

# BETHANY (SNAVELY) SIMMONS, Ph.D., LMFT-S, LPC

60 W. OLSEN RD, #4250  
THOUSAND OAKS, CA 91360

EMAIL: bethanysimmons@callutheran.edu  
PHONE: (805)493-3898

## Education

**University of Louisiana at Monroe** Monroe, LA

- Ph.D, Marriage and Family Therapy, December 2010
- COAMFTE Accredited Program
- Dissertation Title: Family Therapy Legacies and the Patterns that Connect: Transcending the Modern/Postmodern Dichotomy in Family Therapy

**University of Louisiana at Monroe** Monroe, LA

- M.A., Marriage and Family Therapy, May 2006
- COAMFTE and CACREP Accredited Program

**Penn State University** University Park, PA

- B.A., Psychology, December 2003
- Minor, Human Development and Family Studies (HDFS)
- Graduated "WITH HIGH DISTINCTION" in the top 4 percent of the graduating class

## Licenses & Certifications

- Licensed Marriage and Family Therapist (LMFT), State of Louisiana, License #1127
- Licensed Professional Counselor (LPC), State of Louisiana, License #3766
- Louisiana State Approved Marriage and Family Therapy Supervisor (LMFT-S)
  - Supervised MFT Interns toward LMFT License
- AAMFT Approved Supervisor/Mentor, since 2011
- QPR Gatekeeper Instructor for Suicide Prevention

## Professional Affiliations

- Founder Big Systems Collective Consulting Group 2020
- Peer Reviewer for *Journal of Technoetic Arts*
- American Association for Marriage and Family Therapy (AAMFT) Clinical Fellow, #113426, member of AAMFT since 2004
- AAMFT-California Division Member 2014- Present
- Louisiana Association for Marriage and Family Therapy (LAMFT) Member 2004-2014
- Secretary for LAMFT Executive Board 2011-2013
- Chair of Professional Development, LAMFT Executive Board 2011-2013
- Editor Quarterly Monitor Publication, LAMFT Executive Board 2011-2013
- Member of Louisiana Association of Drug Court Professionals 2011-2014
- Student/Associate Representative for LAMFT Executive Board 2006-2008

## Teaching Experience

Spring 2019 **California Lutheran University** Oxnard, CA  
*Assistant Professor PSYC 517 Lifespan and Family Development 2nd Year MS Level Course*

- Revised course material to infuse family development, systemic, cybernetic, communication theory, and epistemology throughout the course.
- Revised course to align with COAMFTE and California BBS Standards.
- Created experiential class activities, utilized media examples, and hands-on application of material to give students various tools for learning course material.

Fall 2017- 2021                              **California Lutheran University**                              Westlake Village, CA  
*Assistant/Associate Professor      PSYC 591, 592, 593 Counseling Practicum 1*  
*2<sup>nd</sup> Year MS Level Course*

- Developed experiential and didactic class activities to develop and facilitate students' professional identity and practice in the field of Marriage and Family Therapy

Summer 2015, 2016                              **California Lutheran University**                              Oxnard, CA  
*Assistant Professor                              PSYC 522 Cultural Diversity                              2<sup>nd</sup> Year MS Level Course*

- Revised course material to infuse Marriage and Family Therapy assessments and principles, systemic, cybernetic, communication theory, and epistemology throughout the course.
- Revised course to align with COAMFTE and California BBS Standards.
- Created experiential class activities, utilized media examples, and hands-on application of material to give students various tools for learning course material.

Spring 2015- 2021                              **California Lutheran University**                              Westlake Village, CA  
*Assistant/Associate Professor      PSYC 550 Survey of Psychological Testing*  
*2<sup>nd</sup> Year MS Level Course*

- Revised course material to infuse Marriage and Family Therapy assessments and principles, systemic, cybernetic, communication theory, and epistemology throughout the course.
- Revised course to align with COAMFTE and California BBS Standards.
- Created experiential class activities, utilized media examples, and hands-on application of material to give students various tools for learning course material.

