

CURRICULUM VITAE

Wendy David, Ph.D. PLLC

Licensed Clinical Psychologist: WA #1661 (1993 - Present)

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Formally Wendy Pava

The Seattle Clinic, LLC

- Licensed Clinical Psychologist

WA Department of Veterans Affairs

- Licensed Clinical Psychologist, PTSD Trauma Counseling Program

WA State Department of Services for the Blind

- Licensed Clinical Psychologist

Business Address:

- P.O. Box 31025, Seattle, WA 98103

PROFESSIONAL EXPERIENCE

- 1989 - Present: Private Practice and Consultation Services, Seattle, WA.
- Licensed clinical psychologist for individuals and couples providing psychotherapy for trauma, depression, anxiety, sleep disturbance, eating disorders, interpersonal relationships and adjustment to disability.
 - Independent Practitioner at The Seattle Clinic, LLC (2023 – Present).
 - Independent Practitioner at Seattle Psychology, PLLC (2014 – 2023).
 - WA Department of Veterans Affairs (2015 - Present).
 - Licensed clinical psychologist for veterans and family members in King County focusing on PTSD and readjustment issues.
 - Consulting Psychologist: Washington State Department of Services for the Blind (1989 – Present).
 - Provide psychological services including assessments, evaluations, individual, group and family psychotherapy and training for clients and family members adjusting to vision loss and other disabilities.
 - Conduct training, workshops, and consultation for the rehabilitation and counseling staff.
- 1991 - 2015: Staff Psychologist: VA Puget Sound Health Care System.
- Women's Trauma & Recovery Center (WTRC), Seattle Division (1997 - 2015).
 - Provided all psychological services to outpatient female veterans who sustained military and sexual trauma while serving.
 - Performed diagnostic evaluations, program development, individual, group and couples' therapy.
 - Provided consultation and liaison, didactic training, and supervision to hospital staff, interns and residents.
 - Proficient in Cognitive Behavioral Therapy (CBT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Tele-Mental Health.
 - Conducted group therapies for PTSD, mood and anxiety disorders, sleep disturbance, substance abuse, eating disorders, interpersonal relationships and personal safety/self-defense.
 - Specialized Inpatient PTSD Unit (SIPU), American Lake Division (1991 - 1997).
 - Psychologist for inpatient residential program for male veterans with severe PTSD from

- o combat and war trauma.
- o Provided assessment and evaluation, individual and group therapy, research, program development, psychoeducation, didactic training and supervision of staff and interns.

- 2000 - 2015: Clinical Faculty: Department of Psychiatry & Behavioral Sciences, University of Washington, School of Medicine, Seattle, WA.
- Clinical Associate Professor, 2006 - 2015.
 - Clinical Assistant Professor, 2002 - 2006.
 - Clinical Instructor, 2000 - 2002.
- 1990 - Present: Invited Guest Lecturer and Instructor, Seattle, WA.
- Didactic seminars, workshops, and symposia developed for and presented to graduate students, psychology doctoral interns, and medical residents at the University of Washington, Seattle University and VA Puget Sound Health Care System.
 - Topics include PTSD, Military Sexual Trauma (MST), working with clients with disabilities, coping with grief/loss, evidence-based treatments and eating disorders.
- 2012 - Present: Clinical Supervisor, Seattle, WA.
- Independent and contract supervisor for Master's level therapists in community and academic programs acquiring licensure.
 - o Supervise therapy cases, documentation, business practices, ethical considerations and professional development.

EDUCATION

- 1991: Ph.D. Clinical Psychology, University of Washington, Seattle, WA.
- 1987: M.S. Psychology, University of Washington, Seattle, WA.
- 1977: B.A. Music Therapy, University of the Pacific, Stockton, CA.

