

SUSAN T. LINDAU, LCSW

License No. LCS 19232

310.440.2021

lindau@usc.edu

Academic Positions:

Part time Lecturer, School of Social Work, University of Southern California. Research Methods for Mental Health (625), Methods of Social Work Practice with Individuals (543), Families, Groups and Complex Cases (545), Clinical Practice with Service Members and Veterans (641), The Military Family (640), Mental Health and Human Behavior (605), Group Psychotherapy in Mental Health Practice (694). Also teach in the USC MSW program on line (2012). 2006 - present.

Member of UCLA Medical Institutional Review Board for research proposals with human subjects in cancer treatment. 2009 - 2012.

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

Cedars-Sinai Medical Center. Six-week seminars, "Introduction to DBT" for 3rd and 4th year psychiatry residents. 2002 - 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. Assignments include Ft. Bragg, NC and a wide variety of Army Reserve and National Guard unit activities throughout Los Angeles and Orange Counties. 2009 - present.

Intensively trained DBT Therapist: 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). June 2000 - present.

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

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

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

During the years between 1980 and 1995 I ran my own catering business A Couple of Friends (San Francisco), completed an MFA in film production (at USC), worked a variety of jobs in the film industry and worked as a legal secretary (San Francisco and Los Angeles).

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 planing for implementation of welfare related legislation).

Consultant to US Senate Committee on Housing, performed research on low income housing in Detroit and Chicago, proposed revisions to the HUD low income housing program incorporated into Federal legislation.

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

Training:

Mentalization Based Treatment, sponsored by the Borderline Personality Disorder Initiative of NPI - UCLA and the Anna Freud Centre, Anthony Bateman, MA & Peter Fonagy, PhD, trainers, September 2010.

Mindfulness Based Cognitive Therapy for preventing relapse in depression. Sponsored by University of California San Diego. February 2006.

Certified Dialectical Behavioral Treatment therapist: Completed intensive training in December, 2000. Additional DBT training: How to Run the DBT Skills Group (2002) and DBT in Individual Treatment (2004), Implementation of revised Emotion Regulation module for DBT Skills Training, San Francisco, (2010), Implementation of Prolonged Exposure to treat PTSD in survivors of enduring trauma, San Francisco (2011).

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:

“Mindfulness for 21st C. Stress: Managing Combat Trauma,” Naval Center for Combat and Operational Stress Control, San Diego, May 23, 2012, University of Hong Kong, Hong Kong, December 20, 2011, “Mindfulness: Bah Humbug,” (December 2012) and “Mindfulness Based Cognitive Therapy” for preventing relapse in depression (2008) Health Network International, Paris, France.

“Transitions: Surviving your Child’s Enrollment in College,” Parent’s Weekend 2011, USC.

Instructor in the Community Immersion Program for entering Social Work Students, 2010 to present.

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

Certified by Board of Behavioral Sciences to provide six week training: “Ordinary Treatment in Extraordinary Times: DBT skills for non-DBT therapists”. Given at several clinics in LA County including Bella Vita Center for Eating Disorders.

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), fundamental instructions for clinicians and consumers for working with emotional dysregulation. Additional website: www.susantlindau.com.

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.

Research articles and training on Mindfulness Skills for Cancer Survivors and their Partners throughout LA County (2006).

Research articles on mental health issues in several regional newspapers.

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

Comfort Food, novel completed (2012) currently with two agents.

Education:

Sanville Institute for Clinical Social Work, Berkeley and Los Angeles, CA, PhD program. Enrolled September 2012.

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