

Laura Elizabeth Bafford Leslie, LCSW #57814
Austin, TX

- CURRENT SOCIAL WORK EMPLOYMENT LBL Austin Trauma Therapy, Austin, TX
April 2016 ~ Present
Facilitator of Trauma-Informed Group & Individual Therapy with specialization in Internal Family Systems (IFS) therapy, in conjunction with Neuroscience, Attachment, Mindfulness, Psychoeducation
- PENDING PhD Professional Practice in Psychological Perspectives, Canterbury Christ Church University, England, in collaboration with the Taos Institute, USA.
Program Acceptance: September 2019
Research question: How might Internal Family Systems (IFS) principles impact a correctional facility that houses young adult men, ages 18 to 25? Thesis: A proposed collaboration with correctional officers and prison mental health clinicians to establish a coherent rehabilitative ecosystem that explores and advances a more generative treatment of young offenders to enhance their self-worth and reduce recidivism
- PUBLICATIONS *A Bedside Book About Us: From Attachment to the Infinite*, Author
Published 2019, Available on the IFS website: <https://ifs-institute.com>
A lovely guide to our inner world for the layperson, our clients, friends and family, for ourselves, with a gentle introduction to Internal Family Systems woven throughout. This book is an entry into a thought-provoking mosaic of topics that support the eight C's of Self and is the first in a series about who we are and who we can become, with an emphasis on IFS.
- Life in Travis Heights* magazine, "Carefully Selected" Columnist
August 2016 ~ July 2019
Explorations from the therapy room for the general public
- RECENT SOCIAL WORK EMPLOYMENT Austin Lakes Hospital Outpatient Services, Austin, TX
June 2013 ~ July 2017
Developer of and Therapist for Trauma-Focused IOP three days per week, with weekly individual therapy; therapies and resources utilized include Internal Family Systems (IFS) therapy, Attachment, Neuroscience, CBT, Psychoeducation, Acceptance & Commitment Therapy (ACT), Mindfulness, Emotion Freedom Technique (EFT)/tapping and Ted Talks/videos to enhance mental health
- GRADUATE EDUCATION The University of Texas at Austin, Austin, TX
School of Social Work MSSW Graduate Program
Fall 2011 ~ Spring 2013
Grade Point Average: 4.0
Phi Alpha Honor Society Member
- UNDERGRAD EDUCATION Sacred Heart University, Fairfield, CT
Fall 2010 ~ Spring 2011
Upper-level courses to enhance graduate school preparation, GPA: 4.0
- Duke University, Durham, NC
B.S. Zoology with an emphasis on Environmental Studies
cum laude

CURRENT &
RECENT
CONTINUING
EDUCATION/
LICENSING

The Center for Self Leadership International Level 3 Training: Specialized Advanced Retreat, led by Richard C. Schwartz, PhD, Founding Developer of Internal Family Systems, held at the Mandali Retreat Center, Quarna Sopra, Italy November 19 ~ 24, 2019

Advanced training to further develop skills in IFS therapeutic techniques, with daily demonstrations by Dick Schwartz,

The Center for Self Leadership IFS: Healing the Addictive Process, led by Cece Sykes, IFS Senior Trainer, held in Austin, Texas

April 12 ~ 13, 2019

This two-day workshop explored how behaviors become compulsive, looked at hidden traps to recovery and addressed compassion-based interventions to reveal and heal underlying burdens; included demonstrations led by the senior trainer

The Center for Self Leadership Level 3 Training: Specialized Advanced Retreat, led by Richard C. Schwartz, PhD, Founding Developer of Internal Family Systems, held in Del Ray Beach, Florida

December 18 ~ 22, 2018

Advanced training to practice and hone skills in IFS therapeutic techniques, with daily demonstrations

The Center for Self Leadership, Level 1 Training, PA (Program Assistant) to Lead Trainer Chris Burrus, LMFT, LPC, held in Austin, TX & Delray Bch, FL February & April 2018

Working as an assistant to the Lead Trainer for this introductory, retreat-style training in the IFS model