Spring 2015                                      **California Lutheran University**                              Thousand Oaks & Oxnard, CA  
*Assistant Professor                              PSYC 541 Principles & Techniques in Adolescent Therapy*  
*2<sup>nd</sup> Year MA Level Course*

- Revised course material to infuse systemic, cybernetic, communication theory, and epistemology throughout the course.
- Revised course to align with COAMFTE and California BBS Standards.
- Created experiential class activities, utilized media examples, and hands-on application of material to give students various tools for learning course material.

Fall 2014 – 2020                              **California Lutheran University**                              Thousand Oaks & Oxnard, CA  
*Assistant/Associate Professor                              PSYC 543 Principles & Techniques in Family Therapy*  
*1<sup>st</sup> Year MA Level Course*

- Revised course material to infuse systemic, cybernetic, communication theory, and epistemology throughout the course.

- Created experiential class activities, utilized media examples, and hands-on application of material to give students various tools for learning course material.

Fall 2014, 2016, 2018, 2019                      **California Lutheran University**                      Thousand Oaks & Oxnard, CA  
**Assistant Professor**                      **PSYC 512 Systems of Counseling and Psychotherapy**  
**1st Year MA Level Course**

- Created experiential class activities, utilized media examples, and hands-on application of material to give students various tools for learning course material.

Spring 2014    **The University of Louisiana at Monroe**    Monroe, LA  
**Assistant Professor**                      **MAFT 6008 Professional Issues in Marriage and Family Therapy**  
**2nd Year MA Level Course**

- Revised course material and assignments to align with COAMFTE, CACREP, and state licensing board requirements and ethical standards.
- Created assignments and creative class activities to develop and facilitate students' professional identity and practice in the field of Marriage and Family Therapy and Professional Counseling.
- Coordinated, organized, revised, and facilitated Comprehensive Exams for MA students and developed practice exercises.

Fall 2013, Spring 2014                              **The University of Louisiana at Monroe**    Monroe, LA  
**Clinical Supervisor/Assistant Professor**                      **MAFT 7050 Practicum**                      **2nd Year Ph.D. Level Course**

- Supervised the clinical work of 5-10 PhD Marriage and Family Therapy students; providing live as well as case report supervision of cases.

Spring 2013    **The University of Louisiana at Monroe**    Monroe, LA  
**Instructor**                      **MAFT 7008 Creative Systemic Scholarship: Cybernetic and Communication Research Strategies**  
**2nd Year Ph.D. Level Course - ONLINE**

- Assisted in development of course and first instructor to teach course

Fall 2011, 2012, 2013                              **The University of Louisiana at Monroe**    Monroe, LA  
**Assistant Professor/Instructor**                      **MAFT 7000 Epistemological Issues in MFT**  
**2nd Year Ph.D. Level**

- Developed and re-created course material and syllabus to incorporate and integrate larger systemic focus to help students understand the influence, interaction, and recursive relationship between culture, societal systems, and the construction of reality, especially with regard to the mental health field.
- Developed and re-created course material to give students an understanding of the contextual and historical shift to systemic, constructivist, social constructionist, and language/narrative paradigms, and the implications of these shifts on the field of marriage and family therapy, especially with regard to theory and practice.
- Developed and re-created course material to focus on epistemology and implications of deconstructing the dichotomy between modernism and postmodernism in family therapy.
- Designed course material to encourage self-reflexivity, recursiveness, and an evolving epistemological-self.

Summer 2011, Summer 2012, Spring 2013, Fall 2013, Spring 2014, Summer 2014

**The University of Louisiana at Monroe**

Monroe, LA

***Clinical Supervisor/Assistant Professor/Instructor MAFT 6070 Internship 2<sup>nd</sup> Year Masters Level***

- Supervised the clinical work of 6-10 MA Marriage and Family Therapy students; providing live as well as case report supervision of cases.
- Created an “Application of Experience Project” for the course to assist the students in ascertaining a deeper understanding of a systemic therapeutic approach, become skilled at applying this approach, and think critically about the theory and application of the approach to achieve a deeper level of integration between theory, practice, and self-of-therapist.

