



Elizabeth Nyblade, Ph.D.
Clinical, School and Forensic Psychologist

I'd like you to have some information about me and about the work I do. I hope this will answer your first questions.

Please ask me any other questions about my background or qualifications that you feel would be helpful to you.

Credentials: I received my license to practice psychology in 1977 from the State of Washington. In 1981 I received initial certification as a school psychologist and in 1984, permanent certification as a school psychologist. I received the state credential to supervise a domestic abuse program in 2004. The State has also certified me in other areas of practice including work with the elderly, children, and those with developmental disabilities. The license for independent practice requires that I show documentation of continuing psychological education to renew my credentials.

Training: I received my B.A. from Oberlin College (Ohio) in 1969. I earned my doctorate in Clinical Psychology with a minor in Developmental Psychology in 1976 from the Department of Psychology at the University of Washington. This program is accredited by the American Psychological Association (A.P.A.). I completed a pre-doctoral internship in 1975 in the A.P.A.-accredited program at University Hospital in Seattle, Washington. I completed a year of supervised residency prior to receiving my license to practice independently as a psychologist.

Experience: I practiced as a psychologist for four years at the community mental health center in Friday Harbor, Washington (1975-1979), then worked for four years, part and full time, at Western Washington University as an Assistant Professor of Psychology. I taught undergraduate and graduate classes, such as psychology of adolescence, family counseling, gender roles, testing and assessment, and the introductory clinical sequence, called the community mental health track.

I entered private practice as a clinical and school psychologist in 1981 and have worked in Bellingham as a Clinical, School and Forensic Psychologist since that time.

During my thirty-five years of professional practice, I have periodically worked for agencies or schools as an employee or an independent contractor in one or more areas of my specialty. As a School Psychologist, I worked part-time for the Bellingham School District for two years, evaluating students and formulating educational plans for them.

I worked for four years, part-time, for St. Luke's Hospital on the Rehabilitation Ward, evaluating and treating patients who were recovering from physical diseases and injuries. I have worked by contract for a variety of agencies such as the Department of Social and Health Services, law enforcement agencies, community mental health centers and social service agencies.

In 1993, I started a full-service private mental health clinic (Sehome Behavioral Health) and became its Clinical Director. My work expanded to include administrative

management and clinical supervision of psychology interns and residents, master's level counselors, and family health specialists. I also worked as Testing Director, supervising the psychological evaluation program, and coordinating the legal response program. I had administrative responsibilities in a domestic violence program as well. In 2003, I began work at Care Medical Group, ExpressCare as a health psychologist and Director of the Mind/Body Health program. I returned to full-time private practice in 2004. In 2008 I accepted a position as a school psychologist once again, and worked for Concrete School District, San Juan Island School District and Ferndale School District until 2012. During those years I saw patients in Bellingham on a part-time basis but since 2012, I have once again been full time in private practice.

Specialties: I continue to practice as a therapist and as an evaluator, but I now focus largely on therapy.

As a psychotherapist, I work with couples, individuals and groups. I see people for a variety of problems, especially relationship difficulties, depression, anxiety and domestic violence issues. I have special training and interest in trauma treatment, improving sexual functioning, and gender concerns. I work with families about parenting issues, child discipline and improving family functioning.

As a health psychologist, I help patients to take charge of their own medical symptoms and care by working with the mind-body interface. This has included working with headaches, Irritable Bowel Syndrome, insomnia and other medical conditions that are affected by stress.

Treatment Style: As a psychotherapist, I place great emphasis on trying out and using new points of view to understand painful past events, or to cope with current stressors. I like to help people question old beliefs and habits, as well as learn new ones that will prove more satisfying. I have great respect for the physical aspects of problems like depression or learning disorders, and I encourage additional medical treatment where it may be helpful. When working with relationship difficulties, I help couples reach agreements on their differences, and I work well in situations of high conflict. Overall, I take a very active role in the process of psychotherapy.

I enjoy doing short-term, problem-centered therapy with individuals who focus on a short-term goal. I also see many people who want to make larger changes or come to a higher level of functioning in several different areas.

I believe that people can heal and change if given information, opportunity, and support. It is a great joy to work with people as they grow, and it is an honor for me to participate in the healing process

Professional Standards: As a licensed psychologist, I am accountable for my work with you. Psychologists have strict ethical and professional standards in the areas of continuing education, confidentiality, and relationships with clients. If you have any concern about how I am working with you, I hope that you will discuss this with me. If you still feel that I have been unprofessional or unethical, you may call the Department of Health Professional Licensing Services in Olympia at (360) 236-4700.