The Center for Self Leadership Level 2 Training: IFS, Trauma & Neuroscience, led by Richard C. Schwartz, PhD & Frank G. Anderson, MD, held in Chicago, IL November 3 ~ 8, 2017

An IFS retreat-style training that focused on techniques for working with clients who have trauma histories, supported by lectures in relevant neuroscience

IFS Continuity Program, led by Richard C. Schwartz, PhD, Founding Developer of Internal Family Systems therapy

April 2017 ~ March 2018

A second yearlong online program that includes multiple monthly teachings by Dr. Schwartz and Lead Trainers, Q&A calls, and a private IFS Circle Facebook group with 500+ members. Focus: trauma and neuroscience, couples therapy, and addiction

The Center for Self Leadership, Level 1 Training: The Internal Family Systems Model, led by Chris Burrus, LMFT, LPC, held in Florida & Vermont February & June 2017

A retreat-style training that focused on the foundational aspects of IFS therapy, with didactic instruction, demonstrations and small group practice

Internal Family Systems Membership Program, led by Richard Schwartz, PhD, Founding Developer of IFS

April 2016 ~ March 2017

A yearlong, online program with multiple monthly teachings by Dr. Schwartz and Lead Trainers, Q&A calls, and a private IFS Circle Facebook group with 500+ members

Post-Graduate Program in Trauma Studies, led by Bessel van der Kolk at the Justice Resource Institute, Brookline, MA

October 2015 ~ June 2016

A nine-month online course teaching the foundation of trauma treatment, attachment and relational engagement, treatment foundations, regulation, dissociation, trauma experience integration, and enhancing competency & future directions of treatment

EMDR, Level 1 & Level 2 Training, led by Rick Levinson, LCSW, EMDRIA-Approved Basic Training Provider, held in Austin, TX

February 12, 2016 ~ May 1, 2016

A two-and-a-half-month course in the history, evidence-based research and practice of Eye Movement Desensitization & Reprocessing, with two 3-day workshops and five consultations with the instructor

ATTENDANCE
AT
RELATED
SEMINARS,
WORKSHOPS,
RETREATS &
CONFERENCES

“Healing the Trauma That Surrounds Medical Syndromes: A Two-Day Live IFS Masterclass with Dr. Lissa Rankin and Richard Schwartz, Ph.D.”

August 13 ~ 14, 2022

A two-day online workshop led by Dr. Rankin with Richard Schwartz and contributions by Harvard Medical School faculty member, Jeffrey Rediger, MD, MDiv, they focused on developmental trauma, the relationship between trauma and disease, and Rankin’s six steps toward healing from her book, “Mind Over Medicine.” Dick Schwartz conducted several live IFS demonstrations over the two days.

“Internal Family Systems” led by Richard C. Schwartz, PhD, a workshop held at the Cape Cod Institute, MA.

July 4 ~ 8, 2022

A five-day workshop that highlighted the core concepts of Internal Family Systems, legacy burdens, couples therapy and addiction treatment through the lens of IFS. Live demonstrations were held at least once daily.

“The I in the Storm: Bringing Self Leadership to Everyday Life,” led by Richard C. Schwartz, PhD, a retreat held at the Esalen Institute in Big Sur, California

February 14 ~ 18, 2022

A five-day retreat that explored the Internal Family Systems model as both a mental paradigm and therapeutic approach to healing; this program focused on how to bring Self energy to challenging relationships and situations. Demos were conducted twice daily.

“Frontiers in Trauma Treatment,” led by Bessel van der Kolk, MD, a workshop held at the Cape Cod Institute, MA.

August 16 ~ 20, 2021

A five-day workshop that focused on the history of trauma perspectives in the mental health field and advocacy for a greater understanding of how trauma impacts both the brain and body, with an emphasis on current neuroscientific research. Numerous approaches to healing trauma were explored.

“Internal Family Systems,” led by Richard C. Schwartz, PhD, a workshop held at the Cape Cod Institute, MA.

August 9 ~ 13, 2021

A five-day workshop that focused on the core concepts of IFS, legacy burdens, couples therapy and the current research on psychedelic-assisted psychotherapy in collaboration

with IFS therapy. Demos were conducted on several days.

