

Dr. Beth Firestein

Inner Source Psychotherapy & Consultation Services

PROFESSIONAL OVERVIEW

Dr. Beth Firestein is a licensed psychologist with a private practice in Loveland, Colorado. Dr. Firestein has over 25 years of experience working directly with individuals, couples and families. She has edited two books and authored numerous book chapters and articles. Her philosophy of therapy emphasizes compassion, support, and therapeutic effectiveness within a framework of clear, holistic conceptualization and respect for the whole person within the cultural and social contexts of their lives.

EDUCATION

Ph.D. 1987 Counseling Psychology (APA approved)
The University of Texas at Austin

Dissertation: Abuse, Social Support and the Psychological Health of College Women in Dating Relationships

M.A. 1982 Educational Psychology, Specialty: Counseling
The University of Texas at Austin

B.A. 1978 Psychology, Minors: Political Science, Education
Southern Methodist University, Dallas, Texas

LICENSURE

Psychologist, State of Colorado, CO Lic. #1827
National Register of Health Service Providers in Psychology
EMDR Level II therapist

PROFESSIONAL EXPERIENCE

1996-present INNER SOURCE PSYCHOTHERAPY AND CONSULTATION SERVICES. Loveland, CO. Private psychotherapy practice

1986-1996 Counseling Psychologist. COUNSELING CENTER,
Southern Illinois University at Carbondale

1986-1996 Coordinator. WOMEN'S SERVICES, SIU-Carbondale

1994 Visiting Scholar. DEPARTMENT OF PSYCHOLOGY. Colorado
State University.

1989-1994 Adjunct Faculty. DEPARTMENT OF PSYCHOLOGY, SIU-C

1989-1996 Private Practice. PSYCHOTHERAPY ASSOCIATES,
Carbondale, Illinois.

1985-1986 Intern. UNIVERSITY COUNSELING CENTER, Colorado
State University (APA Approved), Ft. Collins, CO.

AWARDS AND HONORS

Fellow, American Psychological Assn. Div. 44, 35, 42.

2004. <http://www.apadivision44.org/>

Communi-T Service Award, Gender Identity Center, 1998

Distinguished Publication Award, Assoc. for Women in
Psych., 1997

University Woman of Distinction, Southern Illinois Univ.,
1996

Annual Student Research Prize, First Place, for
Outstanding Research on Women and Gender; Association
for Women in Psychology and Division 35 of the American
Psychological Association, 1987

Outstanding Young Woman of America, 1987, 1988

Phi Beta Kappa, Southern Methodist University, Dallas,
Texas 1978

Kappa Delta Pi, University of Texas at Austin, 1987

University Fellowship, University of Texas at Austin, 1978

Phi Kappa Phi, SMU, Dallas, Tx, 1978.

University Scholarship, SMU, 1975-1978

Departmental Distinction in Psychology, SMU, 1978

PUBLICATIONS

BOOKS

Firestein, B., Ed. (2007). Becoming Visible: Counseling Bisexuals across the lifespan. New York: Columbia University Press. <http://cup.columbia.edu/static/interview-beth-firestein>
<http://cup.columbia.edu/book/978-0-231-13724-9/becoming-visible/tableOfContents>.

Firestein, B., Ed. (1996). Bisexuality: The psychology and politics of an invisible minority. Thousand Oaks: Sage. **1997 Distinguished Publication Award**
<http://www.flipkart.com/bisexuality-beth-firestein-psychology-politics-book-0803972741>
<http://www.sagepub.com/booksProdDesc.nav?contribId=503370&prodId=Book5868>

BOOK CHAPTERS AND JOURNAL ARTICLES

Firestein, B. A. (in press). Counseling bisexual clients: More than the sum of the parts. In S. H. Dworkin and M. Pope (Eds.) Case studies in lesbian, gay, bisexual, and transgender counseling. Washington D.C.: American Counseling Association.

