

# CURRICULUM VITAE

## **PERSONAL**

Name: Lori A. Futterman, R.N., Ph.D.  
Licensed Clinical Psychologist, PSY 8636  
Clinical Researcher

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San Diego, California 92108  
619.297.3311 (24-hour answering service)

Birthplace: New York City, New York

## **EDUCATION**

### **Ph.D., Clinical Psychology**

California School of Professional Psychology, 1982  
San Diego, CA

### **M.A., Clinical Psychology**

California School of Professional Psychology, 1979  
San Diego, CA

### **Postgraduate Training Program**

Gestalt Institute of Cleveland, 1977  
Cleveland, Ohio

### **Postgraduate Coursework**

Psychology Department, Cleveland State University, 1977  
Cleveland, Ohio

### **B.S.N., Nursing**

Case Western Reserve University, 1975  
Cleveland, Ohio

### **B.A., (Magnum Cum Laude)**

Ohio University, 1973  
Athens, Ohio

**PROFESSIONAL EXPERIENCE**

- 2005 - Present UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), Department of Psychiatry, School of Medicine, La Jolla, CA  
**Dept. of Psychiatry Program Coordinator**  
Coordination of biannual Sexual Health/Medicine Series for psychiatric residents.
- 2004 - Present UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), Department of Psychiatry, School of Medicine, La Jolla, CA  
**Clinical Assistant Professor of Psychiatry**  
Providing sexual medicine seminars and supervision to psychiatry residents.
- 2009 - 2017 CALIFORNIA PSYCHOLOGICAL ASSOCIATION - DIVISION I, Sacramento, CA  
**Editor of Quarterly Newsletter**
- 1997 - Present PRIVATE PRACTICE, San Diego, CA  
**Clinical Researcher**
- 1991 - Present CLINIC FOR THE SEXUALITIES, San Diego, CA  
**Clinical Psychologist**  
Assessment, treatment and research consultation.
- 08/83 - Present SAN DIEGO PREMENSTRUAL SYNDROME CLINIC, San Diego, CA  
**Founder and Director of Services, Chief of Psychological Services**  
Diagnostic assessment, treatment and clinical research of menstrual-related disorders.
- 08/80 - Present PRIVATE PRACTICE, San Diego, CA  
**Clinical Psychologist**  
Individual, marital and family psychotherapy and psycho-diagnostic evaluations.
- 1997 - 1998 DRC OF SAN DIEGO A DEDICATED CLINICAL RESEARCH CENTER, San Diego, CA  
**Clinical Researcher**
- 05/95 - 10/98 QUALITY PSYCH CARE, San Diego, CA  
**President**  
Independent psychological association providing psychological services.
- 1994 - 1996 THE WOMEN'S HEALTH PAVILION, Medical Group, San Diego, CA  
**Clinical Psychologist**  
Individual, marital, family and group psychotherapy and psycho-

diagnostic evaluations.

- 07/93 - 07/94 SHARP MEMORIAL HOSPITAL, MARY BIRCH WOMEN'S CENTER, San Diego, CA  
**Consultation**  
Menopause, psychotherapeutic groups.
- 07/86 - 06/88 UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), Department of Psychiatry, School of Medicine, La Jolla, CA  
**Clinical Faculty Research Consultant**  
Involved in clinical research on Premenstrual Syndrome.
- 01/86 - 05/87 UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), Owens Clinic, La Jolla, CA  
**Clinical Psychologist**  
Psychiatric evaluations of patients with HIV+, AIDS-related complex, and AIDS.
- 08/78 - 06/84 UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), Department of Reproductive Medicine, School of Medicine, La Jolla, CA  
**Psychological Research Consultant**
- 08/82 - 08/83 ALVARADO PARKWAY INSTITUTE, Department of Psychology, San Diego, CA  
**PostDoctorate Fellowship**  
Involved in psychological diagnostic and neuropsychological evaluations, individual and group psychotherapy and consultation and supervision of employees in an inpatient hospital setting.
- 10/81 - 07/82 VETERANS ADMINISTRATION HOSPITAL, Department of Psychology, San Diego, CA  
**Clinical Psychological Intern**  
Clinical rotations included: mental health outpatient clinic; psychological and neuropsychological testing; pain unit; and emergency room.
- 10/81 - 02/82 ALVARADO COMMUNITY HOSPITAL, San Diego, CA  
**Clinical Resource Nurse**  
Provided clinical case supervision and education for the staff of the inpatient psychiatric unit.
- 01/79 - 11/82 ALVARADO COMMUNITY HOSPITAL, San Diego, CA  
**Psychiatric Nursing (part-time)**  
Registered Nurse involved in individual patient therapy, interdisciplinary conferences and facilitating patient care conferences.
- 08/79 - 07/82 UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), La Jolla, CA

