

Laura Havstad, PhD | Clinical & Family Psychologist

CURRICULUM VITAE & PROFESSIONAL RESUME

Laura Havstad, PhD
Licensed Psychologist
California License, PSY 6690

PERSONAL

Born: June 3, 1951, Los Angeles, California
Oldest sister of 2 younger brothers
Married, 3 children ages 27, 24, and 20
Residing and Working in Sonoma County California since 1979

EDUCATION

January 1980: Ph.D., University of Southern California. Clinical Psychology
Doctoral research on weight loss and weight loss maintenance as aspects of family emotional process
August 1977: M.A., University of Southern California, Clinical Psychology
Masters thesis on the topic of communicative competence and cooperation in mother-child interaction
June, 1974, B.A. University of California at Davis, Psychology

Special Training in Family Systems

June 1980, Completed 4 years of the Special Postgraduate Training Program in Family Systems Theory and Family Psychotherapy, Georgetown University Family Center, Department of Psychiatry, Directed by Murray Bowen, MD, pioneer in family systems theory and family psychotherapy

Academic Honors and Citations

Associate Member, Sigma Xi Honorary Scientific Research Society 1979
Graduated with Honors, U.C. Davis, 1974

CURRENT PROFESSIONAL COMMITMENTS

Clinical Practice & Consulting

1979 to present. Private Practice of psychotherapy, counseling and family therapy with a broad range of clinical disorders and relationship problems. Especially experienced in marital therapy, family therapy of childhood disorders, families of the developmentally disabled, depression, anxiety, alcohol recovery, job stress, transitions and loss, emotional process and physical illness and family therapy with psychotic disorders. Family system consultation and evaluation from for a broad range

of clinical disorders. Consulting to mental health professionals on family evaluation and family therapy. Consultation and coaching to clergy, executives and managers on their emotional system and leadership problems at work.

Teaching Family Systems

1989 to present. Founder & Director of Programs in Bowen Theory, founded in 1989 for the purpose of providing education and training in Bowen Family Systems Theory and Family Psychotherapy to mental health professionals, including the medical community. Programs in Bowen Theory became incorporated as a non-profit educational organization in 2004. Includes sponsoring widely publicized conferences annually.

1989 to present. Training seminars in Bowen family systems theory for health and human services professionals, managers, leaders and consultants.

Speaking on Family Systems

1980 to present. Speaking and presenting on family systems theory and its applications: see a list of presentations below.

Editorial Consultant

1994 to present. Family Systems. A journal devoted to publishing articles on Bowen Family Systems Theory and its applications. First volume published spring, 1994.

Professional Organizations

Redwood Psychological Association, Sonoma County, California

Association for Psychological Science, Washington DC

PROFESSIONAL HISTORY

1984 -1992. Behavioral Science Faculty, Family Practice Residency, Community Hospital, Santa Rosa, California, with an appointment as Clinical Assistant Professor, Division of Family and Community Medicine, University of California, San Francisco. Responsibilities included teaching Family Practice physician residents, evaluation and psychotherapeutic principles in addition to providing psychological consultations to them regarding hospital and clinic patients.

Certificate of Appreciation presented by the Residency program in 1987 for Excellence in Teaching.

1980 to 1982. Staff Psychologist, Sonoma State Hospital, Eldridge, California. State facility for the Developmentally Disabled. Assessment, Behavior Therapy, Psychotherapy, Consultation to Hospital Staff and Specialists on Emotional Behavior.

1977-1979. Internship, Children's Hospital of California, Division of Psychiatry. Child and Family Therapy, Psychological Testing, Emotional disorders, Learning disabilities, Child Abuse and Child Sexual Abuse, Psychological and Emotional complications of physical illness and hospitalization.

1976-1977. Psychology Trainee. Veterans Administration Hospital, Sepulveda, California. Psychosomatic and Liaison Consultation serving patients originally in contact with medical services. Assessment and psychotherapy. Emotional problems of chronic pain, dialysis and stroke patients as well as other hospitalized patients.

1975-1976. Psychology Trainee. Human Relations Center, a counseling and psychotherapy service at the University of Southern California, Clinical Psychology Department.

1974-1975. Psychology Trainee. University Affiliated Project, Children's Hospital of Los Angeles. Child Assessment and Therapy. Family Therapy. Emotional, Developmental and Learning Disabilities.