Firestein, B. A. (2010). I am the Rabbi's daughter. In B. Greene and D. Brodbar (Eds.) A Minyan of women: Family dynamics, Jewish identity and psychotherapy practice. *Women and Therapy, 33:1-8*.

Firestein, B. A. & Israel, T. (in press). Dancing with our shadows: bisexual, lesbian, and queer women explore sexual role-play and BDSM. In S. Morrow and R. Fassinger (Eds.) Sex in the margins: The erotic lives of sexual minority people. Washington D.C.: APA.

Entrup, L. & Firestein, B. A. (2007). Developmental and Spiritual Issues of Young People and Bisexuals of the Next Generation. In B. A. Firestein (Ed.), Becoming Visible: Counseling Bisexuals across the lifespan. (pp. 89-107) New York: Columbia University Press.

Firestein, B. A. (2007). Cultural and relationship contexts of Bisexual Women: Implications for therapy. In B. A. Firestein (Ed.), Becoming Visible: Counseling Bisexuals across the lifespan (127-152) New York: Columbia University Press.

- Firestein, B. A. (2007). Introduction: Becoming Visible. In B. A. Firestein (Ed.), Becoming Visible: Counseling Bisexuals across the lifespan (pp. xvii-xxvii) New York: Columbia University Press.
- Keppel B. & Firestein, B., Ed. (2007). Bisexual inclusion in addressing issues of GLBT aging: Therapy with Older bisexual women and men. In B. Firestein (Ed.), Becoming Visible: Counseling Bisexuals across the lifespan (pp. 164-185). New York: Columbia University Press.
- Firestein, B. A. (2007) Cultural and relationship contexts of Bisexual Women: Implications for therapy. In K. J. Bieschke, R. M. Perez and K. A. DeBord, (Eds.) Handbook of Counseling and Psychotherapy with Lesbian, Gay, Bisexual and Transgender Clients (2nd ed.) (pp.91-117). Washington, DC: American Psychological Association.
- Firestein, B. (2003). Reactions to a Counseling/Therapy Group Vignette: An Adolescents Boys Group: A Missing Member. In J. L. DeLucia-Waack & J. Donigian (Eds.). The practice of multicultural group work: Visions and perspectives from the field. (pp. 222-229). Monterey, CA: Wadsworth Press.
- Firestein, B. (2003). Reactions to a Counseling/Therapy Group Vignette: A Women's Eating Disorders Group: To blame or not to blame. In J. L. DeLucia-Waack & J. Donigian (Eds.). The practice of multicultural group work: Visions and perspectives from the field. (pp. 275-283). Monterey, CA: Wadsworth Press.
- Firestein, B. (2001). Out of the closet and into the center: Women's centers serve lesbian and bisexual women. In S. Davie (Ed.), University and College Women's Centers: a Journey toward Equity (pp. 227-255). Westport, CN: Greenwood Press.
<http://www.greenwood.com/catalog/GR9129.aspx>
- Firestein, B. (2001). Empowering ourselves and each other: Counseling services for women at the college and university women's center. In S. Davie (Ed.), University and College Women's Centers: A

