

CURRICULUM VITAE

PERSONAL

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

Business Address: 1455 Frazee Road, Suite 500
San Diego, California 92108
619.297.3311 (24-hour answering service)

Birthplace: New York City, New York

EDUCATION

1979-1982 CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY, San Diego
Master of Arts, Clinical Psychology
Doctorate in Philosophy, Clinical Psychology

1977 GESTALT INSTITUTE OF CLEVELAND, Ohio
Postgraduate Training Program

1977 CLEVELAND STATE UNIVERSITY, Cleveland, Ohio
Psychology Department (part-time)

1973-1975 CASE WESTERN RESERVE UNIVERSITY, Cleveland, Ohio
Bachelor of Science in Nursing

1969-1973 OHIO UNIVERSITY, Athens, Ohio
Bachelor of Arts (Magnum Cum Laude)

PROFESSIONAL EXPERIENCE

2005 – 2020 UNIVERSITY OF CALIFORNIA SAN DIEGO, San Diego, California
Dept. of Psychiatry Program Coordinator
Coordination of biannual Sexual Health/Medicine Series for
psychiatric residents.

- 2004 - 2019 UNIVERSITY OF CALIFORNIA SAN DIEGO, San Diego, California
Clinical Assistant Professor of Psychiatry
Providing sexual medicine seminars and supervision to psychiatry residents.
- 2009 - 2018 CALIFORNIA PSYCHOLOGICAL ASSOCIATION - DIVISION I, 1231 I Street,
Suite 204, Sacramento, California
Editor of Quarterly Newsletter
- 1997 - Present CLINICAL RESEARCH, 591 Camino de la Reina, Suite 705, San Diego,
California, and DRC of San Diego, 4033 Third Avenue, #400, San
Diego, California
Clinical Researcher.
- 1991 - Present CLINIC FOR THE SEXUALITIES, 591 Camino de la Reina, Suite 705, San
Diego, California
Clinical Psychologist
Assessment, treatment and research consultation.
- 08/83 - Present SAN DIEGO PREMENSTRUAL SYNDROME CLINIC, 591 Camino de la
Reina, Suite 705, San Diego, California
Founder and Director of Services and Chief of Psychological
Services
Diagnostic assessment, treatment and clinical research of
menstrual-related disorders.
- 08/80 - Present PRIVATE PRACTICE, 591 Camino de la Reina, Suite 705, San Diego,
California
Clinical Psychologist
Individual, marital and family psychotherapy and psychodiagnostic
evaluations.
- 05/95 - 10/98 QUALITY PSYCH CARE, 591 Camino de la Reina, Suite 533, San Diego,
California
President
Independent psychological association providing psychological
services.
- 1994 - 1996 THE WOMEN'S HEALTH PAVILION, Medical Group, 15030 Avenue of
Science Suite 110, San Diego, California
Clinical Psychologist
Individual, marital, family and group psychotherapy and
psychodiagnostic evaluations.

- 07/93 - 07/94 SHARP MEMORIAL HOSPITAL, MARY BIRCH WOMEN'S CENTER, 7901 Frost Street, San Diego, California
Consultation
Menopause, psychotherapeutic groups.
- 07/86 -06/88 UNIVERSITY OF CALIFORNIA SAN DIEGO, Department of Psychiatry, School of Medicine, San Diego, California
Clinical Faculty Research Consultant
Involved in clinical research on Premenstrual Syndrome.
- 01/86- 05/87 UNIVERSITY OF CALIFORNIA SAN DIEGO, Owens Clinic, San Diego, California
Clinical Psychologist
Psychiatric evaluations of patients with HIV+, AIDS-related complex, and AIDS.
- 08/78-06/84 UNIVERSITY OF CALIFORNIA SAN DIEGO, Department of Reproductive Medicine, School of Medicine, San Diego, California
Psychological Research Consultant
- 08/82-08/83 ALVARADO PARKWAY INSTITUTE, San Diego, California, Department of Psychology
Post Doctorate Fellowship
Involved in psychodiagnostic 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, San Diego, California, Department of Psychology
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, California
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, California
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, San Diego, California,
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 nonaccidental
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, San Diego, California
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,
California
Teaching Assistant for Theories of Personality
Behavioristic Perspective.
- 09/79-12/79 CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY, San Diego,
California
Teaching Assistant for Psychological Assessment I
Observation and Interview.
- 01/79- 07/79 SAN DIEGUITO SCHOOL DISTRICT, Encinitas, California
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, California
Registered Nurse
Part-time Oncological Nursing.
- 08/76-09/78 UNIVERSITY HOSPITALS, Cleveland, Ohio. MacDonald House
Gynecological Nursing
1) Assistant Head Nurse, 2) Staff Development of Nursing
Personnel/MacDonald House, and 3) Teaching conferences on
psychological aspects of OB/GYN problems.