PROFESSIONAL MEMBERSHIPS

American Psychological Association

Washington State Psychological Association

Association for Contextual Behavioral Science

Association for the Education and Rehabilitation of the Blind and Visually Impaired

PUBLICATIONS

PEER-REVIEWED ARTICLES

1. **David, W.S.**, Simpson, T. L., & Cotton, A. J. Taking Charge: A Pilot Curriculum of Self-defense and Personal Safety Training for Female Veterans with PTSD Because of Military Sexual Trauma. *Journal of Interpersonal Violence*, 21: 555-565, 2006.
2. **David, W.S.**, Simpson, T. L., Cotton, A. J., & Weitlauf, J. C. Making a Case for Personal Safety: Perceptions of Vulnerability and Desire for Self-Defense Training Among Female Veterans. *Journal of Interpersonal Violence*, 19(9): 991-1001, 2004.
3. **Pava, W.S.** Visually Impaired Persons' Vulnerability to Sexual and Physical Assault. *Journal of Visual*

Impairment and Blindness, March-April, 1994.

4. **Pava, W.S.**, Bateman, P., Appleton, M., & Glascock, J. Self-Defense Training for Visually Impaired Women. *Journal of Visual Impairment and Blindness*, December, 1991.

BOOKS AND CHAPTERS

1. **David, W.S.** (2010). *Sites Unseen: Travelling the world without sight*. Boston, MA: National Braille Press.
2. **David, W.S.** (2009). Foreword. In *Living safe: A self-management program for people with vision impairment* (pp i-ii). Perth, Western Australia: Curtin University of Technology.
3. **David, W.S.**, Kollmar, K., & McCall, S. (1998). *Safe Without sight: Crime prevention and self-defense strategies for people who are blind*. Boston, MA: National Braille Press.
4. **Pava, W.S.** & Bateman, P. (1996). *Transition to the American University Program, Course 2: Personal and Social Adjustment to Campus Life*. Winnetka, IL: The Hadley School for the Blind.

COMMUNITY AND VOLUNTEER ACTIVITIES

Board of Directors

- Guiding Eyes for the Blind, Inc. (2009 - Present)
- Ski for Light, Inc. (1996 - 2024)
- Association for the Education and Rehabilitation of the Blind and Visually Impaired (1995 - 1998)

Trustee

- Washington State School for the Blind, Gubernatorial Appointment (1993 - 1998)
 - Chair (1997 - 1998)
 - Vice-Chair (1996 - 1997)

Other Committee and Board Memberships

- Association for the Education and Rehabilitation of the Blind and Visually Impaired (1990 - Present)
 - Psychosocial Division, Chair (1990 - 1994)
 - Resolutions, Chair (2002)
- King County Veterans Taskforce (2013)
- American Council of the Blind
 - Scholarship Selection (1995 – 1997)
 - National Women's Concerns, Co-Chair (1993 – 1996)
 - Council of Families with Visual Impairment (1991 – 1994)
- Children's Hospital & Medical Center (1986 – 1990)
- WA Assembly for Citizens with Disabilities (1988 – 1989)
- King County Metro Advisory Council (1986 – 1988)

Peer Reviewer

- American Foundation for the Blind, *Journal of Visual Impairment and Blindness* (1994 - 1996)

HONORS AND AWARDS

2010: Veterans Administration 20-Year Service Award.
 2006: Robert M. Lambert Memorial Award, Association for the Education and Rehabilitation of the Blind and Visually Impaired, Psychosocial Division International Award.
 2003 & 2006: VA Special Contribution Award.

- 1990: Foundation for Science and the Handicapped, National Scholarship Recipient.
 1989: Western Pennsylvania School for Blind Children, National Research Grant.
 1989: Gatzert Child Welfare Fellowship Award.
 1987 & 1989: Opportunities for the Blind, National Scholarship Recipient.
 1986 & 1989: American Council of the Blind, National Scholarship Recipient.
 1986 & 1987: American Foundation for the Blind, Rudolph Dillman National Award.
 1985, 1986, 1987, 1988, 1989 & 1990: United Blind of Washington State, Scholarship Recipient.

