

# Curriculum Vitae

Leslie M. Butterfield, Ph.D.  
2366 Eastlake Ave, E.  
Seattle, WA 98102

License: WA statePY00001994  
Phone: (206) 779-7941  
NPI: 2351944568

## EDUCATION

**Ph.D. in Clinical Psychology**, May 1988. Virginia Commonwealth University, Richmond, VA.

- Woodrow Wilson Dissertation Fellowship in Women's Studies
- Outstanding Clinical Student Award

**B.A. in Psychology**, May 1978. Duke University, Durham, North Carolina.

- Magna Cum Laude, Special Distinction in Psychology

## LICENSURE

Clinical Psychologist, Washington Board of Health. June 1996 – present.

Clinical Psychologist, Virginia Board of Health. September 1989 – 1996.

## EMPLOYMENT HISTORY

### **Clinical and Consulting Psychologist in Private Practice (1993 – present)** **Seattle, WA (1995 – present); Richmond, VA (1993- 1995)**

Provide brief and long term psychotherapy to individuals and couples, particularly in the areas of pre and perinatal health, posttraumatic stress disorder, and grief/loss. Act as mediator for health care providers and their distressed patients. Provide consultative and psycho-educational services to area organizations such as Postpartum Support International, Northwest Association for Postpartum Support, La Leche League of Washington, Attachment Parenting International, Catholic Charities, Pacific Association for Labor Support, Infant and Early Childhood Education Association, and RESOLVE. With my husband and business partner ran the pilot study group for the Gottman Institute's Bringing Baby Home project. Conducted psychodrama training groups for mental health and medical professionals. Delivered supervision to mental health professionals seeking licensure.

## **Instructor, Seattle Midwifery School, Seattle, WA (1996 – present)**

Continually develop and teach a year- long sequence of classes in counseling skills for student midwives. The classes are designed such that the initial quarter focuses on the development and strengthening of core counseling skills; the second and third quarters cover special topics that frequently emerge during a pregnancy (alcohol and substance abuse, body image and eating disorders, domestic violence, stress management, sexual abuse history, and pregnancy related loss); and the final quarter focuses on enhancement of the transition to parenthood as well as the etiology, prevention, and treatment of postpartum mood disorders. The classes provide students with a variety of didactic and experiential training approaches, and there is a specific emphasis on recognizing and addressing personal strengths and vulnerabilities.

## **Clinical and Administrative Director (1988- 1993)**

Center for Experiential Learning, Richmond, VA

Responsible for program development, client intake and referral, agency crisis management, interagency liaison, and clinical staff training and supervision. Designed and implemented a special-topics weekly supervision group for clinical staff, a psychodrama training program for health professionals, and a series of special-topic weekend workshops for clients. Provided individual and group therapy to adults. Responsible for public relations, personnel management, and administrative staff training and supervision. Developed and implemented record-keeping procedures in accordance with Virginia state law and ethical standards of practice. Provided consultative services to the following organizations: (1) Planned Parenthood of Virginia – training and education to counseling staff regarding a variety of reproductive health issues; (2) Family and Children’s Services – development and implementation of a Posttraumatic Stress Assessment and Treatment Program, delivered to staff treating low-income victims of violence and other traumatic life events; (3) Catholic Charities of Richmond - training regarding issues of adoption, attachment, and counseling of biological and adoptive parents; (4) RESOLVE of Virginia - public lectures and consultative services concerning the psychological correlates of fertility challenges, attachment and separation, and the counseling of biological and adoptive parents; (5) Richmond chapter of the Endometriosis Association – consultative services around development of a support group network.

## **Crisis Intervention Specialist (1989) and Clinical Services Supervisor (1986 – 1988)**

Chesterfield Community Mental Health Center, Chesterfield, VA

Crisis Intervention Specialist: Provided emergency psychiatric evaluations; acute posttraumatic stress response treatment for police, firefighters, and emergency medical personnel; short term therapy services for persons with stress responses. Worked with county police and judicial systems to facilitate proper placement and treatment of persons undergoing involuntary commitment.

Clinical Services Supervisor: Responsible for training and education of staff at day treatment and residential programs for the chronically mentally ill; coordinated programs of community, clinical, and crisis intervention services; liaison between staff and community services director; supervised paraprofessional staff working with the day treatment community recipients, provided extensive individual and group therapy as well as case management services.

## **Psychology Intern, VA Medical Center and Swedish Hospital, Seattle, WA (APA approved) 1985 – 1986**

Family Practice Residency Training Program, Swedish Hospital. Acted as supervisor/consultant for medical residents. Provided videotape and live supervision for residents offering medical care to individuals and families. Provided individual and group therapy for selected patients in the family practice system. Facilitated a post-abortion treatment group. Participated in treatment planning, case conferences, faculty meetings, and ongoing research projects. Supervisor: Margaret Heldring, Ph.D.