- 03/75-07/76 UNIVERSITY HOSPITALS, Cleveland Ohio, Hanna Pavilion
 Psychiatric Nursing
 Registered Nurse involved in individual and group therapy with
 patients and their families.
- 09/72-01/73 METROPOLITAN GENERAL HOSPITAL, Cleveland, Ohio, Burns Unit
 Nursing Student
 Functioned as nursing assistant.
- 09/72-01/73 CHILDREN'S DETENTION HOME, Cleveland, Ohio
 Recreational activities
 Recreational activities with adolescent girls.
- 07/72- 08/72 WORLD HEALTH ORGANIZATION, Honduras, Central America
 Community Nursing
 Nursing in rural, primitive environment.

PROFESSIONAL LECTURES AND PAPERS PRESENTED

SGM-Focused Healthcare Matters in Integrated Care. California Psychological Association
(CPA) Annual Convention, September 11-14, 2025.

Dissecting the Barriers to Healthcare for the Sexual and Gender Minority Populations, California
Psychological Association (CPA) Annual Convention, September 7-10, 2023.

CPA FAC Student Mentoring Project, American Psychological Association: Practice Leadership
Conference (PLC). Washington DC, March 9, 2020.

CPA FAC Student Mentoring Project, American Psychological Association: Practice Leadership
Conference (PLC). Washington DC, March 10, 2018

Transgender Panel. Coordinator for Psychiatric faculty and residents. Department of Psychiatry,
University of California San Diego (UCSD), La Jolla, CA. April 24, 2017.

Female Sexual Dysfunction: Assessment and Treatment. Presented to Scripps Health Carmel
Valley Ca, San Diego, CA. February 8, 2017.

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

Female Sexual Dysfunction: Assessment and Treatment. Presented at Grand Rounds at
Scripps Clinic OB/GYN Rancho Bernardo, San Diego, CA. January 19, 2016.

Female Sexual Dysfunction: Assessment and Treatment. Presented to at Scripps Clinic OB/GYN Rancho San Diego, La Mesa, CA. October 26, 2016.

Female Sexual Dysfunction: Assessment and Treatment. Presented to at Scripps Clinic OB-GYN Fifth Avenue, San Diego, CA. October 16, 2016.

Female Sexual Dysfunction: Assessment and Treatment. Presented to Scrips Clinic OB-GYN Rancho San Diego, La Mesa, CA. October 6, 2016.

Female Sexual Dysfunction. Presented to Scripps Clinic OB-GYN Fifth Avenue, San Diego, CA. September 25, 2015.

Female Sexual Dysfunction. Presented at Grand Rounds at Scripps Clinic OB/GYN, Rancho San Diego, La Mesa, CA. April 22, 2015.

Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. April 24, 2015.

Female Sexual Dysfunction. Presented to Scripps Clinic OB-GYN Encinitas, Encinitas, CA. April 7, 2015.

Female Sexual Dysfunction. Presented to Scripps Health Carmel Valley, San Diego, Ca, April 2014.

Integrating Psychologists into HealthCare Settings in Your Backyard: Lessons and Visions from Thought Leaders in California, CPA Convention, Monterey CA. April 12, 2014.

Sports Psychology. Alvarado Sports Medicine, La Mesa CA. January 4, 2014.

Understanding Female Sexual Dysfunction: Case Conference, Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. April 2, 2014.

Case Discussion: Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. May 22, 2013.

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. February 9, 2012.

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

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. April 5, 2013.

CPA: Health Care Reform Summit. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. September 29, 2012.

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. February 9, 2012.

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. February 22, 2011.

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. February 5, 2010.

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. February 27, 2009.

Female Sexual Dysfunction. Ninth Annual Women's Health Symposium, Naval Medical Center, San Diego, CA. December 5, 2008.

Female Sexual Dysfunction: Assessment and Treatment. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. June 6, 2008.

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

Understanding Female Sexual Dysfunction. Presented at Grand Rounds, Dept. of Reproductive Medicine at the University of California San Diego (UCSD), La Jolla, CA. March 7, 2007.

Understanding Female Sexual Dysfunction. Presented to Psychiatry Residents, University of California San Diego (UCSD), La Jolla, CA. March 17, 2006.

Premenstrual Dysphoric Disorder. Presented at the Nurse Practitioner Medical Advisory meeting in Santa Fe, NM. March 12, 2006.

Understanding the Spectrum of Female Sexual Dysfunction. Continuing Medical Education, sponsored by Annenberg Center for Health Sciences, San Diego, CA. June 15, 2005.

UCSD Sexual Medicine Lecture Series: Treatment of Female Sexual Disorders. University of California San Diego (UCSD), La Jolla, CA. June 3, 2005.

