

PETER HUME HUNSBERGER, Ed.D.
Licensed Psychologist
(Washington State Psychologist License #783)
(206) 547-1704

SUMMARY OF QUALIFICATIONS

Licensed Psychologist with 40 years of psychotherapy experience working with adults, teens, couples and families. Specialties: grief and loss, couple and family therapy, clinical hypnosis, EMDR.

Experienced practitioner of clinical hypnosis and EMDR (Eye Movement Desensitization and Reprocessing). Hold highest level of certification awarded by the American Society of Clinical Hypnosis.

Invited speaker at workshops and trainings for professionals and the public. Topics include helping men, couples and families deal with loss and trauma; gender differences in grief; couple communication; and self-care for caregivers.

Additional experience includes teaching, supervision, consultation, evaluations, publications, and work in organizational settings.

EDUCATION

Boston University, Boston, MA

Ed.D. in Counseling Psychology, 1980

Ed.M. in Counseling Psychology, 1977

-Graduate Scholar Award: full tuition, 1977-78

-Courses included neuropsychology and psychopharmacology

Harvard University, Cambridge, MA

A.B. in Government

-Courses with Erik Erikson and Paul Tillich

CLINICAL EXPERIENCE

Independent Psychology Practice, Seattle, WA: 1982 to present

-Psychotherapy with adults, adolescents, couples and families.

-Specialties are grief and loss, couple and family therapy, clinical hypnosis, EMDR.

Clinical Consultation Group, Seattle, WA: 1985 to present

-Member of weekly multidisciplinary psychotherapy peer consultation group, discussing problematic clinical, ethical and professional issues.

Virginia Mason Medical Center's Fertility and Reproductive Endocrinology Center:

Seattle, WA: 2003-09

-Designed and implemented enthusiastically received male partners' and couples' components of Mind-Body workshops for women: lead men's and couples' groups in these workshops.

St. Mark's Episcopal Cathedral, Seattle, WA: 1989-99

Staff Group Meeting Facilitator

-Facilitated monthly team-building meetings of core staff.

Hospice Consultation and Training, King County, WA: 1982-90

-Led long-term professional staff support groups at Hospice of Seattle, Hospice Northwest, Community Hospice, and Group Health Hospice.

-Started and led three-year clinical consultation group at Community Hospice.

-Trained staff and volunteers in grief counseling at Evergreen Hospice.

Greater Lakes Mental Health Center, Lakewood, WA: 1982-84

Staff Psychologist

-Outpatient psychotherapy, clinical supervision of staff therapists, and psychological testing.

Hospice of Seattle, Seattle, WA: 1981-83

Clinical Consultant

Co-founded Seattle's first hospice bereavement team, including program development, clinical supervision, and counseling of the dying and their families.

Seattle Mental Health Institute, Seattle, WA: 1980-81

Supervisor, Emergency and Community Support Services

-Supervised walk-in and telephone crisis interventions.

-Developed crisis outreach, screening and referral program.

-Designed and supervised case management program.

Mental Health Staff Member

-As staff member of day treatment program for acutely disturbed young adults, performed family and group therapies, multiple family therapy, Multiple Impact Therapy, and started phototherapy group with grant from Polaroid Corporation.

Massachusetts General Hospital, Department of Psychiatry, Boston, MA: 1977-78

Clinical Fellow in Psychology

-Performed intake evaluations, psychological testing and play therapy with children, and adult individual and group psychotherapy.

Lindemann Mental Health Center, Boston, MA: 1976-77

Psychotherapist

Outpatient therapy, including James Mann's Time Limited Psychotherapy model.

McLean Hospital, Belmont, MA: 1975-76

Mental Health Worker

- Nursing staff member on 26-bed locked psychiatric ward for patients age 13-60.
- Designed and led patient phototherapy group and basic living skills group.
- Elected to Nursing Education Committee, helped plan staff continuing education.

SELECTED PROFESSIONAL TRAINING

EMDR (Eye Movement Desensitization and Reprocessing) Institute

- Level I Training completed January 1996.
- Level II Training completed June 2001.
- Certification received 2004.

American Society of Clinical Hypnosis

- Introductory Training completed and Membership awarded 1983.
- Intermediate Training completed 1986.
- Advanced Training completed 1993.
- Certification and Approved Consultant in Clinical Hypnosis awarded 1994.