Behavioral Pain Service, VAMC. Co-facilitated two psycho-educational groups regarding management of chronic pain symptoms (i.e., stress management, biological basis of pain, cognitive strategies for coping with pain and its socio-emotional components, communication skills). Acted as consult-liaison for departments of Surgery,

Orthopedics, Neurology, Urology, and Psychiatry. Conducted several hours per week of couples and individual psychotherapy. Supervisor: James Moore, Ph.D.

Inpatient Substance Abuse Unit, VAMC. Co-facilitated process-oriented small groups, structured training groups in communication/social skills, behaviorally oriented post-treatment group for couples, and daily therapeutic milieu community groups. Conducted two to three assessments per week and provided test feedback to patients in small group settings. Acted as patient coordinator and treatment planner for assigned individual patients. Supervisor: Dennis Donovan, Ph.D.

Outpatient Mental Health Unit, VAMC. Provided ongoing individual psychotherapy to veterans requiring outpatient treatment for substance abuse, posttraumatic stress disorder, and situational stressors.

### **Adjunct Faculty, Virginia Commonwealth University, Department of Psychology (1984 -1985)**

Taught three sections of “Introduction to the Helping Relationship,” a course designed to expose students to the basic skills necessary to implement paraprofessional helping relationships. Prepared and presented series of didactic lectures, developed role play scenarios, and supervised students’ performance of counseling skills. Provided ongoing training in psychotherapy theory and technique.

### **Group Facilitator, Health Improvement Systems, Incorporated, Richmond, VA (1984)**

Conducted a physician referred and hospital based weight loss group for the Richmond community. Program addressed both behavior and socio-emotional issues, and ran 2.5 hours per week for 20 consecutive weeks. Supervisor: Chris Cooke, Ph.D.

### **Group Facilitator, Blood Glucose Awareness Training for Diabetics (1984)**

Behavioral Medicine Unit, Blue Ridge Hospital, University of Virginia, Charlottesville, VA

Conducted a physician referred group designed to train diabetics to more accurately predict and monitor blood glucose levels. Treatment geared toward increasing utilization of home blood glucose monitors, enhancing self-knowledge and control, and decreasing high risk behaviors associated with hyper and hypoglycemia. Supervisor: Daniel Cox, Ph.D.

### **Stress Management Counselor, Student Counseling Center (1983 – 1984)**

Virginia Commonwealth University, Richmond, VA

Responsible for initial intake, diagnosis, and assignment of student clientele. Designed and facilitated stress management/anxiety reduction programs for both groups and individuals using strategies derived from the works of Jacobsen, Suinn, Beck, Ellis, and Meichenbaum. Combined educational and experiential approaches focusing on increased self awareness, behavioral monitoring, skill building, and relaxation training. Acted in public relations capacity for program. Supervisor: Napoleon Peoples, Ph.D.

### **Research Assistant, Department of Psychiatry (1982 – 1983)**

Medical College of Virginia, Richmond, VA

Assisted psychiatric staff with two research projects involving schizophrenic patients: one concerning genetic predisposition of mental illness, one concerning the alleged “therapeutic window” effect of antipsychotic medications. Interviewed family members of schizophrenic patients, constructed genetic charts for each family, and conducted psychological testing with identified patients. Conducted library research and co-authored research publication.

**Administrative Secretary, Accreditation Office, American Psychological Association  
(1980 – 1981)**

Washington, D.C.

Reviewed program and annual reports, assisted in analysis of the data and preparation of graphic materials for same; responded to incoming research requests, acted as information provider to written and telephone inquiries, assisted in administration of the Visiting Psychologist Program.

**Counselor, Washington Surgi-Clinic, Washington, D.C. (1978 – 1980)**

Counseled clients in regard to psychological and medical aspects of abortion, provided contraceptive counseling, acted as medical assistant to the attending physician. Conducted bi-weekly gynecological clinics in which I was responsible for: patient intake, scheduling, information distribution, fee determination, collection, billing, and supply control. Also handled review, selection, and presentation of written information for clients.

**Teaching Associate, Georgetown University Medical School, Washington, D.C.  
(1978 – 1981)**

Taught medical students the technical and attitudinal skills necessary to perform competent pelvic and breast examinations; led small group discussions regarding the social, psychological, and medical aspects of these exams; conducted guided role play situations; demonstrated exams and instructed students individually through examination process; was responsible for the development and revision of written material for students.