

Elsbeth Martindale, Psy.D.

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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

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 psycho-educational short courses. Provide Courage to Bloom (Coaching) work for both individuals and groups.

1994-1999 Adjunct Faculty - National College of Naturopathic Medicine, Portland, OR
Communication Skills instructor for naturopathic students, teaching fundamental and advanced skills of communication for professional practice. Training in basic psychoeducational materials for health enhancement. Conduct practice labs.

1991-1994 Psychologist - Clackamas Psychological Services, Milwaukie, OR
Provide individual, couple, group and family psychotherapy. Psychological evaluations.

1985-1991 Marriage, Family, Child Therapist - L.I.F.E. Counseling Group, Monrovia, CA
Provide individual (adult/child), couple, family and group psychotherapy. Personality and intellectual testing. Conduct community workshops and retreats.

- 1989-1991 Psychological Consultant - CPC Alhambra Psychiatric Hospital, Rosemead, CA
Conduct weekly guided imagery group for women's psychiatric inpatient program. Chart weekly progress. Participate in program planning.
- 1989-1990 Psychological Evaluator - PASSAR Corporation, Sacramento, CA
Conduct comprehensive psychological evaluations as mandated by the State of California. Assess psychological functioning of elderly. Review medical history, neuropsychological and psycho-social functioning. Write comprehensive reports.
- 1988-1989 Psychological Consultant - Community Assistance Program for Seniors, Pasadena, CA
Train interns and practicum students in day treatment management issues. Model effective programming. Conduct monthly group supervision and planning sessions for interns and program leaders. Conduct FOCUS groups on program functioning.
- 1986-1989 Psychological Consultant - Camp La Jolla, Santa Barbara, CA
Consult with director and staff regarding psychological components of weight reduction. Train Behavior Modification instructors. Provide individual and group psychotherapy and problem-solving sessions for campers. Wrote behavior modification weight loss manual.

SPECIAL TRAINING:

- 1991-Present Continuing education at a minimum of fifty hours every two years, to keep current on psychological treatment issues
- 2007-2008 Foundations Course, MentorCoach
Six month training in the practice of Coaching, individually and group
- 2007 Non-Violent Communication
Week-long training in Non-Violent Communication skills with Holley Humphreys and Towe Widstrand. Manzanillo, Mexico.
- 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.
Intensive training in the techniques of Existential Analytic Psychotherapy
- 1985 Basic Marriage Communication Training- Gary Brainerd, Ph.D.
Training in couple communication techniques utilizing feedback equipment

1982-1983 Gestalt Therapy Training - Gary Brainerd, Ph.D.
Year-long training in Gestalt Therapy Practice

PUBLICATIONS / PRODUCTIONS:

Martindale, E. Things to Know Before I Say “Go”; Powerful Questions to Ask Before You Give Your Heart Away. Self Published. 2009.

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. How to Be a Woman of Courage. Presentation for TuffStuff Fall Conference. 2007 and 2008.

Martindale, E. Treatments that Work. Presentation for Sunnyside Counseling Winter Symposium. 2006.

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. Understanding and utilizing anger 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 and 1995.

Martindale, E. Clackamas County Review Newspaper. Wrote monthly Dear Dr. Martindale column. Problem solving and advice column. 1992-93.

Martindale, E. Foothill Intercity Newspaper. Dear Dr. Martindale column. Wrote biweekly advice column. 1989-91.

- Martindale, E. Alzheimer Day Care Resource Center (CA Dept. of Aging) - annual training. Presentation on Alzheimer Day Treatment philosophy, management, and activities.
- 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. Video presentation 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. Winter, 1986
- Martindale (Helgeson) E. and Willis, S. Handbook of Group Activities for Impaired Older Adults. New York, Haworth Press, Inc. 1986.

SERVICE and AWARDS

- 2008-present Oregon Psychological Association Ethics Committee member. Review ethical challenges in the practice of psychology. Advise OPA members of ethical standards when requested. Monthly committee meetings. Presentations at OPA conferences and workshops.
- 2003 The Michael Lambert, Ph.D. Award for Clinical Excellence, Honoring superiority in clinical outcomes. Presented by PacifiCare Behavioral Health.
- 2000-2005 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.