SELECTED PRESENTATIONS AND SYMPOSIA

1. **David, W.S.** More than Meets the Eye: Mental Health Considerations in Clients with Visual Impairments: WA Department of Services for the Blind. Seattle, WA: April, 2016.
2. **David, W.S.** More than Meets the Eye: Mental Health Considerations in Clients with Visual Impairments: Northern Rockies Association for the Education and Rehabilitation of the Blind and Visually Impaired. Boise, ID: October, 2015.
3. **David, W.S.** Trauma Rescripting through Therapeutic Self-defense for Women Veterans with Post-Traumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST), American Lake Division. Tacoma, WA: October, 2015.
4. **David, W.S.** Trauma Rescripting through Therapeutic Self-defense for Women Veterans with Post-Traumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST), VA Puget Sound Health Care System, Seattle Division. Seattle, WA: July, 2014.
5. **David, W.S.** Trauma Rescripting through Therapeutic Self-defense for Women Veterans with Post-Traumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST). American Psychological Association Annual Convention. Honolulu, HI: July, 2013.
6. **David, W.S.** Preventing Burnout and Compassion Fatigue: Health and Wellness for Counselors. Washington Department of Services for the Blind. Tacoma, WA: June, 2013.
7. **David, W.S.** Quality, Safety, Values Poster Presentation: Offering Compassion through *Healing Hands*. VA Puget Sound Health Care System, Seattle Division. Seattle, WA: June, 2013.
8. **David, W.S.** Quality, Safety, Values Presentation: A Therapeutic Self-defense and Personal Safety Intervention for Women Veterans with PTSD from Military Sexual Trauma. VA Puget Sound Health Care System, Seattle Division. Seattle, WA: August, 2012.
9. **David, W.S.** Compassion Fatigue: Care for the Therapist. Association for Education and Rehabilitation of the Blind and Visually Impaired International Convention. Bellevue, WA: July, 2012.
10. **David, W.S.** Post-Traumatic Stress Disorder (PTSD): Diagnosis and Implications for Treatment and Rehabilitation. Association for Education and Rehabilitation of the Blind and Visually Impaired International Convention. Bellevue, WA: July, 2012.
11. **David, W.S.** New Directions in Accessible Travel: What's On the Horizon? Association for Education and Rehabilitation of the Blind and Visually Impaired International Convention. Bellevue, WA: July, 2012.
12. **David, W.S.** Benefits of Adaptive Sports for People with Disabilities: The Role of the Psychologist. VA Puget Sound Health Care System, Seattle Division. Seattle, WA: December, 2011.
13. **David, W.S.** Sites Unseen: Traveling the World without Sight. *Insight on Disability*. WCBM 680 Radio. Baltimore, MD: July, 2011.