- Journey Toward Equity (pp. 333-362). Westport, CN: Greenwood Press. <http://www.greenwood.com/catalog/GR9129.aspx>
- Firestein, B. (2001). The new face of the academy: Women's centers and the non-traditional age woman student. In S. Davie (Ed.), University and College Women's Centers: A Journey Toward Equity (pp. 259-303). Westport, CN: Greenwood Press. <http://www.greenwood.com/catalog/GR9129.aspx>
- Firestein, B. (2001). Beyond STD prevention: Implications of the new view of women's sexual problems. Women and Therapy, 24(1/2), 27-31.
- Firestein, B. (1999). New perspectives on group treatment with women of diverse sexual identities. Journal for Specialists in Group Work, 24(3), 306-315.
- Firestein, B. (1996). Introduction. In B. Firestein, Ed., Bisexuality: The psychology and politics of an invisible minority. (pp. xix-xxvii). Thousand Oaks, CA: Sage.
- Firestein, B. (1996). Bisexuality as paradigm shift: Transforming our disciplines. In B. Firestein, Ed., Bisexuality: The psychology and politics of an invisible minority. (pp. 263-291). Thousand Oaks, CA: Sage.
- Firestein, B. (1996). (Published under Ann Fox). Development of a bisexual identity: Understanding the process. In M. Adams, P. Brigham, P. Dalpes, & L. Marchesani, Eds. (1996), Social Diversity and Social Justice: Gay, Lesbian, and Bisexual Oppression (pp. 29-33). Dubuque, IA: Kendall/Hunt Publishing.
- Firestein, B. (1996). Case Commentary 2. In the therapy room: Married with children. Case by John Patten. In the Family: A magazine for lesbians, gays, bisexuals and their relations, 1(3), 25.
- Firestein, B. (1991) (Published under Ann Fox). Development of a bisexual identity: understanding the process. In L. Hutchins and L. Kaahumanu (Eds.), Bi Any Other Name, (pp. 29-36). Boston, MA: Alyson.

OTHER PUBLICATIONS

Firestein, B. (1997). Caught in the middle: Caring for both parents and children. Fort Collins-Loveland Parent, 2(3), 9.

Bitner, J. & Denton, J. (1997). Bisexual Realities: Finding our voices. Anything that Moves, 14, 21-24. (Interview with Beth Firestein).

Firestein, B. (1996). Looking at the world through women's eyes. Women of China.

Firestein, B. (1995). Report from Beijing: NGO Forum on Women and United Nations Fourth World Conference on Women. LinC, November, 3.

PRESENTATIONS

Bisexual realities: Intersections of sex and culture (2009). Antioch University, Culver City, CA.

Facilitating a teacher's gender transition (2009). Meeting with school principal, parents, faculty and students. Polaris School, Ft. Collins, CO.

Social Justice and lesbian, bisexual, gay and transgender communities (2009). Unitarian Universalist Congregation of the Grand Valley.

Gender Transition in the Workplace (2008). Hewlett Packard.

Transgender youth in middle school: Facilitating successful transition (2007). Firestein, Benzor, Marquez, Ball, Bidlake, Dunn. American Psychological Association Annual Conference. San Francisco.

Clinical and counseling issues with lesbian, gay, bisexual, and transgender clients (2007). Roundtable Discussion. Topic: Becoming visible: Counseling bisexuals and their partners or spouses. Firestein,

- Page, Buxton, Diamond, American Psychological Association Annual Conference. San Francisco.
- Becoming visible: Counseling bisexuals and their partners or spouses (2007). Symposium. Firestein, Page. American Psychological Association Annual Conference. San Francisco.
- Now you see us, now you don't: Bisexual visibility in LesBiGay/Transgender psychology (2007). Psychological perspectives on gay, lesbian, bisexual, and transgendered persons: A retrospective and prospective discussion. Hosted by The Archives of the History of American Psychology. University of Akron, OH.
- Difficult Dialogues in feminist practice with bisexual women (2007). Firestein, Bridges, Coffman, Weitzman, Henkin. Association for Women in Psychology Annual conference. San Francisco, CA.
- Feminist perspectives on counseling bisexual women (2007). Firestein, Hamilton, Keppel, Buxton. Association for Women in Psychology Annual conference. San Francisco, CA.
- Understanding and working with transgender students (2007). Mountainview High School. Teacher training.
- Difficult Dialogue: Religion and sexual orientation (2007). Loewy, Firestein. National Multicultural Summit. Seattle, WA.
- Counseling bisexual clients at intersections of race, ethnicity, and sexual orientation (2007). Firestein, Scott, Collins, Ferrer, Gomez. National Multicultural Summit. Seattle, WA.
- Supporting a transgender student (2007). Firestein, Benzor-Marquez, Bidlake. Colorado Society of School Psychologists. Foundations of Change Conference. Vail, CO
- Symposium: Current research on bisexuality: Identity, health, and clinical attitudes (2006). Co-chairs: Page, Firestein. Participants: Ross, Comeau, Mohr, Hamilton,