Educational and Staff Development Department

**Psychological Intern**

Involved in consultation in organizational management, consultation in patient management; crisis interventions with employees; organizing and coordinating staff development programs, classes and groups (i.e., classes in self-control and stress management, coping with accidental versus non-accidental injuries; psychological implication of the head trauma patient, stress response syndromes, etc.) for employees; collaborating the design and implementation of clinical research in the area of premenstrual tension with the Department of Reproductive Medicine.

- 08/79 - 07/82 UNIVERSITY OF CALIFORNIA, SAN DIEGO (UCSD), La Jolla, CA  
**Senior Administrative Analyst**  
Constructed and implemented educational programs for the employees of the University system.
- 04/80 - 07/81 CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY, San Diego, CA  
**Teaching Assistant for Theories of Personality**  
Behavioristic perspective.
- 09/79 - 12/79 CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY, San Diego, CA  
**Teaching Assistant for Psychological Assessment I**  
Observation and interview.
- 01/79 - 07/79 SAN DIEGUITO SCHOOL DISTRICT, Encinitas, CA  
**Psychological Intern**  
Involved in individual and group therapy and psychological testing with adolescents under supervision of a licensed clinical psychologist.
- 10/78 - 01/80 SHARP MEMORIAL HOSPITAL, San Diego, CA  
**Registered Nurse**  
Part-time Oncological Nursing.
- 08/76 - 09/78 UNIVERSITY HOSPITALS, MacDonald House, Cleveland, OH  
**Gynecological Nursing**  
Assistant Head Nurse, Staff Development of Nursing Personnel/ MacDonald House, and Teaching conferences on psychological aspects of OB/GYN problems.
- 03/75 - 07/76 UNIVERSITY HOSPITALS, Hanna Pavilion, Cleveland, OH  
**Psychiatric Nursing**  
Registered Nurse involved in individual and group therapy with patients and their families.

- 09/72 - 01/73 METROPOLITAN GENERAL HOSPITAL, Burns Unit, Cleveland, OH  
**Nursing Student**  
Functioned as nursing assistant.
- 09/72 - 01/73 CHILDREN'S DETENTION HOME, Cleveland, OH  
**Recreational activities**  
Recreational activities with adolescent girls.
- 07/72 - 08/72 WORLD HEALTH ORGANIZATION, Honduras, Central America  
**Community Nursing**  
Nursing in rural, primitive environment.

### **HOSPITAL STAFF PRIVILEGES**

Alvarado Parkway Institute  
Scripps Mercy Hospital

### **PROFESSIONAL LECTURES AND PAPERS PRESENTED**

*Transgender and Non-Binary Gender* (2018). Moderator and coordinator for Psychiatric Department and all hospital staff. Rady Children's Hospital-San Diego, San Diego, CA..

*Sex, Intimacy and Psychotherapy: Across Gender and Sexuality*, (2018). Presenter. CPA Division One Convention, Dana Point, CA.

*California Psychological Association FAC Student Mentoring Project for California Psychological Association (CPA) for Graduate Students* (2018). Founder. CPA Student Advocacy Conference, Dana Point, CA.

*Special Interest Group: Women Having Sex with Women*. Presenter. ISSWSH Annual Meeting 2018, International Society for the Study of Women's Sexual Health, San Diego, CA.