“Trauma and the Internal Family Systems Model: Releasing Personal and Legacy Burdens,” led by Richard C. Schwartz, PhD, an online workshop
March 4 ~ 5, 2021

A two-day workshop focused on unloading the beliefs and emotions acquired through our personal experiences or absorbed from family, peers, ethnic groups and cultural contexts regarding ourselves and/or groups with whom we identify, as well as groups we consider “other;” the sources of these burdens and the fears of releasing them were explored; daily demonstrations by Dick Schwartz

“The Treatment of Trauma in the IFS Model,” led by Richard C. Schwartz, PhD, held at the New York Open Center, New York City, NY
April 25, 2020

An all-day, remote workshop focused on the Internal Family Systems multiplicity of mind paradigm and its approach to healing trauma from a Self-to-parts perspective, with Q&A

“Self-Compassion in Inner and Outer Relationships,” led by Richard C. Schwartz, PhD, held at the Esalen Institute, Monterey, CA
February 2 ~ 7, 2020

Second year in attendance at an annual retreat with the Founder of Internal Family Systems therapy to explore its core concepts that apply to relationships in and beyond the therapeutic setting. Dr. Schwartz also conducted one-on-one demos each day, followed by in-depth examinations of the process and its results

“IFS Without Borders: Exploring the Universality of Self Leadership,” led by Richard C. Schwartz, PhD, held in Denver, Colorado
September 26 ~ 28, 2019

Annual IFS conference offering workshops that include Trauma; Addiction; Couples, Family, Parenting & Children; Mind, Body & Spirit, and IFS Beyond Therapy

“Internal Family Systems Therapy: Embodying the Healing Wisdom,” led by Richard C. Schwartz and Sarah Stewart, held at Kripalu Institute, Stockbridge, MA

August 4 ~ 9, 2019

This workshop presented the core elements of Internal Family Systems therapy, daily exercises and demos led by Dr. Schwartz, and provided opportunities for rich discussions about the value of IFS both in a therapeutic setting and in the real world

2019 SAND (Science And NonDuality) Conference, hosted by Co-Founders, Maurizio & Zaya Benazzo, at the Titignano Castle, Orvieto, Italy
July 2 ~ 7, 2019

Annual retreat that brought together experts from around the world in the fields of neuroscience, quantum physics and cosmology in association with writers, scholars and practitioners in the fields of religion, spirituality, mental health and mindfulness to explore the contribution of humanity within the unfolding universe

“Self-Compassion in Inner and Outer Relationships,” led by Richard C. Schwartz, PhD, held at the Esalen Institute, Monterey, CA
January 27 ~ February 1, 2019

This retreat allowed 30 participants to gather daily with the Founder of Internal Family Systems therapy to explore its core concepts that apply to relationships in

and beyond a therapeutic setting. Dr. Schwartz also conducted one-on-one demos each day, followed by in-depth examinations of the process and its results

“New Horizons for IFS: Self Leadership as a Universal Human Paradigm,” led by Richard C. Schwartz, PhD, held in Providence, RI
November 8 ~ 10, 2018

Annual IFS conference focused on the diverse venues into which Internal Family Systems Therapy is being employed outside of the therapeutic setting, including in educational (at all levels), community and business venues

MAPS (Multidisciplinary Association for Psychedelic Studies) led by Founder and Executive Director, Rick Doblin, PhD, held in Pittsburgh, PA
July 13 ~ 15, 2018

Conference on the research toward legalization and application of psychedelics and marijuana for the treatment of mental health disorders that include PTSD, depression, anxiety, addictions and end-of-life challenges in cancer patients

2018 SAND (Science And NonDuality) Conference, hosted by Co-Founders, Maurizio & Zaya Benazzo, at the Titignano Castle, Orvieto, Italy
July 3 ~ 9, 2018

Annual retreat that brought together experts in the fields of neuroscience, quantum physics and cosmology in association with writers, scholars and practitioners in the fields of religion, spirituality, mental health and mindfulness to explore the path of humanity within the unfolding universe

IFS & Spirituality workshop led by Richard C. Schwartz, PhD & Flint Sparks, Austin, TX, March 9 ~ 11, 2018