- Goodenow, Hook. American Psychological Association Annual Conference. New Orleans.
- Discussion Hour: Generationally speaking—LGBT Cross-Generation Dialogue (2006). Firestein, Ippolito. American Psychological Association Annual Conference.
- Becoming Visible: Advanced counseling with bisexual clients and their families (2006). 9th International Conference on Bisexuality. Firestein, Ochs, Carlsson, Coffman, Buxton, Page. Toronto, CA
- The Future of the Bisexual Health Movement I & II (2006). 9th International Conference on Bisexuality. Ebin, Dobinson, Firestein.
- Counseling bisexuals in the "borderlands": Complex identities and advanced approaches (2006). 9th International Conference on Bisexuality. Firestein, Ferrer, Keppel, Collins, Hutchins, Hamilton. Toronto, CA
- Interview Radio Program: Metro Show - Topic: Reverend Ted Haggard (2006). Firestein, Carlsson. KGNU Community supported radio station. Boulder, CO.
- Counseling cross-dressing, transgender and transsexual clients (2004). Graduate Seminar: Counseling LGBT clients. University of California, Santa Barbara.
- Bisexuality (2003). PFLAG, Ft. Collins, CO.
- Effective Counseling with Bisexual Clients (2003). CSU Intern Seminar. Ft. Collins, CO.
- Contours of Courage (2003). Bisexual Health Summit. Panel: Bi Mental Health and Community Outreach. North American Bisexual Conference, San Diego, CA.
- Planning your holiday journey: Managing holiday stress (2003). Northern Colorado AIDS Project (NCAP) Men's Group, Ft. Collins, CO.

A New View of Women's Sexual Problems (2002). Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI) Health Summit. University of Colorado at Boulder, Boulder, CO.

Loving the Spaces Between: Sexual Identity, Gender Fluidity, and Desire (2002). Invited Plenary Session Panelist. Association for Women in Psychology Diversity Institute, Vancouver, BC.

Panel Discussion & Book signing for Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI) Health Summit (2002). Invited author. University of Colorado at Boulder, Boulder, CO.

Gender Variance Symposium: Transgender Identities, Theories, and Practice (2001). 26th Annual Meeting of the Association for Women in Psychology. Los Angeles, CA.

American Approaches to Psychology(2001). Invited Address to the American Center. Moscow, Russia.

Coming Out Bisexual (2001). PFLAG, Boulder, CO.

Effective Counseling with Bisexual Clients (2000). CSU Ph.D. Intern Seminar. Ft. Collins, CO.

From Dark Night of the Soul to Self-Celebration (2000). Colorado Gold Rush, Denver, CO.

Bisexuality: The psychology and politics of an invisible minority (2000). Book signing event. Colorado Gold Rush, Denver, CO.

Difficult Dialogues (2000). Invited Plenary Session panelist. Association for Women in Psychology 25th Annual Meeting, Salt Lake City, UT.

Enhancing Self-Esteem (2000). Alternatives to Violence, Loveland, CO.

Transgender Issues and Identities (2000). Uncommon Ground, Denver, CO.

The Transgendered Experience: Transgendered Voices Panel. (2000). Lambda Rising Conference, CU-Boulder.

GLB Issues in Counseling (2000). Psychological Services Center, Colorado State University, Ft. Collins, CO.

Lesbian/Bisexual Dialogue: History of Lesbian/Bisexual Relations (2000). Collar, Denver, CO.

Concepts and Clinical Issues in Working with Transgendered Clients (2000). 25th Annual meeting of the Assoc. for Women in Psychology. Salt Lake City, UT.

Crisis Management and Client Intervention (2000). Women's Center, Loveland, CO.

Psychotherapy with Transgender Clients (2000). Colorado State University Intern Seminar, Ft. Collins, CO.

Bisexuality, Sex Positivism, and the New Frontiers of Intimacy (2000). PFLAG (Parents and Friends of Lesbians and Gays), Ft. Collins, CO.

