

CURRICULUM VITAE  
LAURIE LEVENTHAL- BELFER, PHD  
CA LICENSE PSY 13235

**Private Practice**

4275 Los Palos Ave  
Palo Alto, CA 94306

**Adjunct Lecturer at Stanford University** in the  
Department of Psychiatry & Behavioral Sciences  
Stanford University School of Medicine

**Board Member of Stanford Medicine Alliance  
for Inclusion, Disability and Equity (SMAIDE)**

**SMAIDE Disability Mentorship Program**

**EDUCATION**

Stanford University Medical Center 1990-1991

Postdoctoral Fellowship in Clinical Psychology  
Department of Psychiatry & Behavioral Sciences  
Division of Child Psychiatry & Human Development

Lucille Packard Children's Hospital at Stanford/ 1989-1990

Children's Health Council  
Pre-doctoral Internship in Clinical Psychology

University of California, Berkeley 1984-1990

PhD, Clinical Psychology

University of Chicago 1982-1983

M.A., Social Sciences

Tufts University 1975-1979

B.A., Magna Cum Laude

### **CLINICAL EXPERIENCE**

Private Practice 1995- present

Individual Psychotherapy with young children, adolescents, couples, and families. Assessments of social-emotional issues. Work with children presenting with stress and anxiety related to school, health issues, and social relationships. I also work with children, adolescents, and adults who are either on the Autism Spectrum or who have a family member with an Autism Spectrum Disorder. Founder of a group program for women who are married to high functioning men who have been diagnosed with Asperger's Disorder, Autism Spectrum Disorder, or who have characteristics of ASD.

The Friend's Program - Private Practice 2002-present

Founder and Director of a therapeutic program that addresses the needs of elementary and middle school students on the Autism Spectrum and their families. The program consists of two therapeutic groups meeting concurrently: the children's group and a mandatory support and education group for their parents. The Children's group focuses on the children's social verbal and non-verbal communication with peers, capacity to play, emotional regulation, pragmatic communication and sensory regulatory issues: "SPECS". The group is designed to look like a play group and addresses the challenges that the children experience during transitions and collaborative projects as they move between different activities and settings.

The Children's Health Council 1992-2002

Creator and Director of The Friend's Program, a therapeutic program for children aged 3-8 who had difficulty adapting to social situations at home and in school. The program provided consultation to the child's school, dyadic and family therapy, and included research on the diagnostic and therapeutic process.

Postdoctoral Fellowship 1990-1991

The Children's Health Council

Child and Family therapy with preschoolers, school age children, and adolescents. Mental health evaluations for infants and preschool children. Primary investigator of a study on the long-term effects on parents and their relationship of having a child "survivor" of childhood cancer.

Day Care Project 1990-1992

The Children's Health Council

Mental Health consultant for an interdisciplinary team providing services to childcare providers, such as individual child consultation, curriculum consultation, staff development.

Infant Mental Health Consultant 1985-1989

Marilyn Reed Lucia Child Care/Study Center at UCSF

Psychology Intern 1985-1987

Psychology Clinic, UC Berkeley

Parent-Infant Development Services 1980-1984

Child Psychiatry, The University of Chicago

Directed the Mother's Group and participated in the development of The Parent-Infant Development Services (PIDS).

**RESEARCH EXPERIENCE**Disruptive Behavior in preschool children 1997-1999

Primary investigator of a study on the diagnoses of preschool children referred to CHC with the presenting problem of disruptive/ADHD like behavior. The study established an

assessment protocol that integrates the Zero to Three Diagnostic Criteria for young children with DSM-IV criteria.

Preschool Children's Narratives about their Child Care Experiences 1993-1997

Primary investigator of a study that examined young children's perceptions of their relationships with their primary caregivers, teachers, and peers. The narratives also look at the children's perceptions of daily stresses and their capacity to cope with these stresses.

Long Term Effects of Childhood Cancer 1991-1992

Primary investigator for a study on the long-term effects that "surviving" childhood cancer may have on the child and his/her parents. The study examined areas of continuing concern for the parents, their ways of coping with these concerns, and the ways that the medical and mental health community may help them.

Dissertation Research Spring 1990

*Child Care, Parents, and Partners: A New Perspective*

The study investigated aspects of parental satisfaction with their child care arrangements and how this relates to the parent's mental health and adaptations to parenthood when their first child was 6, 12, 18, and 42 months old.

