

# Linda Goodman Pillsbury, LCSW

Certified EMDR Therapist • EMDRIA Approved Consultant • Certified Brainspotting Therapist

Individual and group therapy • Licensed Clinical Social Worker, LCS License # 24069

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[www.lgpillsbury.com](http://www.lgpillsbury.com)

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## EDUCATION

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- 2002-2004**     **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:

EMDR (Eye Movement Desensitization and Reprocessing) :

Parts 1 & 2, 40 hours, EMDR Institute; EMDRIA Certified EMDR Therapist; EMDRIA Approved Consultant; Early Trauma Clearing training - Katie O'Shea, 14 hours

Brainspotting (Trauma Treatment):

Phases 1, 2 & 3, 8 days; Certified Brainspotting Therapist

Havening Techniques®: 2 days; Havening Techniques® Certified Practitioner

Trauma Resiliency Model (Somatic therapy): Level 1, 3 days

Advanced Integrative Therapy (AIT) Basic Training, 3 days

International Institute for Restorative Practices Certified Conference Facilitator

Conflict Resolution Training—Dispute Resolution Program, 30 hours, Loyola Law School

Domestic Violence Advocate Training, 40 hours. YWCA, Glendale, CA.

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## WORK EXPERIENCE

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- 2008-present**     **Private Psychotherapy Practice**  
Adults, teens, Children; EMDR, Brainspotting, Havening®
- 2008-2013, 2020**     **Ascencia (formerly PATH Achieve Glendale )**  
Provide individual EMDR/trauma therapy for homeless and shelter clients. Led parenting and stress management groups. Past field Instructor for USC Social Work Intern.
- 2014-present**     **Days of Healing, Intensive Trauma Healing Workshops**  
6-14-hr. intensive trauma healing workshops. Glendale Domestic Violence Project. The Francisco Homes reintegration transitional housing. Grandview Foundation drug treatment program. Ascencia Homeless Services.
- 2014-2016**     **A.R.C. (Anti-Recidivism Coalition)**  
Provided individual and group trauma therapy, restorative group meetings and group presentations to formerly incarcerated.

- 2006-2007**      **Pasadena Recovery Center, Residential drug and alcohol treatment facility (adults 18-60)**  
Counselor/Case Manager. Individual and group therapy, case management.
- 2006**            **Five Acres Residential Treatment Program, Level 12 facility**  
Unit Clinician for 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. Organized and co-facilitated behavioral parenting groups.
- 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**

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**RELATED VOLUNTEER COMMUNITY EXPERIENCE/MEMBERSHIPS**

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- Current**        **EMDR Connect, local education and networking group, co-founder and co-organizer**  
**Refugee Children Project, organize and coordinate a group of volunteer therapists**  
**EMDR Humanitarian Assistance Program: consultation, facilitator**  
**Member: Glendale Area Mental Health Professionals Association (GAMHPA),**  
**EMDRIA, NASW, CAMFT**
- Past**            **Co-led Trauma and spirituality group for incarcerated youth at Sylmar Juvenile Hall**  
**Get on the Bus: volunteer counselor for Mother's Day prison visits, bus co-coordinator**  
**The Soldiers Project: volunteer therapist**  
**Social Action Committee, Temple Sinai of Glendale, past chair**  
**Glendale Commission on the Status of Women, Commissioner**  
**Safe Family Task Force (local Domestic Violence Task Force): member**  
**PATH Achieve Glendale (Homeless): formerly volunteer therapist**  
**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**

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**PUBLICATIONS**

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- 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*. LA: Perspective Publishing.