Women and Self-Esteem (1999). Alternatives to Violence. Loveland, CO.

Managing Counselor Stress with Tough Clients (1999). Project Self-Sufficiency, Loveland, Colorado.

Bisexuality (1999). Student Org of GLB Students, Colorado State University, Ft. Collins, CO.

Bisexuality and Coming Out (1999). PFLAG, Ft. Collins, CO.

Caucus on Bisexuality and Sexual Diversity (CBSD). Pre-Conference Training Seminar (1999). 24th Annual Meeting of the Assoc. for Women in Psychology. Providence, RI.

Understanding the Bisexual Employee (1999). Hewlett-Packard Corporation, Greeley, Colorado.

Understanding Bisexuality (1998). PFLAG, Estes Park, CO.

Understanding Bisexuality (1998). PFLAG (Parents and Friends of Lesbians and Gays). Ft. Collins, CO.

Exploring the Gender Continuum. Colorado Gold Rush (1998). Denver, CO.

Mixed Orientation: Therapy with Couples When One Partner is Bisexual (1998). Out in the Open: In the Family Conference. San Francisco, CA.

Sexual Diversity: Similarities and differences among women of differing sexualities (B. Firestein, E. Speyer). 23rd Annual Meeting of the Association for Women in Psychology. Baltimore, MD.

Effective Counseling with Gay, Lesbian & Bisexual Clients (1998). Day Long Training Seminar (Continuing Education Credits sponsored by Centennial Area Health Education Center). Ft. Collins, CO.

Grief, Coping & Individual Differences (1998). Invited presentation for Ferguson High School. Ft. Collins, CO.

Preventing Burnout in Helping Professionals (1997). House of Neighborly Service staff. Loveland, CO.

Exploding the Beauty Myth (1997). Women's Resource Center. University of Colorado, Boulder, CO.

Journey to a Bisexual Identity (1997). Sexual Diversity Panel. SGI Buddhist Organization, Denver, CO.

Bisexuality: Current Issues and Perspectives (1997). Invited presentation and author panel on Bisexuality: The Psychology and Politics of an Invisible Minority. Institute for the Advanced Study of Human Sexuality, San Francisco, CA.

Overcoming Prejudice and Discrimination (1997). Northern Colorado AIDS Project (NCAP) volunteers. Ft. Collins, CO.

Bisexuality: A Feminist Vision of Choice and Change (1997). Distinguished Publication Award Winners Invited Address. 21st Annual meeting of the Association for Women in Psychology, Baltimore, MD.

Bisexuality: Beyond the Dichotomy of Gay and Straight (1997). Metropolitan State College, Denver, CO.

Sexual Diversity Panel (1997). Unitarian Church, Ft. Collins, CO.

Women, Self-Esteem, & Relationships (1997). Invited Lecture for Women at Noon, Colorado State University Ft. Collins, CO.

Developing a Positive Bisexual Identity (1997).Pride Week. Colorado State University, Ft. Collins, CO.

Therapeutic Conceptualization and Intervention with Bisexual Clients (1997). Intern Seminar. Colorado State University, Ft. Collins, CO.

Women, Self-Esteem, & Relationships (1997). Women at Noon, Colorado State University Ft. Collins, CO.

Boost Your Self-Esteem: Women, Self-Esteem & Relationships (1997). Alternatives to Violence. Loveland, CO.

Queer in Ft. Collins: Bisexuality and Gay Issues (1997). Book signing/panel. Barnes and Noble, Fort Collins, CO.

Addressing GLB Issues in HIV/AIDS Education. Invited trainer (1997). NCAP Speaker Training (Northern Colorado AIDS Project), Ft. Collins, CO.

Therapeutic Issues in Counseling Couples with a Bisexual Partner (1997). Intern Seminar, Part II, Colorado State University. Ft. Collins, CO.

Book signing and author panel, Bisexuality: The Psychology and Politics of an Invisible Minority (1997). A Different Light Bookstore, San Francisco, CA.