Master's Thesis Research Spring 1986

*Parental Stress, Coping, and Marital Satisfaction: A Study of Parents of Children Who Were Born Prematurely*

The study examined the long-term impact that a premature birth may have on the child and his/her family's mental health.

Research Assistant for the Becoming a Family Project 1985-1988

Co-Principal Investigators: P.A.Cowan & C.P. Cowan

A longitudinal study on the impact the transition to parenthood had on women, men, their marriage, parenting, and the development of their children. Director of the research team that examined the parents and children's adaptation to school.

## TEACHING - PRESENTATIONS

### PRESENTATIONS

**“Lived Experiences of Psychopathology and Disability Among  
Clinical Psychological Scientists”** Association of Psychological Scientists (APS) **May 28, 2022**

**“To Disclose or Not To Disclose: The Inclusion Of Students,  
Colleagues and Staff with Mental Health Disabilities,”** at the Stanford 3rd Annual  
Conference on Disability in Healthcare and Medicine. Speaker (SMAIDE) **April 23, 2022**

**“College with Mental Health, Learning and Developmental  
Challenges”** Special Education-Community Advisory Council **October 7, 2020**  
Los Altos, Mountain View, Palo Alto

Guest Lecturer, **“The Friends Program”** in Dr. Eileen Crehan’s: **September 9, 2020**  
“Autism Across the Lifespan” Elliot Pearson Department of  
Child Study and Human Development at Tufts University.

Author Series Bala Cynwyd Library Via Zoom: **September 23, 2020**  
**College on the Autism Spectrum.**  
**A Parent’s Guide to Student Mental Health & Wellbeing.**

Speaker at the Diversity & Inclusion Lunch Series **July 10, 2020**  
The Stanford Department of Psychiatry and Behavioral Sciences  
*The Importance of Being Attuned to Clients Within the Context of the Larger System:  
Their identity, preferred pronouns, Family, Community, SES,  
And Attitudes Towards Mental Health*

Presentation: 2019 Bay Area Adult Autism/DD Conference. **November, 2019**

Sponsored by The Stanford Autism Center and The  
Autism Society for San Francisco Bay Area.  
College on the Autism Spectrum. A Parents' Guide to  
Student's Mental Health and Wellbeing

Lecture: Stanford University: Vaden Health Center CAPS Didactic. April, 2017  
Adults on the Autistic Spectrum.

Stanford Department of Psychiatry and Behavioral Sciences April, 2017  
Stanford University School of Medicine  
Division of Child Psychiatry.  
Lecture for the Advanced Cognitive Therapy Course: The Friends Program

Adjunct Clinical Assistant Professor 1993-2017  
Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

Adjunct Seminar Instructor: Asperger's Syndrome 2004-2008  
Children's Health Council &  
Stanford University Department of Psychiatry & Behavioral Sciences

Supervision for Clinical Psychology Practicum Students, from Palo Alto University  
In The Friends Program. 1993-Present

### **PUBLICATIONS**

Leventhal-Belfer, L (March, 2020) College on the Autism Spectrum. A Parent's Guide to  
Student Mental Health and Wellbeing. London: Jessica Kingsley Publishers.

Leventhal-Belfer, L (2013) *Who Needs Friends? A Guide to The Friends Program. An Intervention Program that helps Young Children on the Autism Spectrum/ Asperger's Disorder and their Parents explore and expand their social world.* Charleston, SC: Createspace.

Leventhal-Belfer, L (2008) *Why Do I Have To? A Book for Children Who Find Themselves Frustrated by Everyday Rules.* London: Jessica Kingsley Publishers.

Leventhal-Belfer, L. & Coe, C. (2004) Asperger Syndrome in Young Children: A Developmental Approach for Parents and Professionals. London: Jessica Kingsley Publishers.

Leventhal-Belfer, L., Baker, A., & Russo, C. (1993) Parents of childhood cancer survivors: A descriptive look at their concerns and needs. Journal of Psychosocial Oncology, Vol. II (2)

Leventhal-Belfer, L., Cowan, P.A., & Cowan, C.P. (April 1992) Satisfaction with childcare arrangements: Effects on adaptation to parenthood. American Journal of Orthopsychiatry. 62 (2)

Leifer, M., Wax, L. & Leventhal-Belfer, L. (1989) The use of multi-treatment modalities in early intervention: A quantitative case study. Infant Mental Health Journal,

## **MEMBERSHIPS**

American Psychological Association (APS)

The Division of Child and Adolescent Psychology

Association for Psychological Science (APS)

California Psychological Association

Society for Research in Child Development (SRCD)