A weekend workshop that explored the intersection of Internal Family Systems and Zen Buddhist teachings

“Self-Led Activism: Releasing Your Inner Change Agent,” led by Richard C. Schwartz, PhD, held in Providence, RI
October 27 ~ 29, 2017

Annual IFS conference focused on ways that mental health practitioners and related professionals can advocate for their clients, patients, students, etc., with five half-day workshops that included working with the incarcerated population, practicing psychodrama therapy, and utilizing sound in therapy from the latest in neuroscience

“Internal Family System & Spirituality,” led by Richard Schwartz, PhD & Loch Kelly, MDiv, LCSW, held at the Mandali Retreat Center, Quarna Sopra, Italy

June 10 ~ 15, 2017

A 5-day residential retreat where participants explored the relationship between Self and awareness through exploration of IFS and Buddhist frameworks enhanced by experiential practices

“Mind, Consciousness and the Cultivation of Wellbeing: Transformation Through the Lifespan,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 17 ~ 19, 2017

16th Annual IPNB conference focusing on perspectives and practices that foster a sense of wellbeing and enhance higher states of consciousness; topics included Buddhist

perception of love, Mindfulness Based Stress Reduction (MBSR), Complementary & Integrative Medicine (CIM) and the art & science of self-compassion.

“All Parts Are Welcome? Examining the Exiles in Our Culture and in Us,”
led by Richard Schwartz, PhD, held in Providence, RI

November 11 ~ 13, 2016

Annual IFS conference focusing on exiles, with five half-day workshops related to trauma treatment and development of Self in the therapist, including: treating the cycle of self-destructive behaviors by working collaboratively with parts, mastering the extremes of trauma and dissociation, and accessing and living with Self.

“The Cultural Lens in Psychotherapy: Identity, Empowerment and Context,”
led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 4 ~ 6, 2016

15th Annual IPNB conference exploring the implications of cultural factors in therapeutic treatment with an emphasis on the social brain, modern relationships and implicit influences on behavior

“We are the Tools of our Trade: How the Therapist’s Own Attachment Patterns Shape Therapy,” led by David Wallin, PhD, held in Austin, TX

November 7, 2015

A presentation on the role of attachment in healing, growth and change, and the influence of therapists’ own attachment history in their efforts to help their patients

“Bringing Right-Brained Grieving to a Left-Brained World: Using Attachment and Interpersonal Neurobiology to Humanize Our Approach to Grief,”

led by Candyce Ossefort-Russell, LPC-S, held in Austin, TX

June 5, 2015

A presentation on approaches to healing grief from an Attachment and Interpersonal Neurobiological perspective, with clinical case footage from numerous therapeutic interventions.

“Cross-Discipline Trauma Conference of Central Texas,” led by
Bruce D. Perry, MD, PhD, held in Austin, TX

March 30, 2015

A daylong conference focused on the neurosequential model of the brain to address the clinical, social and educational implications of trauma in children

“ACEP EFT Training and Certification Program: Professional Skills I,”

led by Shannon Horine, MPA, M.Ed., LPC, ACP-EFT, held in Austin, TX

March 28 ~ 29, 2015

A 2-day workshop to introduce a contemporary healing approach based on meridian energy systems from ancient Chinese acupuncture and acupressure

“Play, Creativity, Mindfulness & Neuroscience in Psychotherapy,” led by
Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 6 ~ 8, 2015

14th Annual IPNB conference exploring the value of play, creativity, and mindfulness to stimulate client resilience and enhance therapist presence during client sessions.

“Exploring the Triple Flame: Attachment, Intimacy and Sexuality Seminar,”
led by Esther Perel, MA, LMFT, held in Austin, TX

November 15, 2014

A daylong conference for clinicians to address the conflicting needs in clients' quest for secure love and attachment while pursuing passion in their relationships

“Affect Regulation & Healing of the Self,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 14 ~ 16, 2014

13th Annual IPNB conference focusing on affect regulation and healing in mental health

“ACT Boot Camp,” led by Steven C. Hayes, PhD & Kelly G. Wilson, PhD, held in Orlando, FL