Bisexuality as Paradigm Shift (1997). Fifth Annual Lambda Rising Conference. Boulder, CO.

Understanding Depression (1997). Ferguson High School. Loveland, CO.

- Managing Depression during the Holidays (1997). Kiwanis Club. Loveland, CO.
- Clinical Issues in Working with Bisexual Clients (1996). Invited trainer. Psychological Services Center, Colorado State University, Ft. Collins, CO.
- Bisexual Issues in Marriage and Family Therapy (1996). Denver University Marriage and Family Program. Denver.
- Perspectives on Bisexuality. Invited panelist (1996). PFLAG, Boulder, CO.
- Dating in the 90's for Gay Men (1996). Invited presentation. Lambda Community Center, Ft. Collins, CO.
- Spiritual Dimensions of Psychotherapy (1996). Alternative Health Dialogue, Loveland, CO.
- Bisexuality: Promiscuity or Promise-for-Unity (1996). Lambda Community Center, Ft. Collins, CO.
- Understanding Bisexuality (1996). Invited presentation. PFLAG, Evergreen, CO.
- Bisexuality Panel Discussion (1996). Voices of Faith Conference. Denver, CO.
- Bisexuality: Promiscuity or Promise-for-Unity? Building Queer Success in the Midwest (1995). Midwest Bisexual, Lesbian & Gay College Conf., SIU-C, Carbondale, IL.
- Strengthening Healthy Resistance and Courage in Girls (1994). Invited panelist. Panel on Gender Equity at Rocky Mountain Area Council meeting of Boys and Girls Clubs of America. Denver, CO.
- The Psychology and Politics of Bisexuality: Working Effectively with Bisexual Clients (1994). Presented at 19th annual conference of the Association for Women in Psychology. Oakland, CA.
- Bisexuality as a Form of Cultural Diversity (1994). Lecture for Introduction to Psychology. Colorado State University, Ft. Collins, CO.

The Psychology of Domestic Violence (1993). Impact on the Future: Domestic Violence Legislation Update, sponsored by the office of Roland Burris, Attorney General of Illinois. Springfield, IL.

Teaching and Understanding Diversity: Race, class, and sexual orientation (1993). SIU-C, Carbondale, IL.

Confidentiality, Ethics and Professional Behavior (1993). Women's Services Staff Training. SIU-C, Carbondale, IL.

Preventing Acquaintance Rape (1993). SIU-C, Carbondale.

Psyche and Soma: Treating the whole woman student (1993). 28th Annual meeting of the Mid-America College Health Association, Mt. Vernon, IL.

Building Effective Campus Community Collaboration (1992). Firestein, B., Wessel, K. & Mullison, D., Second International Conference on Campus Sexual Assault. Orlando, FL.

Diversity among Jewish women: reclaiming our Jewish identity (1990). 15th annual meeting of the Association for Women in Psychology. Tempe, AZ.

Rape on Campus: How is SIUC Responding? (1990). Women's Caucus. SIU-C, Carbondale, IL.

Firestein, B. (1989). Abuse, social support and the psychological health of college women in dating relationships. Student Research Prize for Outstanding Research on Women and Gender. Award Winner's Address. Presented at the 14th annual Association for Women in Psychology, Providence, RI.

COMMUNITY AND PROFESSIONAL SERVICE

Division 44 Executive Committee, APA, 2004-2007
Mental Health Connections Advisory Board, 1998-1999
Volunteer Therapist, Mental Health Connections, 1996-2003
Chair, Presidential/Mayoral Task Force on Sexual
Assault, 1991-1996
University Women's Professional Advisory Board, 1991-1996
Minority Student Prof. Development Task Force, 1986-1989
Drug Education and Prevention Committee, Student Athlete
Assistance Program, SIUC, 1987-1988
Special Targets Group Committee, CSU, 1985-1986
Program Chair, Women's Caucus Exec. Committee, 1988-1989
Chair, Eating Disorders Task Force, 1987-1990