14. **David, W. S.** Unraveling the Myth of Vulnerability. American Council of the Blind National Conference. Reno, NV: July, 2011.
15. **David, W.S.** Sites Unseen: Traveling the World without Sight. California Transcribers and Educators for the Blind and Visually Impaired State Conference. Oakland, CA: March, 2011.
16. **David, W.S.** Traveling the World without Sight. Massachusetts Council of the Blind. Boston, MA: November, 2010.
17. **David, W.S.** Sites Unseen: Traveling the World without Sight. *The Beacon*. CRIS Radio. Chicago, IL: August, 2010.
18. **David, W.S.** Sites Unseen: Traveling the World without Sight. Accessible World Classroom Webinar. July, 2010.
19. **David, W.S.** Treatment Considerations of Female Veterans with Histories of Military, Combat, and/or Sexual Trauma. Washington Mental Health Counselors Association. Seattle, WA: October, 2008.
20. **David, W.S.** PTSD: Diagnosis and Implications for Treatment and Rehabilitation. Washington State Department of Services for the Blind. Seattle, WA: November, 2006.
21. **David, W.S.** Disordered Eating: Assessment and Treatment. VA Puget Sound Health Care System, Seattle Division. Seattle, WA: May, 2006.
22. **David, W.S.** Taking Charge: Self-Defense Training as Exposure Therapy for Female Veterans with Histories of Sexual Trauma. Gender-Based Violence and Trauma Conference. Portland, OR: September, 2004.
23. **David, W.S.** Taking Charge: Self-Defense Training as Exposure Therapy for Female Veterans with Histories of Sexual Trauma. American Psychological Association 112th Annual Convention. Honolulu, HI: July, 2004.
24. Simpson, T.L., **David, W.S.**, Mariano, M.J., & Sewell, J.B. Group Interventions for Female Trauma Survivors. Washington State Psychological Association Spring Convention. Bellevue, WA: March, 2004.
25. **David, W.S.**, Cotton, A.J., Simpson, T.L., & Weitlauf, J.C. Taking Charge: A Curriculum of Self-defense and Personal Safety Training for Female Veterans with Military Sexual Trauma Poster Presentation. International Society for Traumatic Stress Studies Annual Convention. Chicago, IL: November, 2003.
26. Ruzek, J., Walsler, R., Weitlauf, J., & **David, W.S.** Why It Pays to Get Your Kicks: Mechanisms of Generalization in Self-Defense Interventions. Clinical Roundtable, 37th Annual Association for Advancement of Behavior Therapy Convention. Boston, MA: November, 2003.
27. **David, W.S.** Self-Defense Training as Exposure Therapy for Female Veterans with Histories of Sexual Trauma. VA Puget Sound Health Care System, American Lake Division. Tacoma, WA: September, 2003.
28. **David, W.S.** Novel Treatment Interventions for Women with PTSD: Personal Safety and Self-Defense Training. Mental Illness, Research, Education and Clinical Center National Conference. Portland, OR: May, 2003.
29. **David, W.S.**, Cotton, A., & Simpson, T. Taking Charge: A Curriculum of Self-Defense and Personal Safety Training for Female Veterans with Military Sexual Trauma. VA Puget Sound Health Care

System, Seattle Division. Seattle, WA: February, 2003.

30. Weitlauf, J., **David W.S.**, Ruzek, J., Westrup, D., & Lee, T. Why It Pays to Get Your Kicks: The Empirical Basis of Self-Defense Training as a Treatment for Women with PTSD. VA Palo Alto Health Care System. Palo Alto, CA: January, 2003.
31. **David, W.S.** & Warnke, J. Keeping Kids Safe Without Sight: Prevention and Safety Strategies for Children Who are Blind. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. Toronto, Canada: July, 2002.
32. **David, W.S.** & Warnke, J. When it's Not Just the Blues and Not Just Feeling Scared: Diagnosing Mood and Anxiety Disorders in Your Clients. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. Toronto, Canada: July, 2002.
33. **David, W.S.** Safe Without Sight: Crime Prevention and Self-Defense Strategies for People Who are Blind. Abuse of Children and Adults with Disabilities, International Convention. Riverside, CA: February, 2002.
34. **David, W.S.** Safe Without Sight: Crime Prevention and Self-Defense Strategies for People Who are Blind. VA Puget Sound Healthcare System, Seattle Division. Seattle, WA: December, 2000.
35. **David, W.S.** Safe Without Sight: Crime Prevention and Self-Defense Strategies for People Who are Blind. *Northwest Afternoon*, KOMO Television. Seattle, WA: April, 2000.
36. **David, W.S.** Personal Safety and Self-Defense for People Who are Blind. VA Puget Sound Healthcare System, Seattle Division. American Lake Division. Tacoma, WA: April, 1999.
37. **David, W.S.** Personality Typing and Team Interaction: Understanding Self and Others. Association for the Education and Rehabilitation of the Blind and Visually Impaired, Washington State Convention. Leavenworth, WA: October, 1998.
38. **David, W.S.**, Kollmar, K., & McCall, S. Safe Without Sight: Crime Prevention and Self-Defense Strategies for People Who are Blind, Part II. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. Atlanta, GA: July, 1998.
39. **David, W.S.**, Kollmar, K., & McCall, S. Safe Without Sight: Crime Prevention and Self-Defense Strategies for People Who are Blind, Part I. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. St. Louis, MO: July, 1996.
40. **David, W.S.** Families with Visual Impairment: Changes in Roles, Expectations, and Communication. University of Washington, Department of Psychiatry & Behavioral Sciences. Seattle, WA: September, 1995.
41. **David, W.S.** & Kollmar, K. Developing a Curriculum of Self-Defense and Personal Safety for Visually Impaired Clients. Center for the Visually Impaired. Atlanta, GA: May, 1995.
42. **David, W.S.** Psychosocial Issues in Career Counseling for People with Visual Impairments: Empowering the Counselor to Assist the Client. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. Dallas, TX: July, 1994.
43. **David, W.S.** Transitioning from High School to College: A Guide for Visually Impaired Students. Washington State Department of Services for the Blind. Tacoma, WA: July, 1994 & June, 1993.
44. **Pava, W.S.** Assisting Students with Disabilities: A Guide for Professors. University of Washington, Video Production. Seattle, WA: December, 1993.