*Transgender Panel* (2018). Moderator and coordinator for Psychiatric faculty and residents. Department of Psychiatry, University of California, San Diego (UCSD), La Jolla, CA.

*Transgender Panel* (2017). Moderator and coordinator for Psychiatric faculty and residents. Department of Psychiatry, University of California, San Diego (UCSD), La Jolla, CA.

*Female Sexual Dysfunction: Assessment and Treatment* (2017). Presented to Scripps Health Carmel Valley Ca, San Diego, CA.

*Female Sexual Dysfunction* (2016). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Female Sexual Dysfunction: Assessment and Treatment* (2016). Presented at Grand Rounds at Scripps Clinic OB/Gyn Rancho Bernardo, San Diego,

*Female Sexual Dysfunction: Assessment and Treatment* (2016). Presented to Scripps Clinic OB/Gyn Rancho San Diego, La Mesa, CA.

*Female Sexual Dysfunction: Assessment and Treatment* (2016). Presented to Scripps Clinic OB/Gyn Fifth Avenue, San Diego, CA.

*Female Sexual Dysfunction: Assessment and Treatment* (2016). Presented to Scripps Clinic OB/Gyn Rancho San Diego, La Mesa, CA.

*Female Sexual Dysfunction* (2016). Presented to Scripps Clinic OB/Gyn Fifth Avenue, San Diego, CA.

*Female Sexual Dysfunction* (2015). Presented at Grand Rounds at Scripps Clinic OB/Gyn, Rancho San Diego, La Mesa, CA.

*Female Sexual Dysfunction* (2015). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Female Sexual Dysfunction* (2015). Presented to Scripps Clinic OB-GYN Encinitas, Encinitas, CA.

*Female Sexual Dysfunction* (2014). Presented to Scripps Health Carmel Valley, San Diego, Ca.

*Integrating Psychologists into HealthCare Settings in Your Backyard: Lessons and Visions from Thought Leaders in California* (2014). CPA Convention, Monterey CA.

*Sports Psychology* (2014). Alvarado Sports Medicine, La Mesa, CA.

*Understanding Female Sexual Dysfunction: Case Conference* (2014). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Case Discussion: Female Sexual Dysfunction* (2013). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2013). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2012). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*CPA: Health Care Reform Summit* (2012). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2012). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2011). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2010). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2009). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Female Sexual Dysfunction* (2008). Ninth Annual Women's Health Symposium, Naval Medical Center, San Diego, CA.

*Female Sexual Dysfunction: Assessment and Treatment* (2008). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2007). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA. March 16, 2007.

*Understanding Female Sexual Dysfunction* (2007). Presented at Grand Rounds, Dept. of Reproductive Medicine at the University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2006). Presented to Psychiatry Residents, University of California, San Diego (UCSD), La Jolla, CA.

*Premenstrual Dysphoric Disorder* (2006). Presented at the Nurse Practitioner Medical Advisory meeting in Santa Fe, NM.

*Understanding the Spectrum of Female Sexual Dysfunction* (2005). Continuing Medical Education, sponsored by Annenberg Center for Health Sciences, San Diego, CA.

*UCSD Sexual Medicine Lecture Series: Treatment of Female Sexual Disorders* (2005). University of California, San Diego (UCSD), La Jolla, CA.

*UCSD Sexual Medicine Lecture Series: Assessment of Female Sexual Disorders* (2005). University of California, San Diego (UCSD), La Jolla, CA.

*UCSD Sexual Medicine Lecture Series: Understanding Female Sexual Dysfunction* (2005). University of California, San Diego (UCSD), La Jolla, CA.

*Understanding Female Sexual Dysfunction* (2005). Kaiser Permanente, Fontana, CA.

*Understanding Female Sexual Dysfunction* (2004). University of California, Irvine (UCI), Irvine, CA.

*Women's Sexual Health: A Complete Guide to Assessment, Management and Treatment of Sexual Function Disorders* (2004). American College of Osteopathic Family Physicians: National Conference, San Francisco, CA.

*Sexual Dysfunction, What is really going on?* (2004). American College of Osteopathic Family Physicians California State Society. Anaheim, CA.