SELECTED PUBLICATIONS AND PRESENTATIONS

Leading and Following with Bowen Theory, September 25, 2009 Invited presentation to the 31st Pittsburgh Family Systems Conference and Symposium – Into the Future: A Bowen Family Systems Perspective on Leadership. Western Pennsylvania Family Center, Pittsburgh, PA.

Hypotheses From Bowen Theory: Testing theory while interpreting and integrating the descriptive data of Psychology. Presented to the Theory Meeting of the Bowen Center for the Study of the Family, in Washington DC, via webcast, June 2009.

A Conversation with Andrew Ward, Ph.D, standing in for Lee Ross, Ph.D: The Person and the Situation, June 22, 2008. The 20th Annual Conference on Bowen Family Systems Theory and its Applications: Understanding the Emotional System: The Individual and the Group in Natural Systems. Emeryville, California.

Normal Levels of Differentiation: Implications for Relationships and Psychotherapy, June 17, 2006, Presentation to the 18th Annual Northern California Conference on Bowen Family Systems Theory and its Applications: Differentiation of Self: Recent Perspectives, Rohnert Park, California.

Helping and the Emotional System, July 19, 2003, Presentation to the 15th Northern California Conference on Bowen Family Systems Theory and its Applications, Sonoma State University, Rohnert Park, California.

Psychology and the continuum of differentiation, Nov. 4, 2001. Presentation to the Annual Symposium on Family Systems Theory and Psychotherapy, Georgetown Family Center, Washington D.C.

Psychological Aspects of Differentiation, July 1, 2001, Presentation to the 13th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

The Position of the Symptomatic one, June 30, 2000, Presentation to the 12th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California

Learning in the Emotional System: Triangles and Who Gets What From Whom and How June 29, 1999. Presentation to the 12th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

What Bowen Did: an Overview of the annual symposium presentations from 1964 to 1989, June 27, 1998. Presentation to the 10th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Psychology, Physiology & the Emotional System: Theory & Practice, June 28, 1997, Presentation to the 9th Annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Family Risk Factors In Health and Illness, March 14, 1997, Invited presentation for symposium on Biopsychosocial Approaches to Primary Care at the 28th Meeting of the Association of Applied Psychophysiology and Biofeedback, San Diego, California.

In and Out of the Emotional System: 20 Years With Bowen Theory, June 29, 1996, Presentation to the 8th Annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Towards an Integrated Theory of Human Psychology, June 23, 1995, Presentation to the 7th Annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Psychology as a Natural System, November 14, 1993, Presentation to the Annual Symposium on Family Systems Theory and Psychotherapy, Georgetown Family Center, Washington D.C.

Bowen Family Systems Theory, 1992, Invited presentation to a meeting of the Redwood Psychological Association, Santa Rosa, California.

Bowen Theory and Psychology as Science, 1992. Invited presentation to the Georgetown Family Center Conference on Bowen Theory and Science, Washington D.C.

On the Place of Bowen Theory in Science, 1985, Presentation to the Georgetown University Family Center Symposium on Family Systems Theory and Psychotherapy, Washington D.C.

Fischmann-Havstad, L. & Marston, A.R., 1984, Weight Loss Maintenance as an Aspect of Family Emotion and Process. British Journal of Clinical Psychology, Vol. 23, 265-271.

Limiting Factors in the Effort to Modify Family Cut-Offs, 1983, Presented to the Georgetown University Family Center Conference on Divorce, Washington D.C.

Westerman, M.A., & Havstad, L., 1982, Communicative competence and its relationship to psychopathology and the issue of control in disturbed and satisfactory caretaker-child interactions. In K. Nelson (Ed.), Children's Language, Vol.3. New York: Gardner Press.

Process and Impact of Working Through Multigenerational Cut-Offs, 1981. Invited address to a conference on Family Systems Theory and Therapy, sponsored by the Institute of Intergenerational Dynamics, Minneapolis, Minnesota

Fusion's Impact: Stress Reactivity and Attachment in the Family System: March 12, 2011, A one day conference for the 30th Annual Conference of the Marin County California Association of Marriage and Family Therapy, San Rafael, California.

1978 to present, Many less formal presentations and invited discussions on family systems theory and psychotherapy, symptom development, teaching, workplace, children, and differentiation of self to various professional and training groups.