Spring 2011, 2012

**The University of Louisiana at Monroe**

Monroe, LA

***Instructor MAFT 7022 Social Ecology 2<sup>nd</sup> Year Doctoral Level Course***

- Developed and re-created course material and syllabus to incorporate and integrate a Batesonian ecological perspective with course readings.
- Created course projects that would experientially align with course material and readings.
- Course final project was created to enhance students’ consultation skills and demonstrate mastery of material learned in the course, along with increase and develop new services in the community to be provided by ULM Marriage and Family Therapy Clinic Interns.

Fall 2006 & Fall 2007

**The University of Louisiana at Monroe**

Monroe, LA

***Teaching Assistant MAFT 610 Introduction to MFT 1<sup>st</sup> Year Master Level Course***

- Instructed MAFT 610 Introduction to Marriage and Family Therapy for master’s students covering an overview of the philosophy of the marriage and family therapy field and introducing students to the models of marriage and family therapy.
- Co-created and co-developed course syllabus and course material.

Spring 2007 & Spring 2008

**The University of Louisiana at Monroe**

Monroe, LA

***Teaching Assistant MAFT 662 Human Sexuality 1<sup>st</sup> Year Master Level Course***

- Instructed MAFT 662 Human Sexuality for master’s students covering a range of material addressing the biological, social, and interactional aspects of sexuality.
- Co-created and co-developed course syllabus and course material.
- Increased the therapeutic applicability and focus of this course to align with the systemic therapies instructed at the institution.

**Supervisory Experience**

- Louisiana State Approved Marriage and Family Therapy Supervisor (LMFT-S)
  - Supervised MFT interns toward LMFT License
- AAMFT Approved Supervisor/Mentor, since 2011
  - Mentor for AAMFT Approved Supervisor Candidates
- Supervised MFT graduate interns from 2006-Present.
- Instructor for MAFT 6070/MAFT 7050, serving as Clinical Supervisor for 6-10 students each semester.
- As Director of Juvenile Drug Court and Clinical Services, I was responsible for the clinical work of the 4<sup>th</sup> Judicial District Juvenile Drug Court Therapist Interns.
- Served as Therapy Supervisor Intern for the 4<sup>th</sup> Judicial District Juvenile Drug Court, supervising MFT graduate students, including having a weekly Practicum Supervision group in the ULM Marriage and Family Therapy Clinic for MAFT670, 2007-2008.

## Dissertation Committees

- Doctoral Dissertation Committee Member, California Lutheran University, PsyD in Clinical Psychology
  - **Completed:**
    - Buckley, L. (2017). *The Evidence for School-Based Mental Health Screening with Latino Youth*. (Committee Member).
- Doctoral Dissertation Chair and Committee Member, University of Louisiana at Monroe, Ph.D. Marriage and Family Therapy Programs, all based on systemic theory and practice.
  - **Completed:**
    - Albrite, A. (2020). *Awakening the Relational Body: Utilization of the Emotionally Focused Therapy Model in Treatment with Transgender And Gender Expansive Couple Relationships*. (Committee Member).
    - Jardine, J. (2018). *Unearthing a Reflection of Who We are in Relationship to Each Other and the Mutual Influences of Historical Narratives: A Critical Ethnographic Study Examining Native Southern Black and White Families Intergenerational Perspectives on Race Relationships* (Committee Member)
    - Griffith, R. (2016). *Beyond Pathological Communication Patterns: A Research of Conservative Evangelical Pursuit of Holiness*. (Committee Member).
    - Lane, B.G. (2015). *Recursive Frame Analysis Supervision: The art of tracking performance*. (Committee Member)
    - Papillion, A. (2015). *A phenomenological study of the impact of therapy on Juvenile Drug Court participants and their families post-graduation*. (Committee Member)
    - Gibson, R.A. (2015). *My child is far from normal: A hermeneutic analysis of the “Another Lee Harvey Oswald” family therapy with Don D. Jackson, MD*. (Committee Member)
    - Keels, B. (2014). *The difference that didn’t make a difference: The lost history of cybernetics in family therapy*. (Committee Member)
    - Taylor, A. (2014). *Breast cancer at 24: An autoethnography of personal and familial experiences of a breast cancer diagnosis and treatment*. (Committee Member)
    - Hebert, T. (2014). *The dynamics of committed relationships that influence desistance from criminal behavior post prison release*. (Committee Member)
    - Fix, L. (2013). *A phenomenological study of therapists’ experiences of multiple relationships in a congregational setting*. (Committee Member)
  - **Current On-Going Topics:**
    - *Toward a Cybernetic Epistemology for Family Therapy Live Supervision: Aesthetics & Pragmatics* (Chair)

## Current Research Projects & Works in Progress

**Simmons, B.** & Norris, C. (Manuscript in Progress). *Diagnosis in context: Systemic and cultural considerations when using the DSM*. Springer Publishing.