*Understanding the Spectrum of Female Sexual Dysfunction* (2004). Continuing Medical Education, sponsored by Annenberg Center for Health Sciences, San Diego, CA.

*Transitioning From Home to Work and Work to Home* (2004). Cell Genesys, San Diego, CA.

*Female Sexual Function* (2004). Proctor & Gamble Consulting Meeting. Chicago, IL. *Ebb and Flow of Ovarian Change*: California State Psychological Association, San Diego, CA. March 27, 2004.

*Ebb and Flow of Ovarian Change: Model-based Intervention* (2002). San Diego Psychological Association. San Diego, CA.

*Women's Health and the Workplace: Beyond Stereotypes* (2002). UCSD Athena, San Diego, CA.

*Raging Hormones: PMS Through Perimenopause* (2001). Scripps Clinic, San Diego, CA.

*Embracing and Managing Midlife: Your Health, Your Well-Being, Your Choices* (2000). Women's First Healthcare, San Diego, CA.

*PMS Through Menopause: Affective Disorder* (2000). San Diego Psychological Association, San Diego, CA.

Participant in *Evidence-based Guidelines for PMS: Planning & Consensus Meeting* (1999). Cedars-Sinai Medical Center, San Diego, CA.

*Balancing Work and Private Life: Making the Daily Transition* (1999). National Association of Purchasing Agents, San Diego, CA.

*The Silent Disease: Taking Responsibility for Preventing and Restoring Bone Loss* (1999). Physiotherapy Associates, San Diego, CA.

*Holding It Back: Managing Urinary Incontinence* (1999). Physiotherapy Associates, San Diego, CA.

*Raging Hormones: PMS and The Perimenopause* (1998). Physiotherapy Associates, San Diego, CA.

*Raging Hormones: Perimenopause and Menopause* (1998). Pacific Bell, San Diego, CA.



*Raging Hormones and Women's Psychology* (1998). San Diego Psychological Association, San Diego, CA. February 27, 1998.

*Raging Hormones and Women's Psychology* (1998). Pacific Bell, San Diego, CA.

*Raging Hormones* (1998). Sharp Women's Health Symposium, San Diego, CA.

*Transitions from Work to Home and Back Again* (1997). Presentation to Faculty and Staff of University of California, San Diego (UCSD), La Jolla, CA.

*Hormones and Your Mood Swings: Am I Losing My Mind?* (1997). Women's Health Specialists of San Diego at Scripps Memorial Hospital, San Diego, CA.

*PMS Through Perimenopause: Affective Disorders* (1997). Scripps Division of Mental Health, San Diego, CA.

*You Don't Have to Be Thin to Like Yourself* (1997). Weight Management Symposium at Scripps Memorial Hospital, San Diego, CA.

*Changing Ovarian Function and Mental Health* (1997). Del Mar, CA.

*Coping with PMS, Perimenopause and Menopause* (1997). Wholesale Foods, San Diego, CA.

*You Don't Have to Be Thin to Like Yourself* (1996). Weight Management Seminar at Scripps Clinic, San Diego CA.

*Create a Positive Self-Image* (1996). Mercy Medical Center/Women Health Specialists Clinic, San Diego, CA.

*Depressive Disorders Specific to PMS, Perimenopause and Menopause: Assessment and Treatment* (1996). Grand Rounds, Scripps Clinic, La Jolla, CA. March 29, 1996.

*SDPA Newsletter* (1996). Professional Practices in Business Committee (Vol. 5, no. 3), San Diego, CA.

*Planet Menopause* (1996). Class at Women's Health Specialists Clinic, San Diego, CA.

*"Tired of Being Tired," PMS, Perimenopause, Menopause: How Hormones Can Lift Your Spirits* (1995). Mercy Medical Center, San Diego, CA.

*Computer Programs Can Make PMS Easier to Identify* (1995). Interviewed by Margaret Dalton, J.D., author, in "The Ireland Report," *Women's Health Marketing*, May-June 1995, pp. 16-17, 20.

