

Linda Goodman Pillsbury, LCSW

Certified EMDR Therapist • Individual and group therapy • Behavioral Parent Training

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EDUCATION

- 2002-04 **MSW, University of Southern California School of Social Work.**
Concentration, Mental Health. Dean's List (GPA 3.85 or higher).
- 1973-77 **AB, Harvard University, Cambridge, Massachusetts.** Graduated cum laude in Fine Arts.
- Non-Degree:**
- 2009 EMDRIA Certified EMDR Therapist: advanced training, consultation, evaluation
- 2006 EMDR Parts 1 & 2, 40 hours, EMDR Institute
Conflict Resolution Training—Dispute Resolution Program, 30 hours, Loyola Law School
- 2001 Domestic Violence Advocate Training, 40 hours. YWCA, Glendale, CA.

WORK EXPERIENCE

- 2008-present **Private Psychotherapy Practice**
Adults, teens, Children, Couples; EMDR
- PATH Achieve Glendale**
Lead parenting and stress management groups. Provide individual EMDR/ trauma therapy for homeless and shelter clients. Past field Instructor for USC Social Work Intern.
- 2006-2007 **Pasadena Recovery Center, Residential drug and alcohol treatment facility**
Counselor/Case Manager. Individual and group therapy, case management for adults (ages 18-60).
- 2006 **Five Acres Residential Treatment Program, Level 12 facility**
Unit Clinician for cottage of 10 emotionally disturbed/abused girls ages 6-10. Individual and group therapy; worked with County Social Workers, relatives, residential child care workers, family therapists, psychiatrists, attorneys, school personnel and volunteers to coordinate treatment.
- 2004-2006 **Central Valley Youth & Family, San Fernando Valley Community Mental Health Ctr.**
Youth Contact, Mental Health Clinician I. Individual and family therapy for elementary, middle and high school children and their families. Worked with teachers and school resource personnel to coordinate care. Linked families with community resources. Organized and co-facilitated behavioral parenting groups. DMH paperwork proficient.
- 2004 **Macdonald Carey East Valley Mental Health Center, SFVCMC**
Through Associated Staffing Resources, Inc., temporary therapist at adult out-patient county contract facility.
- 2003-2004 **Kaiser Permanente, Department of Psychiatry, student intern.**
Second year field placement: Individual, couple, family, and group therapy, including crisis intervention, for adults, children and adolescents.
- 2003 **UCLA Parenting & Children's Friendship Program, summer intern.**
Worked with parent adolescent conflict reduction group and parent training group for children ages 2-12.
- 2002-2003 **Huntington Hospital Employee Assistance Program, student intern.**

First year field placement: Provided outpatient individual psychotherapy to hospital employees and hospice family members. Facilitated support group for depressed women. Conducted psychosocial intakes and co-facilitated a psychotherapy group at Della Martin, Huntington's in-patient psychiatric facility.

1988-2008 **President/publisher, Perspective Publishing Inc.**
Published award-winning books which help parents with everyday problems: discipline, friendship problems, talking with their children, balancing work and family, challenging and inspiring kids. Editorial, Design, PR and Marketing; Business and management for total of 13 books. For parents: *Win the Whining War & Other Skirmishes* (in English and Spanish) and *"The Answer is NO" Saying it and sticking to it* by Cynthia Whitham, MSW; *Good Friends Are Hard to Find* by Fred Frankel, PhD; *Before She Gets Her Period* by Jessica Gillooly, PhD; *If Your Child is Bipolar* by Cindy Singer and Sheryl Gurrentz; *The Guilt-Free Guide to Your New Life as a Mom* by Sheryl Gurrentz; *The Summer Camp Handbook* by Christopher Thurber, PhD and Jon Malinowski, PhD; *Better Than Take-Out (& Faster, Too)* by Pamela Marx; and *Survival Tips for Working Moms* by Linda Goodman Pillsbury. For children: *America's Daughters* by Judith Head; *The Invasion of Planet Wampetter* and *Mission to California* by Samuel H. Pillsbury.

1980-88 **Various jobs in the entertainment industry**

1977-79 **News, educational and corporate communications, Jacksonville, FL**

RELATED VOLUNTEER COMMUNITY EXPERIENCE/MEMBERSHIPS

Current **Glendale Domestic Violence Task Force: member**
The Soldiers Project: volunteer therapist
Therapists for Social Responsibility: member planning committee
Social Action Committee, Temple Sinai of Glendale, immediate past chair
Get on the Bus: volunteer counselor for Mother's Day prison visit, bus co-coordinator
Glendale Area Mental Health Professionals Association (GAMHPA): member
NASW: member

Past **Glendale Commission on the Status of Women, Commissioner**
PATH Achieve Glendale (Homeless): formerly volunteer therapist; now under contract
Direct service volunteer at women's drop-in center in Ottawa, Canada, 2007
Special Friend to two girls in child welfare system
Co-facilitated support groups for survivors of Domestic Violence
Lived in Chile (for six months in 2000) and volunteered with four-year-olds at government orphanage.

PUBLICATIONS

Pillsbury, L. G. & Jacobs, S. (Eds.). (1988). *Childcare Los Angeles 1988-89*, Los Angeles: Perspective Publishing.
Pillsbury, L. G. (1990). *Childcare Southern California*. Los Angeles: Perspective Publishing.
Pillsbury, L. G. (1994). *Survival Tips for Working Moms*. Los Angeles: Perspective Publishing.

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