**Simmons, B.**, Fischbach, S., Dyrness, A. & Triplett, K. (Study in Progress). Welcome home!? Understanding the experiences of reintegrating military couples post-deployment. Ethnographic qualitative research project approved by California Lutheran IRB, in data collection and analysis phase.

**Simmons, B.** (Study on Hold). Understanding firefighters and their family experiences. Ethnographic qualitative research project preparing for review by California Lutheran University IRB.

**Simmons, B.** (Revising Book Proposal). *Family therapy legacies and the patterns that connect: Transcending the modern/postmodern dichotomy in family therapy*. Lanham, MD: Lexington Books.

**Simmons, B.**, Fischbach, S., Dyrness, A. & Triplett, K. (Unpublished Manuscript, Revising for Re-Submission to Peer-Reviewed Journal). Serving those who serve: Financial therapy with military couples.

**Simmons, B.**, Mason, N. & Sutton, J. (Unpublished Manuscript, Revising for Re-Submission to Peer-Reviewed Journal). The “12 Steps” to Engaging Court Mandated Families in Treatment: Turning “Unwilling” Clients into “Willing” Clients.

**Simmons, B.**, Sutton, J., & Ray, W. (Manuscript in Progress). Training students to work with involuntary clients.

**Simmons, B.** & Janowski, J. (Manuscript in Progress). The Importance of Using a Systemic and Social Justice Approach in Community Mental Health.

**Simmons, B.** & Chapman, J. (Manuscript in Progress). Cybernetics: An Epistemology of Responsibility and Thoughtfulness.

### Publications

Fischbach, S., **Simmons, B.** & Puls, C. (2021). Consumer health and well-being: Case study on military couple financial resiliency. Peer reviewed paper accepted for presentation at *2021 AMA Marketing & Public Policy Conference*.

**Simmons, B.**, & Banker, J. (2020). Culturally contextual family therapy with involuntary clients. In B. Canfield (Ed.), *Intercultural Perspectives on Family Counseling* (1<sup>st</sup> ed.). Routledge Press.

Jardine, R. & **Simmons, B.** (2020). Not/my president: Presidential race in Southern Black and White American families. In Davis, C. & Crane, J. (Eds.), *The Personal is Political: Body politics in a Trump world*. Brill Publishing. (Authors share equal contribution)

Sutton, J., **Simmons, B.**, Hammel, N.M., & Ray, W.A. (2019). Training therapists in system logic and practice. *Journal of Systemic Therapies*, 38(1), 44-60. New York: Guilford. (Authors share equal contribution)

**Simmons, B.** & Janowski, J. (2019). Conducting therapy in the community based organization. In Loewy, O., Manton, C., Avineri, M., Davis, S., Read, M., & Bhullar, J. (Eds.), *Working in the California Community Behavioral Health System: A Navigational Tool* (pp. 83-91). Santa Barbara, CA: Olivia Loewy & Associates.

Shannon, S., Sutton, J., **Simmons, B.** & Holowacz, E. (2019). Family rules. In J. Lebow, D.C. Breunlin & Chambers, A. (Eds.), *Encyclopedia of Couple and Family Therapy*. Switzerland: Springer Publishing.  
[https://doi.org/10.1007/978-3-319-15877-8\\_268-1](https://doi.org/10.1007/978-3-319-15877-8_268-1)

**Simmons, B.** & Sutton, J. (2018). Epistemology in family therapy. In J. Lebow, D.C. Breunlin & Chambers, A. (Eds.), *Encyclopedia of Couple and Family Therapy*. Switzerland: Springer Publishing.  
[https://doi.org/10.1007/978-3-319-15877-8\\_264-1](https://doi.org/10.1007/978-3-319-15877-8_264-1)