*PMS, Perimenopause and Menopause* (1995). Employee Assistance Program, Pacific Bell, San Diego, CA.

*Hearts, Bones, Hot Flashes and Raging Hormones* (1995). Pass It On Conference, Sharp Women's Health Symposium, San Diego, CA.

*Perimenopause and Menopause* (1995). Psychological Conference of the Society of Mental Health Professionals, San Diego, CA.

*PMS, Perimenopause, Menopause: Coping with Ovarian Change* (1995). Mary Birch Women's Center, Sharp Memorial Hospital, San Diego, CA.

*PMS, Perimenopause, Menopause: A Behavioral Approach* (1995). Office Gynecology and Women's Health for the Primary Care Physician, Continuing Medical Education Associates (CMEA). Sponsor: San Diego State University Student Health Services, San Diego, CA.

*PMS, Perimenopause, and Menopause: Advances in Clinical Assessment and Treatment* (1994). Grand Rounds, Palomar Medical Center, Escondido, CA.

Role Delineation Panelist for a Lifestyle Consultant (1994). American Council on Exercise, San Diego, CA.

*Psychological Assessment and Treatment for Perimenopause and Menopause* (1994). San Diego, California Association of Occupational Health Nurses (SDCAOHN), San Diego, CA.

*Hormones: The Perimenopause and Menopause* (1994). Mary Birch Women's Center, Sharp Memorial Hospital, San Diego, CA.

*Coping with Perimenopause/Menopause* (1994). Women's Health Pavilion, Rancho Bernardo, CA.

*Coping with Everyday Stress* (1994). Women's Health Center, Grossmont Hospital, La Mesa, CA.

*PMS: The Perimenopausal Syndrome* (1994). Parent Education Class, Santee, CA.

*The Internal Makeover: Transforming Tensions into Tranquility* (1994). Women's Health Center, Grossmont Hospital, San Diego, CA.

*PMS Research* (1994). Interview with *American Health* magazine.

*Changing Ovarian Functions and Their Relationship to Affective Disorders: Assessment and Intervention* (1994). Grand Rounds, Charter Hospital, San Diego, CA.

*Perimenopause/Menopause* (1994). Six-week Group Program, Mary Birch Women's Center, Sharp Memorial Hospital, San Diego, CA.

*Perimenopause/Menopause* (1993). Six-week Group Program, Mary Birch Women's Center, Sharp Memorial Hospital, San Diego, CA..

*Maintaining Intimacy for Couples Pursuing Infertility* (1993). Infertility, Gynecology, Obstetrics (IGO), San Diego, CA.

*Hysterectomy and Oophorectomy: Myths and Realities* (1993). Gynecological Nursing Staff, Sharp Memorial Hospital, San Diego, CA.

*Dealing with Aggressive People* (1993). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Surviving Conflicts* (1993). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Time Management* (1993). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Managing Stress and Avoiding Burnout: Johnson and Johnson Interventional Systems* (1993). National Sales Meeting, Phoenix, AZ.

*Mood Changes and the Menstrual Cycle* (1993). Presentation to Post-Doctorate Fellows and Staff, Mercy Hospital, San Diego, CA.

*The Unique Interaction between Reproductive Hormones, Mood and Behavior* (1993). Grand Rounds, Alvarado Parkway Institute, La Mesa, CA.

*Changing Decades* (1993). Grand Rounds, Alvarado Parkway Institute, La Mesa, CA.

*Substance Abuse and the Menstrual Cycle* (1993). Sharp-Cabrillo Hospital, San Diego, CA.

*Avoiding the Super Woman Syndrome* (1992). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Daily Transition from Work to Home and Home to Work* (1992). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Stress Management and Avoiding Burnout* (1992). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Changing Decades* (1992). Women for Change, Encinitas, CA.

*Psychological Correlates of Hormonal Change* (1992). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Perimenopause/Menopause* (1992). Rancho Bernardo Soroptimists Club, San Diego, CA.

*Premenstrual Syndrome and the Perimenopausal Syndrome* (1992). Department of Family Medicine, University of California, San Diego (UCSD), La Jolla, CA.