UCSD Sexual Medicine Lecture Series: Assessment of Female Sexual Disorders. University of California San Diego (UCSD), La Jolla, CA. May 27, 2005.

UCSD Sexual Medicine Lecture Series: Understanding Female Sexual Dysfunction. University of California San Diego (UCSD), La Jolla, CA. May 20, 2005.

Understanding Female Sexual Dysfunction. Kaiser Permanente, Fontana, CA. May 12, 2005.

Understanding Female Sexual Dysfunction. University of California Irvine (UCI), Irvine, CA, December 10, 2004.

Women's Sexual Health: A Complete Guide to Assessment, Management and Treatment of Sexual Function Disorders. American College of Osteopathic Family Physicians: National Conference. San Francisco, CA. November 7, 2004.

Sexual Dysfunction, What is really going on? American College of Osteopathic Family Physicians California State Society. Anaheim, CA. October 22, 2004.

Understanding the Spectrum of Female Sexual Dysfunction: Continuing Medical Education, sponsored by Annenberg Center for Health Sciences, San Diego, CA. October 6, 2004.

Transitioning From Home to Work and Work to Home: Cell Genesys, San Diego, CA. July 23, 2004.

Female Sexual Function: Proctor & Gamble Consulting Meeting. Chicago, IL. May 21-23, 2004.
Ebb and Flow of Ovarian Change: California State Psychological Assoc. San Diego, CA. March 27, 2004.

Ebb and Flow of Ovarian Change: Model-based Intervention. San Diego Psychological Assoc., San Diego, CA. June 15, 2002.

Women's Health and the Workplace: Beyond Stereotypes. UCSD Athena, San Diego, CA. February 14, 2002.

Raging Hormones: PMS Through Perimenopause. Scripps Clinic, San Diego, CA. April 4, 2001.

Embracing and Managing Midlife: You're Health, Your Well-Being, and Your Choices. Women's First Healthcare. November 11, 2000.

PMS Through Menopause: Affective Disorder. San Diego Psychological Association, San Diego, CA. June, 2000.

Participant in Evidence-based Guidelines for PMS: Planning & Consensus Meeting. Cedars-Sinai Medical Center, San Diego, CA. June 25-27, 1999.

Balancing Work and Private Life: Making the Daily Transition. National Association of Purchasing Agents, San Diego, CA. June 8, 1999.

The Silent Disease: Taking Responsibility for Preventing and Restoring Bone Loss.
Physiotherapy Associates, San Diego, CA. May 26, 1999.

Holding It Back: Managing Urinary Incontinence. Physiotherapy Associates, San Diego, CA.
April 28, 1999.

Raging Hormones: PMS and The Perimenopause. Physiotherapy Associates, San Diego, CA.
April 22, 1998.

Raging Hormones: Perimenopause and Menopause. Pacific Bell, San Diego, CA. April 15,
1998.

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

Raging Hormones and Women's Psychology. Pacific Bell, San Diego, CA. February 18, 1998.

Raging Hormones. Sharp Women's Health Symposium, San Diego, CA. January 31, 1998.

Transitions from Work to Home and Back Again. Presentation to Faculty and Staff of University
of California, San Diego, La Jolla, CA. October 7, 1997.

Hormones and Your Mood Swings: Am I Losing My Mind? Women's Health Specialists of San
Diego at Scripps Memorial Hospital, San Diego, CA. September 20, 1997.

PMS Through Perimenopause: Affective Disorders. Scripps Division of Mental Health, San
Diego, CA. June 18, 1997.

You Don't Have to Be Thin to Like Yourself. Weight Management Symposium at Scripps
Memorial Hospital, San Diego, CA. June 7, 1997.

Changing Ovarian Function and Mental Health. Del Mar, CA. May 22, 1997.

Coping with PMS, Perimenopause and Menopause. Wholesale Foods, San Diego, CA. May 21,
1997.

You Don't Have to Be Thin to Like Yourself. Weight Management Seminar at Scripps Clinic,
June 22, 1996.

Create a Positive Self-Image. Mercy Medical Center/Women Health Specialists Clinic, San
Diego, CA. June 1, 1996.

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

SDPA Newsletter, Professional Practices in Business Committee (Vol. 5, no. 3), March 1996.

Planet Menopause. Class at Women's Health Specialists Clinic, January-February 1996.

"Tired of Being Tired," PMS, Perimenopause, Menopause: How Hormones Can Lift Your Spirits. Mercy Medical Center, San Diego, CA. July 29, 1995.

Computer Programs Can Make PMS Easier to Identify. 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. Employee Assistance Program, Pacific Bell, San Diego. March 16, 1995.