September 5 ~ 8, 2013

A 4-day intensive workshop exploring elements of Acceptance & Commitment Therapy and its application in the therapeutic setting

“First Annual UT at Austin Military Conference,” led by Allen Rubin, PhD in the Joe C. Thompson Conference Center, Austin TX

April 11 ~ 13, 2013

Volunteer and attendee at 3-day event that focused on Veteran treatment considerations, including Cognitive Processing Therapy, Exposure Therapy and Virtual Reality Exposure Therapy

“How People Change: Relationships & Neuroplasticity in Psychotherapy,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 8 ~ 10, 2013

12th Annual IPNB conference where numerous experts in the field of mental health and brain science presented on neuroscientific considerations in the therapeutic setting to enhance emotion regulation and higher functioning relationships

Dr. Bessel van der Kolk’s “Trauma Center Summer Training Institute: The Complexity of Adaptation to Trauma Workshop,” led by Joseph Spinazzola, PhD, with Trauma-Informed Yoga specialist, Dave Emerson, Cape Cod, MA
July 23 ~ 26, 2012

1st Annual trauma seminar focusing on new perspectives of assessment and diagnosis for children with multiple adverse childhood experiences; the transformative power of yoga, movement & play, improvisational theatre; treatments for dissociation related to childhood abuse and neglect

“Toward a New Psychology of Interpersonal Relationships,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 9 ~ 11, 2012

11th Annual IPNB conference focusing on neuroscience, attachment research and mental health

“Healing Moments In Trauma Treatment,” led by Daniel J. Siegel, MD, held at UCLA in Los Angeles, CA

March 11~13, 2011

10th Annual IPNB conference, included models for trauma treatment, integration aspects of the mind/body connection, ways to use brain research in clinical treatment, and models designed to foster mindfulness in clients

“Mindfulness Seminar,” led by Jon Kabat-Zinn, PhD, held at Dr. Bessel van der Kolk’s Justice Resource Institute in Brookline, MA
January 6, 2011

Topics included mindfulness benefits and applications, associated neural circuitry and personal stories of mindfulness practices with clients

“Adult Attachment, Interpersonal Neurobiology and Psychotherapy Conference,” led by Daniel J. Siegel, MD, Mary Main, PhD & Erik Hesse, PhD, held at UCLA in Los Angeles, CA

December 10 ~ 12, 2010

A look at research and findings of the Adult Attachment Interview and how brain neuroplasticity can be utilized to effectively transform insecure forms of attachment

“Mindsight: A New Approach to Psychotherapy Seminar,” led by Daniel J. Siegel, MD, held in Ellicott City, MD

November 19, 2010

An introduction to Mindsight concepts, including the principles of brain neuroplasticity, the “nine domains of integration,” the “triangle of well-being” and the “plane of possibility,” and their application to the practice of psychotherapy

“Frontiers of Trauma Workshop,” led by Bessel van der Kolk, MD and Dana Moore, MAR, MA, held at Kripalu in Stockbridge, MA

October 29 ~ 31, 2010

A 3-day workshop with discussions regarding recent research on EMDR, Neurofeedback and Yoga as effective therapeutic healing modalities for trauma; both presenters led group experiential exercises to demonstrate interpersonal practices that enhance emotion regulation and self-awareness

“Mindsight: The New Science of Personal Transformation Workshop,” led by Daniel J. Siegel, MD, held at Kripalu in Stockbridge, MA

April 9 ~ 11, 2010

An introduction to various models associated with integration and well-being and their neural equivalents with discussion of clinical cases and group participation

GRADUATE SCHOOL INTERNSHIPS

The Austin VA Outpatient Clinic, Austin, TX

January 2013 ~ May 2013

Final Field Internship at the VA Mental Health Department, under the supervision of Jennifer Wood Silva, LCSW and Dr. Michael Uebel, PhD, LCSW, with primary

duties to co-facilitate multiple support groups and classes, conduct individual therapy, provide logistical support to Dr. Uebel and advance comprehensive patient care within the VA system and local community; CPRS.

Austin Travis County Mental Health Public Defenders Office, Austin, TX

March 2012 ~ May 2012

Working under the supervision of Valerie Whiting, LCSW, responsibilities included client case management and re-entry planning for individuals from the Travis County Correctional Facility. Mid-semester internship transfer to ATCMHPD office was arranged after Austin State Hospital supervisor became ill.