*PMS: Women in Motion* (1991). Sharp Memorial Hospital Women's Center, San Diego, CA. July 1991.

*Collegial Relationships* (1991). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Hormonal Replacement Therapy and Your Cycle: PMS, Perimenopause/Menopause* (1991). Sharp Memorial Hospital Women's Center, San Diego, CA.

*Relationship Renewal* (1991). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Cognitive Treatment and Premenstrual Syndrome* (1991). Mesa Vista Hospital, San Diego, CA.

*Premenstrual Syndrome and Perimenopause* (1991). Central Adult Mental Health and Vocational Services, San Diego, CA.

*The Psychological Effects of Menopause* (1991). Pass It On Conference, Sharp Memorial Hospital, San Diego, CA.

*How to Maintain Closeness and Professional Distance in Relationships with Patients* (1990). Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Diet, Exercise and the Menstrual Cycle* (1990). Sharp Memorial Hospital, San Diego, CA.

*Talking with Daughters about Being Female* (1990). Parenting Conference, Sharp Memorial Hospital, San Diego, CA.

*The Premenstrual, Perimenopause/Menopause* (1990). Sharp Memorial Hospital Women's Center, San Diego, CA. May 1990. Handling Your Mid-Life Situation. Presentation to Employees, Sharp Memorial Hospital, San Diego, CA.

*Premenstrual Syndrome and the Perimenopausal Syndrome* (1990). Presentation to Obstetric-Gynecological Nursing Staff, Sharp Memorial Hospital, San Diego, CA.

*The Premenstrual Syndrome* (1988). Presentation to Employees, San Diego State University (SDSU), San Diego, CA.

*PMS* (1988). Alvarado Sports Medicine Center, San Diego, CA.

*PMS: Assessment, Ideology and Treatment* (1988). San Diego Medical Society-Obstetric-Gynecological Physicians, San Diego, CA.

*PMS: Assessment, Ideology and Treatment* (1987). Planned Parenthood Medical Conference, San Diego, CA.

*The Premenstrual Syndrome* (1987). California Women in Government, San Diego, CA. 1987.

*Coping with the Premenstrual Syndrome* (1987). General Dynamics, San Diego, CA.

*You and Your Cycle: Myths, Facts and Answers for Today's Women*. February 1985. San Diego, CA

*The Premenstrual Syndrome* (1985). Nurses Association of America-College of Obstetrics and Gynecology, San Diego, CA. 1985.

*Maintaining a Positive Self-Regard during Infertility* (1985). Infertile Friends Association, San Diego, CA.

Ongoing PMS Research: *First Results; PMS: What It Is; Coping with PMS; Psychology of PMS* (1985). Lectures at Sharp Memorial Hospital Women's Center, San Diego, CA.

*Psychological Differentiation and the Premenstrual Tension Syndrome* (1983). California State Psychological Association, San Francisco, CA.

Stress Management Workshops (1980-1982). Employees of University of California, San Diego (UCSD), La Jolla, CA.

*Sexuality* (1981). Lecture Series for Employees at University of California, San Diego (UCSD), La Jolla, CA.

## **MEDIA PRESENTATIONS**

*Sexual Health Expert* in "The Men's Club," a full-length motion picture on Prostate Cancer, March 18, 2007.

*PMS and Its Treatments*, Embryon Radio Interview, New Jersey, July 22, 2002.

*PMS*, "Bree Walker Show", KSDO, San Diego, March 9, 2001.

*PMS & Perimenopause Expert*, KUSI-TV, San Diego, January 27, 1999.

*PMS Expert*. KSBK, Sacramento. February 23, 1998.

*The PMS & Perimenopause Sourcebook*. "Buggs in the Afternoon", WJBO. January 27, 1998.

*PMS Expert*. KCBS-TV, Los Angeles. October 22, 1997.

*PMS Expert*. KABC-TV, Los Angeles. October 22, 1997.

*Perspectives*. Metro Networks Radio, Public Affairs show. San Diego. October 21, 1997.

*PMS Expert*. KUSI-TV, San Diego. October 21, 1997.

