

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:

2010-Present Creative Director - Courage To Bloom LLC, Portland, OR
Collect and create tools for effective psychotherapy. Focus on kinesthetic, visual, and metaphorical tools for teaching psycho-educational concepts. Manage the development, production, and marketing of original tools. Provide coaching, training, and presentations on the Psychotherapy Toolkit. Develop and manage CourageToBloom.com.

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. Supervise residents and interns. Manage MtPsych.com.

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 psycho-educational 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
- 2017 AEDP Immersion Course, Diana Fosha, Ph.D., San Anselmo, CA
- 2017 Mindful Self-Compassion Intensive, Kristin Neff, Ph.D. & Christopher Germer, Ph.D., Sedona, AZ
- 2016 Externship and Core Skills Training, Emotionally Focused Therapy Training, ICEEFT, Portland, OR
- 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:

- Martindale, E. Therapist Self-Care (3 part series). The Counselor, online publication of the Oregon Counseling Association. Summer 2016, Winter 2016, Spring 2017.
- Martindale, E. How to Spot a Bully Activity Guide. Self Published. 2013.
- Martindale, E. How to Spot a Bully: 26 Questions and 26 Solutions for Managing Bullying. Self Published. 2011.
- Martindale, E. Things to Know Before I Say “Go” Activity Book. Berkeley, CA, Dibble Institute. 2011.
- Martindale, E. The Questions: For Opening Your Heart to Love. iPhone app. Released December, 2010.
- Martindale, E. Things to Know Before I Say “Go”; Powerful Questions to Ask Before You Give Your Heart Away. Self Published. 2009.
- Martindale, E. Distress Tolerance Cards. Self Published. 2007.
- Martindale, E. Distorted Thinking Cards. Self Published. 2005.
- Martindale, E. Clackamas County Review Newspaper. Monthly Dear Dr. Martindale column. 1992-93.

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

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.

TELEVISION/RADIO APPEARANCES

Author's Forum with Dr. Veronica Esagui, TVCTV Channel 21 in Oregon City, OR, November 17, 2011.

Speaking With...TM Carl Thornton, Jr., Radio interview, June 28, 2011

AM Northwest. KATU, Portland, OR. February 16, 2011

MORE Good Day Oregon. KPTV, Portland, OR. February 22, 2011

Better Portland. KPTV, Portland, OR. February 23, 2011

PRESENTATIONS:

Martindale, E. Restorative Self-Care Workshop, Central Oregon Psychological Association. Bend, OR, May 12, 2017

Martindale, E. Creative Tools for Supervision. Western Seminary, Portland, OR, March 3, 2016

Martindale, E. The Complete Psychotherapy Toolkit Workshop. Continuing Educational workshop (NBCC CEUs) offered at Mt. Tabor Psychological Services, April 18, 2015.

Martindale, E. 10 Ways Improve Teens Chance for Happy Romance - Webinar. Dibble Institute, Berkeley, CA, February 11, 2015.