Austin State Hospital, Austin, TX

September 2011 ~ February 2012

*Working in the COPSD (Co-Occurring Psychiatric and Substance Use Disorders)
Department under the supervision of Jo Ann Brandon, LCSW, conducting individual
and group therapy sessions with psychiatric patients, occasionally taking on a patient
advocacy role with other ASH providers.*

VA SEMINARS:
@ AUSTIN VA
OUTPATIENT
CLINIC

“Shame & Guilt,” led by Dr. Michael Uebel, PhD, LCSW

January 24, 2013

Phenomenology of shame and guilt

“Chronic Pain Management,” led by Sherry Caine, PhD

January 31, 2013

Types of pain, assessment & comprehensive treatment plan components

“Addictions & Substance Use Disorders,” led by Scott Steiner, PhD

February 21, 2013

Associated substance use and mental health considerations in Veterans

“Mutual Storytelling,” led by Albert Cantara, PhD

February 28, 2013

The personal narrative and its role in mental health

“Hierarchy of Basic Psychological Needs,” led by Sharon Wills, PhD

March 21, 2013

Predominate psychological needs of Veterans & disruption outcomes

“Complex PTSD & Dissociative Disorders,” led by Scott Steiner, PhD

April 4, 2013

Assessment and treatment considerations of these mental health disorders

@ TEMPLE
VA MEDICAL
CENTER

“Motivational Interviewing,” led by Victor Pendleton, PhD

March 13, 2013

Strategies for MI application in dual diagnosis Veteran population

RELATED
IPNB
EDUCATION

MINDSIGHT 8-week online courses with a focus on the latest in
neuroscience and Interpersonal Neurobiology, taught by Dr. Daniel J. Siegel

January ~ June 2012

IPNB Year Three: Teaching and Learning from the Inside Out

March ~ June 2011

*IPNB Clinical Immersion II & III- Treatment Planning & Therapeutic Interventions
Foundations of Mindsight II & III- Brain Fitness & IPNB and Relationships*

January ~ February 2011

IPNB Clinical Immersion I- Clinical Assessment

Foundations of Mindsight I- IPNB from the Inside Out

September ~ October 2010

Foundations of Mindsight IV- IPNB for Psychotherapists: The Mindful Therapist

COMMUNITY

WarriorWorks, nonprofit Founder & President

August 2012 ~ May 2013

Our Mission: Finding new and meaningful ways for Veterans to transition home. I conceived this nonprofit and coordinated all aspects of its development, including putting together a small team of volunteers, coordinating with local companies and Veterans organizations to provide multiple opportunities for Warriors to integrate into the Austin community, designed an interactive website, and participated in the Dell Social Innovation Challenge Competition.

ECHO Point-In-Time Homeless Count/Austin, Volunteer
January 2012 & 2013

Identified homeless individuals and conducted surveys; this effort provides important information for HUD to determine state funding.

EARLY
PROFESSIONAL
HISTORY

After college, my 7-year career in videotape editing commenced with a job at CNN in Atlanta, GA. I subsequently trained on the cutting-edge videotape editing systems of the day and worked for two commercial post-production facilities in Atlanta. After working as the Head Editor for the second Atlanta facility where I designed the editing suites and supervised the other members of the edit staff, I was hired by Editel/NY. I worked at this nationally renowned facility until I married and moved to Connecticut to raise a family, substitute teach math and science at a private educational institution, and ultimately return to graduate school.

ADDITIONAL
MEMBERSHIPS

Circumnavigators Club Member since 1998
NASW Member since 2012
Association for Contextual Behavioral Science (ACBS) Member since 2013
Austin-IN-Connection (AINC) Member since 2013
Austin Group Psychotherapy Society (AGPS) Member since 2016
Global Association for Interpersonal Neurobiology Studies (GAINS) Member since 2016

ADDITIONAL
LICENSURE S

Private Pilot, Instrument Rating, 1994
Certificated Private Pilot License, Single-Engine, Land, 1993