*Staying Healthy*. KGTV-TV (ABC), at San Diego PMS Clinic. October 21, 1997.

*Time for Women*. KYXY-FM Radio, San Diego. October 21, 1997.

*Fatigue/Sleeping Disorders; Preparing for the Second Half of Life; Taking Charge of Your Health*  
"Staying Healthy and Happy." Interview, Channel 10, February 1995.

*Coping with PMS*. Program on PMS, Roger Hedgecock Show, Channel 39. 1991.

*PMS Research and Clinical Treatment*. "Sunup." 1986.

*PMS Research*. Channel 39 News. 1985.

## **PUBLICATIONS**

Kamena, M. and Futterman, L. A. (2018). California Psychological Association, Federal Advocacy. *The California Psychologist*, Vol. 51, #3.

Futterman, L.A. Ritz, M. (2014) Are We Prepared to Enter the Changing Healthcare Marketplace? *The California Psychologist, Positive and Strength Based Psychology*, Vol. 47, #2.

Futterman, L.A. (2010) Female Sexual Dysfunction, A Silent Condition. *Briefings*, California Psychological Association, (Online CEU Course), April 2011.

Reviewer. (2010). Discrimination as a Risk Factor for Premenstrual Dysphoric Disorder among Minority Women. *Journal of Women's Health*.

Futterman, L.A. (2010) Female Sexual Dysfunction, A Silent Condition. *San Diego Psychologist*, Vol. 25, #4,1, 5-8. (CEU course).

*Speed Healing*. (2010). Dr. Futterman was interviewed for and featured in the chapter "Premenstrual Syndrome," 271. Bottom Line Books.

Reviewer. (2010). Assessing Work Productivity Impairment in Women with Premenstrual Dysphoric Disorder. *Journal of Women's Health*.

Futterman, L.A. (2009). Advances in the Diagnosis of Premenstrual Syndrome and Premenstrual Dysphoric Disorder, *Expert Opinion in Medical Diagnostics Journal*.

- Futterman, L.A. (2009). President's Corner: Reflections on the year 2009: How have we done? *San Diego Psychologist*, Vol. 24, #8, 4-5.
- Futterman, L.A. (2009). President's Corner: Volunteering: A Means of Giving and Advocacy. *San Diego Psychologist*, Vol. 24, #7, 4-5.
- Reviewer. (2009). Perceived Stress and Severity of Perimenstrual Symptoms. *Journal of Women's Health*.
- Futterman, L.A. (2009). President's Corner: Maintaining Balance within Our Profession. *San Diego Psychologist*, Vol. 24, #6, 6-7.
- Futterman, L.A. (2009). President's Corner: Have We Safeguarded Our Profession Against Trauma? *San Diego Psychologist*, Vol. 24, #5, 4-5.
- Futterman, L.A. (2009). President's Corner: "Governing One's Self Precedes Governing Others": The Board of Directors Sets Goals and Strategy. *San Diego Psychologist*, Vol. 24, #4, 4-5.
- Futterman, L.A. (2009). President's Corner: How Diverse Are We? *San Diego Psychologist*, Vol. 24, #3, 3-4.
- Futterman, L.A. (2009). President's Corner: Leadership and Governance within our Organization. *San Diego Psychologist*, Vol. 24, #2, 3-4.
- Futterman, L.A. (2009). President's Corner: Moving Forward in 2009. *San Diego Psychologist*, Vol. 24, #1, 3-4.
- Futterman, L.A., Brummer, M.A., Pates, H., Hildebrandt, S. (2008). The Politics of Social Change: The Power of Psychologists in Action in San Diego County. *San Diego Psychologist*, Vol. 41, #5, 14-18.
- Reviewer. (2008). Is exercise an effective treatment for premenstrual syndrome: A comprehensive review. *Journal of Women's Health*.
- Futterman, L.A. (2008). Treatment of Premenstrual Disorders. *San Diego Psychologist*, Vol. 23, #6, 1, 7-8.
- Reviewer. (2008). Premenstrual syndrome prevalence and fluctuation over time: Results from a French population-based survey. *Journal of Women's Health*.
- Futterman, L.A. (2008). Diagnosis of Premenstrual Disorders. *San Diego Psychologist*, Vol. 23, #4, 9-12.
- Reviewer: (2007). *Depression and Anxiety*.