Hearts, Bones, Hot Flashes and Raging Hormones. Pass It on Conference, Sharp Women's Health Symposium, San Diego, CA. March 11, 1995.

Perimenopause and Menopause. Psychological Conference of the Society of Mental Health Professionals. March 9, 1995.

PMS, Perimenopause, Menopause: Coping with Ovarian Change. Mary Birch Women's Center, Sharp Memorial Hospital, San Diego, CA. February 25, 1995.

PMS, Perimenopause, Menopause: A Behavioral Approach. Office Gynecology and Women's Health for the Primary Care Physician, Continuing Medical Education Associates (CMEA). Sponsor: San Diego State University Student Health Services, February 19, 1995.

PMS, Perimenopause, and Menopause: Advances in Clinical Assessment and Treatment. Grand Rounds, Palomar Medical Center, Escondido, CA, October 11, 1994.

Role Delineation Panelist for a Lifestyle Consultant. American Council on Exercise, San Diego, CA. September 29-30, October 1, 1994.

Psychological Assessment and Treatment for Perimenopause and Menopause. San Diego, California Association of Occupational Health Nurses (SDCAOHN). September 23, 1994.

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

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

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

PMS: The Perimenopausal Syndrome. Parent Education Class, Santee, CA. May 1994.

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

PMS Research. Interview with American Health magazine. April 1994.

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

Perimenopause/Menopause. Six-week Group Program, Mary Birch Women's Center, Sharp Memorial Hospital, San Diego, CA. July 1993-January 1994.

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

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

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

Surviving Conflicts. Presentation to Employees, Sharp Memorial Hospital, San Diego, CA. May 1993.

Time Management. Presentation to Employees, Sharp Memorial Hospital, San Diego, CA. April 1993.

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

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

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

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

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

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

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

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

Changing Decades. Women for Change, Encinitas, CA. April 1992.

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

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

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

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

Collegial Relationships. Presentation to Employees, Sharp Memorial Hospital, San Diego, CA. July 1991.

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

Relationship Renewal. Presentation to Employees, Sharp Memorial Hospital, San Diego, CA. June 1991.

Cognitive Treatment and Premenstrual Syndrome. Mesa Vista Hospital, San Diego, CA. May 1991.

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

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

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

Diet, Exercise and the Menstrual Cycle. Sharp Memorial Hospital, San Diego, CA. August 1990.

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

The Premenstrual, Perimenopause/Menopause. 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. June 1990.

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

The Premenstrual Syndrome. Presentation to Employees, San Diego State University, San Diego, CA. 1988.

PMS. Alvarado Sports Medicine Center, San Diego, CA. 1988.

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

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

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

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

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

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

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

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

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

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

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

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. KYYX-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

Cuevas, M.A. Futterman, L.A., Lotz-Nigh A.T., Eteminan, S., (2025) The Dissectionality of Care in the US: A Scoping Review in Healthcare of Implicit Bias, Perceived Discrimination, and Minority Stress Among Sexual and Gender Minorities. *Archives of Sexual Behavior*, 54 (6), 2005-2041.

Futterman, L.A., Zhang, M., (2020) Health Care Disparities: Sexual and General Health across Sexual and Gender Minorities, *The California Psychologist*, Behavioral Health Care Disparities, Vol.53, #4.

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. (2nd 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).
- Futterman, L.A. (1994). Trends in managed health care delivery. SDPA Newsletter, 3(7), 6-8.
- Futterman, L.A. (1994). A method of assessing the Premenstrual Syndrome symptoms. SDPA Newsletter, 3(5).
- Futterman, L.A., & Stickler, J.F. (1994). Sexual desire and arousal: Self-assessment inventory for women.
- Futterman, L.A. (1993). Ethically speaking: Do you know the answers? Using support for ethical concerns. SDPA Newsletter, 2(1).
- Futterman, L.A., Jones, J.E., & Clopton, P. (1993). Premenstrual Syndrome Symptoms Profile (PSSP). [Software].
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CLINICAL RESEARCH

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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

- 01/11 - 2021 American Psychological Association
Federal Advocacy Coordinator for California
Spearheaded the CPA FAC Student Mentoring Project
Received Award for Federal Advocate of the year (March 2015)
- 01/11 - Present California Psychological Association
Board of Directors, Government Affairs Committee, Governance
Committee, Division I Board of Directors: Chair 2009; Quarterly
Newsletter Editor 2009-2018; Health Psychology Section Co-Chair
2019-present
The Distinguished Psychologist for CPA DIV 1: Clinical and Professional
Psychology Award, 2016; Advocacy of the Year Award, 2018.
- 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 since May 1995)
President
San Diego County Managed Mental Health Care Focus Group
Systems of Care Subcommittee
High Cost Users Subcommittee
- 1991 - 1999 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