45. **Pava, W.S.** Self-Defense and Personal Safety Considerations for Persons Who are Visually Impaired. American Council of the Blind National Convention. San Francisco, CA: July, 1993.
46. **Pava, W.S.** Substance Use Disorders, Trauma, and Disability. American Council of the Blind National Convention. San Francisco, CA: July, 1993.
47. **Pava, W.S.** Assault Prevention for People who are Visually Impaired. California Council of the Blind State Convention. Los Angeles, CA: November, 1992.
48. **Pava, W.S.** Assault Prevention for People who are Visually Impaired. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. Los Angeles, CA: July, 1992.
49. **Pava, W.S.** Coping and Adaptation in Families with Visual Impairment. American Council of the Blind National Convention. Phoenix, AZ: July, 1992.
50. **Pava, W.S.** Self-Defense Needs and Training for Persons Who are Visually Impaired. American Council of the Blind National Convention. Tampa, FL: July, 1991.
51. **Pava, W.S.** Self-Esteem in Families with Visual Impairment. American Council of the Blind National Convention. Tampa, FL: July, 1991.
52. **Pava, W.S.** Perceived Vulnerability and Self-Defense Needs of Visually Impaired Women. Alternatives to Fear. Seattle, WA: March, 1991.
53. **Pava, W.S.** Social Competence and Adaptation in Visually Impaired Children. Association for the Education and Rehabilitation of the Blind and Visually Impaired International Convention. Washington, DC: July, 1990.
54. **Pava, W.S.** Taking the Fear out of Disability. Information and Referral Services International Convention. Bellevue, WA: May, 1990.
55. **Pava, W.S.** Disability: Issues and Considerations. Viewpoint: KOMO Television. Seattle, WA: September, 1989.
56. **Pava, W.S.** Mental Health Services for Persons with Disabilities: Ethical Considerations and Attitudes. Washington State Psychological Association State Convention. Tacoma, WA: November, 1987.
57. **Pava, W.S.** Parent Training for Families with Conduct-Disordered Children: Effect on the Untreated Sibling and Parent-Child Interaction. Washington Psychological Association State Convention. Tacoma, WA: November, 1987.
58. **Pava, W.S.** Children with Disabilities: Interventions and Adaptations. Developmental Disabilities Planning Council National Conference. Seattle, WA: July, 1987.
59. **Pava, W.S.** Parenting with a Disability. Elliott Bay Health Associates State Convention. Ellensburg, WA: November, 1981.