Futterman, L.A. & Rapkin, A.J. (2006). Diagnosis of Premenstrual Disorders. *The Journal of Reproductive Medicine*, Vol. 51, #4, 349-358.

Reviewer: (2006). *Depression and Anxiety*.

Futterman, L.A. (2005). Female Sexual Dysfunction: Physicians Hesitate to Take a Sexual History. *San Diego Psychologist*, Vol. 20, #15.

Borenstein, J.E., Brown, et al. (2002). An Evidence-based Approach to the Management of Premenstrual Syndrome: Report of Findings of a Modified Delphi Panel.

Futterman, L.A. & Jones, J.E. (2<sup>nd</sup> Edition: 2000). *PMS, Perimenopause and You: A guide to the physical, mental, and emotional patterns of a women's life*.

Futterman, L.A. (1998). The Change of Life. *Real Woman Magazine*.

Futterman, L.A. (1997). Measuring Outcomes of Mental Health Treatment. *SDPA Newsletter*, 8(9), 5.

Futterman, L.A. & Jones, J.E. (1997). *PMS through Perimenopause: A Sourcebook*.

Reviewer: Warden, W. & Wilson, J.F. (1997). Development of coping strategies for dysmenorrhea during adolescence. *Journal of Psychosomatic Obstetrics and Gynecology*. Editor: R. Lederman.

Futterman, L.A. (1995). Managed care committee: Trends, issues and the facilitation of change. *SDPA Newsletter*, 4(3).

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## **CLINICAL RESEARCH**

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Female Sexual Dysfunction Study, Pfizer, 2004.

Premenstrual Dysphoric Disorder Study, Berlex, 2004.

Validation of the Sexual History Interview (SHI), 2003.

Premenstrual Dysphoric Disorder Study, SmithKline Beechum, 2000.

Female Sexual Dysfunction and Fluoxetine HCKB Study, 2000.

Validation of the Calendar of Premenstrual Experiences (COPE), 2000.

Premenstrual Syndrome (PMS) Research Study, 1998-1999.

Research on Ovarian Change and PMS, Department of Reproductive Endocrinology at  
University of California San Diego (UCSD).

## **PROFESSIONAL ORGANIZATIONS & HONORS**

01/11 - Present American Psychological Association

Federal Advocacy Coordinator, 2012 - present

Federal Advocate of the year, 2015

01/11 - Present California Psychological Association

Jerry Clark Advocacy of the Year Award, 2018

The Distinguished Psychologist for CPA DIV 1: Clinical and Professional  
Psychology Award, 2016

CPA FAC Student Mentoring Project, Division I 2015-present

Committee, Division I Board of Directors

Chair-Elect Div 1, 2014

Chair-Elect Div 1, 2013

Federal Advocacy Coordinator: Southern California 2012-present

Division I, Director, 2009 - present

Quarterly Newsletter Editor, 2009-present

Board of Directors, Government Affairs Committee, Governance

2005 - 2009 Nurse Practitioners in Women's Health

Medical Advisory Board

2000 - 2009 Physiotherapy Associates

Governing and Advisory Board

Consulting Psychologist

- 1983 - 1994      Quality Psych Care. (An independent professional association operating until May, 1995)
- President
    - San Diego County Managed Mental Health Care Focus Group
    - Systems of Care Subcommittee
    - High Cost Users Subcommittee
- 
- 1991 - Present    San Diego Psychological Association
- Past President of the Board of Directors, 2010-present
  - President of the Board of Directors, 2009
  - Co-Chair, Community Task Force, 1998-2009
  - Adult Council of Mental Health Services, 1999-2011
  - Professional Practices in Business Committee, 1993-1999
  - Chairman, Professional Practices in Business Committee, 1993-1994
  - Board of Directors, 1992-1993
  - Ethics and Standards Committee, 1991-1993