- Martindale, E. Using Creativity to Restore the Healer. Creativity and Wellness Conference, Marylhurst University, October 18, 2014.
- Martindale, E. Healing Old Wounds Clinic. Six session clinic for therapists to learn and practice the techniques of Healing Old Wounds. Mt. Tabor Psychological Services, April 3 - June 5, 2014.
- Martindale, E. Healing Old Wounds. Continuing Educational workshop offered at Mt. Tabor Psychological Services, March 8, 2014.
- Martindale, E. Teaching the Stages of Relationship - Webinar. Dibble Institute, Berkeley, CA, September 11, 2013.
- Martindale, E. How to Spot a Bully. Adolescent Sexuality Conference, Seaside, OR, April 23, 2013.
- Martindale, E. Teen Dating. Central Catholic High School - Parent's Night, Portland, OR, February 28, 2013.
- Martindale, E. Psycho-educational Teaching Tools. Washington School Counselor Association, Seattle, WA, February 19, 2013.
- Martindale, E. Keynote Address: Things to Know Cards. Oregon Episcopal School, Junior Retreat, Turner, OR, October 16, 2012.
- Martindale, E. Psych-educational Teaching Tools. Oregon School Counselor's Association Annual Conference, Silverton, OR, October 14, 2012.
- Martindale, E. How to Spot a Bully: A hands-on exploration. National Girl Bullying Conference, Atlanta, GA, June 28, 2012.
- Martindale, E. Kinesthetic and Visual Tools for Therapy. Western Psychological Services, Portland, OR. April 19, 2012.
- Martindale, E. Psychotherapy Toolkit Workshop. Continuing Educational workshop offered at Mt. Tabor Psychological Services, November 12, 2011.
- Martindale, E. Psychotherapy Teaching Tools. Oregon Counseling Association 2011 Annual Fall Conference, Bend, OR, November 5, 2011.
- Martindale, E. The Process of Healing. International Human Learning Resources Network, Tours, France, October 22, 2011.

- Martindale, E. Psychotherapy Toolkit. International Human Learning Resources Network, Tours, France October 20, 2011.
- Martindale, E. A Psychologist's Toolkit for Building Strong Relationships. Adolescent Sexuality Conference, April 4, 2011.
- Martindale, E. and McCleary, T. Let's Talk About Romance: Mothers and Daughters in Dialogue. Four hour workshop on skills and tools for increasing communication about relationship readiness. Mt. Tabor Psychological Services, November, 2010.
- Martindale, E. and Maynard, M. Things to Know Before You Say "Go". Teaching sophomore health classes. Madison High School, Portland, OR
- Martindale, E. and Maynard, M. Things to Know Before You Say "Go". Adolescent Sexuality Conference, April 13, 2010.
- Martindale, E. Psychotherapy Toolkit. Presentation to Psychology Interns, Concordia University, April 6, 2010.
- Martindale, E. Psychotherapy Toolkit. Supervisor's Luncheon, Western Seminary, March 11, 2010.
- Martindale, E. Psychotherapy Toolkit Workshop. Continuing Educational workshop offered at Mt. Tabor Psychological Services, February 20, 2010.
- Martindale, E. Psychotherapy Teaching Tools. Association of Women in Psychology 35th Annual Conference, February 14, 2010.
- Martindale, E. Moms in the Know. Four week discussion group for mothers to explore how to talk with children about their relationships using Things to Know Before You Say "Go" cards. May, 2009.
- Martindale, E. Psychotherapy Teaching Tools. Presentation for PSU Psychology Graduate Students. Spring 2007, 2008, 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. 1990.

RETREATS

- Restorative Self-Care Retreat for Professional Therapists. Neskowin, OR, April 29 - May 1, 2016
- Finding Your Superpower. Husum, WA. March 2016
- Women of Vision and Change - annual retreat. Husum, WA. March 2014.
- Women of Vision and Change - annual retreat. Husum, WA. March 2013.
- Creativity and Healing. Mt. Hood, 1992.
- Psychosynthesis and Healing. Idlewild, CA. 1991.
- The Inner Work is A-Parent. Big Bear, CA. 1989.

BOOK READINGS

September 19, 2009 Things to Know Before I Say “Go”
In Other Words Women’s Bookstore, Portland, OR

July 19, 2009 Things to Know Before I Say “Go”
Powell’s Books on Hawthorne, Portland, OR

SERVICE and AWARDS

- 2017 Oregon Psychological Association’s Public Education Award.
- 2012 Association of Educational Publishers (AEP) 2012 Award for Distinguished Achievement in the Supplemental Resources category of Life Skills and Character Education for the *Things to Know Before You Say “Go”* card deck and *Activity Book*.
- 2008-2012 Oregon Psychological Association Ethics Committee member (Chair 2011-2012). 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.