

Basic Counseling Skills
Intake Interviewing: Balancing Information Gathering and Rapport
Introduction to Counseling Psychology
Ethical Issues in Counseling, Cognitive-Behavioral Therapy

1991 - **Teaching Assistant.** University of California, Santa Barbara.
1992

Introduction to Counseling Psychology
Introduction to Vocational Counseling

1990 - **Research Assistant.** University of California, Santa Barbara.

1994

Supervision Process Project (Susan Neufeldt, Ph.D., Principle Investigator). Examined implementation of supervisory input on counselors' interventions with clients.

School Consultation in Primary Prevention (Gale Morrison, Ph.D., Principle Investigator). Investigated amounts and sources of perceived problems and social support of junior high school students.

COLLEGE AND PROFESSIONAL SERVICE

- 2010 - **Continuing Education Coordinator**, California Community
2018 College Mental Health and Wellness Association. Executive Board member of an interdisciplinary professional association for community college-based mental health professionals in California, obtained approval as a CE provider (California Psychological Association), administrated all CE activities.
- 2010- **Corresponding Secretary & Webmaster**, California Community
2014 College Mental Health and Wellness Association. Executive Board member of the interdisciplinary professional association for community college-based mental health professionals in California. Built websites for MHWA and the E-Board.
- 2005 **Member**, Student Affairs Staff Development and Training Committee, CSU Channel Islands, Camarillo, California.
- 2005 **Member**, Faculty Senate, CSU Channel Islands, Camarillo, California.
- 2002 - **Chair**, California Community College Psychological Services Consortium.
2004 Information sharing and collegial support for mental health professionals practicing within community colleges.
- 1998 **Member**, Patient Family Education Committee, Simi Valley Hospital and Health Care Services, Simi Valley, California. Preparation of documentation and associated staff training for JCAH site visit.
- 1998 - **Member**, Patient Family Education Committee, Simi Valley Hospital
1999 and Health Care Services, Simi Valley, California. Wellness program development and implementation for hospital staff.
- 1993 **Member**, Search Committee for Dean of the Graduate School of Education. University of California, Santa Barbara.
- 1993 **Student Coordinator**, American Psychological Association site visit to the Department of Counseling, Clinical, and School Psychology. University of California, Santa Barbara.
- 1993 **Conference Coordinator**, "Cognitive-Behavioral Treatment of Personality Disorders", with Drs. Aaron T. Beck and Susan Morse. Sponsored by the Department of Counseling, Clinical, and School Psychology, University of California, Santa Barbara and CPC Vista del Mar Hospital.

- 1992 **Conference Coordinator**, “Bridging the Gap Between Research and Practice”. Sponsored by the Department of Counseling, Clinical, and School Psychology. University of California, Santa Barbara.
- 1991 - **Vice President**, Graduate Student Association in Education,
1992 Gevirtz School of Education, University of California, Santa Barbara.
- 1990 - **Program Representative**, Graduate Student Association in
1991 Education, Gevirtz School of Education, University of California, Santa Barbara.
- 1990 **Student Coordinator**, American Psychological Association site visit to the Department of Counseling, Clinical, and School Psychology. University of California, Santa Barbara.
- 1984 **Board Member**, Institute for Chemical Dependency Professionals of Minnesota (credentialing board).

PRESENTATIONS

- 2011 Forsyth, Laura E., Beyer, Richard & Olowude, Brian. Guidelines for Best Practices in College Mental Health. Panel discussion at the 2011 meeting of the California Community College Mental Health and Wellness Association, April 30, 2011; Aptos, California.
- 2009- Forsyth, Laura E. & Manakas, Sharon. QPR: Question Persuade Refer Gatekeeper
2012 Training. Training for college students, staff and faculty in a suicide prevention protocol. Moorpark, California.
- 2009 Forsyth, Laura E. The Nuts and Bolts of Training and Supervision. Presentation at the 2009 forum of the California Community College Mental Health and Wellness Association, May 2, 2009; Pasadena, California.
- 2005 Forsyth, Laura E. Serving College Students with Attention Deficit-Hyperactivity Disorder. Presentation given at the 2005 convention of the California Association for Postsecondary Education and Disability. October 10, 2005; Rancho Mirage, California.
- 1994 Neufeldt, Susan A., Meisels, Julie A. & Forsyth, Laura E. Supervision by Comparing Espoused Theory with Theory of Practice. Paper presented at the meeting of the Western Association for Counselor Education and Supervision. November 18, 1994; Phoenix, Arizona.
- 1993 Neufeldt, Susan A. & Forsyth, Laura E. Supervisors as Reflective Teachers: A Training Program. Paper presented at the meeting of the Western Association for Counselor Education and Supervision. November 14, 1993; San Jose, California.

PRACTICA AND INTERNSHIPS

- 1994 - **Psychology Service, Veterans Administration Medical Center,**
1995 Sepulveda, California. APA accredited pre-doctoral internship. Rotations in Health Psychology, Chemical Dependency Treatment, and the Acute Psychiatric Day Hospital.
- 1993- **Ray E. Hosford Clinic, Counseling/Clinical/School Psychology**
1994 **Program,** University of California, Santa Barbara. **Supervision Practicum.**
- 1990 - **Ray E. Hosford Clinic, Counseling/Clinical/School Psychology**
1994 **Program,** University of California, Santa Barbara. **Psychotherapy practicum.**
- 1991 - **Counseling and Career Services,** University of California, Santa
1992 Barbara. Practicum training.
- 1985 **Psychotherapy & Recovery Training Internship,** San Diego, California.
- 1978 - **Santa Cruz Crisis House,** Santa Cruz, California. Undergraduate intern.
1979

CERTIFICATION

- 1983 - Certified Chemical Dependency Practitioner
1986 Minnesota credential.

AFFILIATIONS, PRESENT AND PAST

- California Community College Mental Health & Wellness Association.
- CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder.
- California Psychological Association.
- Conejo Valley Mental Health Professionals Association.
- California Community College Psychological Services Consortium.
- California Coalition on Sexual Offending.
- Ventura County Psychological Association.
- Western Association for Counselor Education and Supervision.
- American Psychological Association.