

## **SUSAN T. LINDAU, LCSW**

### **Academic Positions:**

Part time Lecturer, School of Social Work, University of Southern California. Taught second year research (625) and foundation year Methods of Social Work Practice 543, 545). 2006 to present.

Member of UCLA Medical Institutional Review Board for research proposals with human subjects. 2009 to present.

Lecturer, Geffen School of Medicine, UCLA. “Doctoring” (developing a “bedside manner”) for first year Medical Students. 2003 - 2006.

Cedars-Sinai Medical Center. Six week seminar, Introduction to DBT for 3<sup>rd</sup> and 4<sup>th</sup> year psychiatry residents. 2002 to 2008.

### **Psychiatric Social Worker:**

Military Family Life Consultant, employed by MHN to provide support services to military personnel and their families at locations throughout the world. My assignments include Ft. Bragg, NC and a wide variety of Army Reserve and National Guard unit activities throughout Los Angeles and Orange Counties. 2009 to present.

Certified DBT Therapist: June, 2000 to present. Edelman Mental Health Clinic 2000 to 2003, in private practice 2001 to present (trained by Alan Fruzzetti, Linda Dimeff and Kate Comtois 6/2000, 12/2000).

Private Practice, Los Angeles, CA. Provide treatment for persons living with chronic MDD as well as individuals meeting criteria for Borderline Personality Disorder. September 1995 to present.

Edelman Mental Health Clinic, LA County Department of Mental Health, 2000 to 2003.

West LA VA Medical Center, Psychiatric Intensive Care and General Psychiatry Units, 1995 to 2000.

During the years between 1980 and 1995 I ran my catering business, attended film school (at USC) and worked as a legal secretary.

Licensing Evaluator, San Francisco Office, California Department of Social Services. Licensing Day Care and Residential Care Facilities. 1978 - 1980.

Consultant to California Department of Social Services, Sacramento. Analyzing legislative proposals in child care legislation. 1975 - 1978.

Legislative Analyst, US Department of Health and Human Services, Washington, DC (worked with Congress developing legislation and plans for implementation).

Consultant to US Senate Committee on Housing, Research low income housing in Detroit and Chicago, proposed revisions to the HUD low income housing program.

Juvenile Probation Officer, District of Columbia Juvenile Court, Washington, DC.

**Training includes:**

Implementation of Prolonged Exposure to treat PTSD in survivors of enduring trauma, San Francisco, 2011.

Implementation of revised Emotion Regulation module for DBT Skills Training, San Francisco, 2010.

Mindfulness Based Cognitive Therapy for preventing relapse in depression. February 2006.

Certified Dialectical Behavioral Treatment therapist: Completed intensive training in December, 2000. Additional DBT training: How to Run the DBT Skills Group and DBT in Individual Treatment.

Domestic Violence: Member of the Westside Domestic Violence Network, 2001 to present.

Stress Management, Relaxation Techniques, Yoga: Completed yoga teacher training in 1995.

**Publications & Presentations:**

DBT for non-DBT Therapists, six week on-site training for clinics throughout Los Angeles County including Bella Vita and Cedars Sinai, Thaliens.

Mindfulness for Daily Living at various social service agencies throughout Los Angeles County, including Jewish Vocational Services, Beth Shir Shalom Temple, and numerous gatherings for military families including Yellow Ribbon Deployment and Reintegration weekend seminars.

Blog: Therapist of Last Resort (link through [www.lindaucounseling.com](http://www.lindaucounseling.com)). Additional website: [www.susantlindau.com](http://www.susantlindau.com).

Presentation to Health Network International, Paris, France on Mindfulness Based Cognitive Therapy for preventing relapse in depression. 2008

Presentation to Social Policy Conference for University of South Carolina, Management in the 21st Century Multicultural Work Place. 2004.

Eight-week courses on issues of Women and Mental Health and on Multicultural Relationship issues in direct practice and in administration of social service agencies. 2000 and on-going.

Articles and training on Mindfulness Skills for Cancer Survivors and their Partners throughout LA County.

Articles on mental health issues in several regional newspapers; novel in draft: *Comfort Food*.

Project based on two years interviewing Gregory Ulas Powell (one of the convicted felons of *The Onion Field*) at San Quentin Prison., Marine County, California.

**Education:**

University of Southern California, Los Angeles, CA, MFA, Film Production. 1990

Washington School of Psychiatry, Washington, DC. Course work in the Process of Psychotherapy. (informed by the theories of William Alanson White, Harry Stack Sullivan) 1972-1973

University of Michigan, Ann Arbor, MI, MSW, Social Policy Development. 1972

University of South Carolina, Columbia, SC, BA, History. 1965