Additional training includes:

- Sex therapy
- Sports hypnosis
- Lifespan Integration
- Attention Deficit Disorder
- Anorexia nervosa and bulimia
- Critical Incident Stress Debriefing
- American Red Cross "Disaster Mental Health" training

PROFESSIONAL HONORS AND ACTIVITIES

Invited member of local panel of experts, "Living With Grief": four annual national teleconferences sponsored by Hospice Foundation of America, 1997-2000.

Washington State Father's Network, "Big-Time Daddy" Award, June 5, 1999.

Planning Committee and Faculty Member for "The Impact of Grief and Trauma on Couples", professional conference sponsored by Virginia Mason Medical Center's Separation and Loss Services, Seattle, WA, October 10, 1997.

Elected Ethics Committee Member of American Society of Clinical Hypnosis, 1990-93.

Elected Advisory Board Member of World Gathering on Bereavement, 1990-91.

Co-Chairman of Public Information Committee of Washington State Psychological Association, 1988-90.

PRESENTATIONS

“How to (and not) help a grieving person:” Keynote speaker at People’s Memorial Association Annual Meeting, Seattle, WA, April 13, 2013.

“Losing our mind: America’s failed medical model of psychotherapy:” Presentation at international conference of the Society for the Exploration of Psychotherapy Integration, Seattle, WA, May 16, 2009. Also at fall convention of Washington State Psychological Association, Seattle, WA, October 17, 2009.

“Marital Stress Through Infertility and Adoption:” Workshop at annual conferences of Resolve of Washington, Seattle, WA, 2006-2010.

“The Couple Relationship: the Secret Ingredient in the Infertility Process:” Keynote Speaker at Resolve of Washington annual conference: Seattle WA, May 20, 2006.

“When the Dream Explodes: Coping with Personal Loss” and **“Balancing Work, Family and Self: Making it Happen”**: Workshops presented at yearly statewide conference of the Washington State Fathers’ Network for fathers with special-needs children, Seattle WA, 1996-2007.

“Good Grief: Learning to Let Go”: Yearly grief workshops for parishioners and the public, at St. Mark’s Cathedral, Seattle, WA, 1985 to 2002.

“Healing After Disaster”: Public workshop on coping with the aftermath of the September 11 terrorist attacks, at St. Marks Cathedral, Seattle, WA, November 9, 2001.

“The Impact of Grief and Trauma on Marriages”: Presentation to professional affiliate members of Virginia Mason Medical Center’s Separation and Loss Services, Seattle, WA, January 23, 1997.

“Men Dealing with Loss: Finding our Own Ways to Grieve”: Workshop for bereaved men, presented at World Gathering on Bereavement, Seattle, WA, August 16, 1996. Also presented at National Conference of The Compassionate Friends, Seattle, WA, June 24, 1994.

“Survival Skills for the Caring Professional”: Lecture-discussions at annual conventions of Washington State Funeral Directors Association, Spokane, WA,

June 12, 1990, and Wenatchee, WA, September 19, 1994.

“Grief at the Heart of Addiction”: Presentation to Dual Disorders Coalition of Puget Sound training for chemical dependency counselors, Everett, WA, May 14, 1993.

“His and Hers: the Gender-Voiced Struggles of Heterosexual Marriage”: Presentation with Barbara Wilson, Ph.D. at Washington State Psychological Association statewide conference, Seattle, WA, September 14, 1991.

Keynote speaker on “Men’s Grief” at Western Washington Bereavement Coordinators Association annual meeting, Kirkland, WA, September 6, 1991.

“Helping Families to Cope with a Death”: Workshop for professional caregivers at World Gathering on Bereavement, Seattle, WA, August 15, 1991.

“Helping Individuals and Families to Cope with a Death”: Workshop for professional caregivers, cosponsored by the Washington State Psychological Association and Virginia Mason Medical Center's Separation and Loss Services, Seattle, WA, February 9, 1991.

“Caring for the Professional Caregiver”: Workshop for health professionals at Greater Western Conference of The Compassionate Friends, Seattle, WA, June 24, 1989. Also presented **“When a Grieving Parent Becomes a Caregiver”**, workshop for lay caregivers who are bereaved parents.

“Who to See and When: Ethical Issues in Couples Work”: Presentation with Barbara Wilson, Ph.D. at Washington State Psychological Association convention, Burien, WA, November 12, 1987.

“Adolescent Depression/Adolescent Suicide: a Tragedy That Can Be Prevented”: Lecture at All Schools Conference of Pacific Northwest Association of Independent Schools, Seattle, WA, October 12, 1986.

“Grief: a Child’s Perspective”: Presentation to Seattle Public Schools teachers, sponsored by Virginia Mason Medical Center's Separation and Loss Services, November 14, 1985.

Jennifer James radio show guest speaker on stress and grief reactions, April 14, 1984. Also co-led workshop with her for KIRO news reporters, March 26, 1984.

Keynote Speaker on “Survival Skills for the Caring Professional” at Bereavement Intensive conference sponsored by Community Hospice, Seattle, WA, February 10, 1983.

Workshop for Families on communication, problem-solving and sharing of affection, co- led with Barbara Wilson, Ph.D., St. Mark's Cathedral, Seattle, WA, winter, 1982.

“Uses of Instant-Print Photography in Psychotherapy”: Poster session at American Psychological Association annual meeting, Washington, DC, August 24, 1982.

PUBLICATIONS

“Losing our mind: America’s failed medical model of psychotherapy:” professional article published online, 2009, available at peterhunsberger.com.

Hunsberger, P. “Reestablishing Clinical Psychology’s Subjective Core:” *American Psychologist*, **62** (6), September 2007, pp. 614-5.

Hunsberger, P. “Helping Your Partner Through Pregnancy Loss: A Guide For Men:” *Family Building*, **5** (2), Winter 2006, pp. 10-11, 28-29.

Hunsberger, P. “Medical Model of Psychotherapy Fails Diversity Clients:” *Washington Psychologist*, **60** (5), October 2005, p.p. 8, 14.

Hunsberger, P. "Supporting Men and Couples Dealing with Infertility." Article published in *Resolve of Washington Newsletter*, Fall 2004.

Hunsberger, P. Book review of Grove, D. and Haley, J. Conversations On Therapy: Popular Problems and Uncommon Solutions. New York: Norton, 1993. *American Journal of Clinical Hypnosis*, April 1994, Vol. 36 #4, p. 299.

Hunsberger, P. “Creation and Evolution of the Hospice Staff Support Group: Lessons From Four Long-Term Groups.” *American Journal of Hospice Care*, May/June 1989, pp. 37-41.

Hunsberger, P. “Uses of Instant-Print Photography in Psychotherapy.” *Professional Psychology: Research and Practice*, December 1984, pp.884-890.

Hunsberger, P. “Seattle Mental Health Institute’s Day Treatment II PM Program: Evolution Toward a Family Focus”. Paper presented at national conference of the National Alliance for the Mentally Ill, Seattle, WA, August 13, 1981.

Hunsberger, P. “The Relationship of Ego Development to Counselor Training and Counseling Effectiveness”. Doctoral dissertation, Boston University, May 1980.

TEACHING EXPERIENCE

Antioch University, Seattle, Seattle, WA
Dissertation Committee Member, 2014-2016

-Student doctoral dissertation on the placebo effect.

Adjunct Faculty Member, 1982

-Taught Comparative Family Therapy course.

-Field Advisor on student degree committees.

American Society of Clinical Hypnosis

Clinical Hypnosis Supervisor for members, 1994-2010.

University of Washington, Department of Social Work, Seattle, WA

Guest Lecturer, Prof. Ben-Joshua Jaffe's graduate grief therapy course, 1991-2000.

Seattle University, Seattle, WA

Student Mentor, spring, 1999

-Mentored student psychology major on professional psychology.

Episcopal Diocese of Seattle, Seattle, WA

Lay Eucharistic Minister training course instructor, October, 1997

-Taught pastoral relationship skills.

University of Washington, Department of Psychology, Seattle, WA

Clinical Assistant Professor of Psychology, 1985-90

-Supervision of clinical psychology doctoral students' psychotherapy work.

Presbyterian Counseling Service, Seattle, WA

Marriage and Family Training Program faculty member, 1985

-Supervision of graduate students' psychotherapy work.

PROFESSIONAL MEMBERSHIPS

American Psychological Association, 1979-present.

Life Member, 2009 to present.

American Society of Clinical Hypnosis, 1983-2014.

Ethics Committee Member, 1990-93.

Society for the Exploration of Psychotherapy Integration, 2007-9.

Eating Disorders Network (EDNET), 1986-91.

EMDR International Association, 2002-08.

International Council of Psychologists, 1985-95.

Area Chair for Washington State

Resolve: The National Infertility Association, 2003-09.

Separation and Loss Services affiliate, Virginia Mason Medical Center, 1984-2000.

Society for the Exploration of Psychotherapy Integration, 2004.

Washington Academy of Clinical Hypnosis, 1984-95.

Washington State Psychological Association, 1980-2014
Co-chair, Public Information Committee, 1988-90.

LICENSURE

Washington State Psychology License #783, 1981 to present.