**Simmons, B.** (2013). Respecting diverse professional perspectives in a collaborative team environment. Louisiana Diversity Council, 2<sup>nd</sup> Quarter Newsletter, <http://ladiversitycouncil.org/newsletter/2013/secondquarter/>

### Editorial Projects & Consultation Roles

**Simmons, B.** (Expert Consultant) (Feb. 9, 2021). *2021's best places to get married*. McCann, A. (Ed.). WalletHub.  
[https://wallethub.com/edu/best-places-to-get-married/18721#expert=Bethany\\_Simmons](https://wallethub.com/edu/best-places-to-get-married/18721#expert=Bethany_Simmons)

**Simmons, B.**, Spears, N. & Fenn, M. (2016). *Joy Comes in the Morning: Learning to Cope with Loss and Life*. 6-week workshop open to the community, Boys and Girls Club, Camarillo, CA. Consultant, co-creator and co-presenter.

**Simmons, B.** (Ed.). (2015). What every man needs to know about handling arguments in a long-term relationship. In D. Preston, *Primer Magazine*, [www.primermagazine.com](http://www.primermagazine.com). Editor and consultant.

2011-2013 Editor-in-Chief Louisiana Association for Marriage and Family Therapy (LAMFT) Monitor quarterly newsletter

2011-2013 Chair of Professional Development, reviewing and approving/denying all continuing education applications to provide CEU's for MFT's in Louisiana, LAMFT Executive Board

### Presentations/Trainings

- Simmons, B.** Albrite, A., Jardine, R., Lee, N., Borer, M. & Jones, Q. (Sept. 2020) *How to Untangle Ourselves: Cybernetic Action for Social Change*. Invited workshop for the American Society for Cybernetics, 2020 Global Conversations Annual International Conference Virtual. London, England
- Banker, J.E. & **Simmons, B.** (2020). *Culturally aware marriage and family counselors: A reflexive process*. Peer reviewed presentation at International Association Marriage and Family Counselors (IAMFC), New Orleans, LA. (equal contributors)
- Fischbach, S. & **Simmons, B.** (2019). *Dynamic dyads in military couples' buying behaviors: Vulnerability before, during and after deployment*. Poster presented at 2019 American Marketing Association Marketing and Public Policy Conference, Washington, D.C. (equal contributors)
- Jardine, R. & **Simmons, B.** (2018). *Not/My president: Presidential race in Southern Black and White American families*. The personal is political: Bodily experience in a post-Trump world panel, *Communication at Play*, National Communication Association 104<sup>th</sup> Annual Convention, Salt Lake City, UT. (equal contributors)
- Chapman, J. & **Simmons, B.** (2017). *Feeding the ouroboros: Gregory Bateson's food for thought and thoughtfulness*. Peer reviewed workshop presented at *A Difference that Makes a Difference: Systemic Change for Social and Environmental Justice 2017*, Human Science Institute Conference, Salt Lake City, UT. (equal contributors)
- Dyrness, A. & **Simmons, B.** (2017). *Insight into resiliencies of interracial/ interethnic families: Using ethnographic study with cultural genograms*. Poster presented at the California Lutheran Festival of Scholars, Thousand Oaks, CA.
- Simmons, B.**, Hess, J. & Banker, J. (2016). *Treating involuntary clients: Considering issues of social justice and cultural diversity*. Blind peer reviewed workshop presented at the 2016 AAMFT-CA Conference, San Francisco, CA.
- Simmons, B.**, Spears, N. & Fenn, M. (Spring & Fall, 2016; Fall 2017, Fall 2018). *Joy Comes in the Morning: Learning to Cope with Loss and Life*. 6-Week Workshop open to the community, Camarillo, CA & Oxnard, CA.
- Simmons, B.** (2015). *Working with involuntary clients: Notes & things to consider*. **Invited** guest lecture for Case Conference PSYC 591 Practicum I course, California Lutheran University, Oxnard, CA.
- Simmons, B.** (2015). *Crisis and counseling: The power of relationship, the power of community, the power of your presence*. **Invited** guest lecture for REL 391 Children, Youth, and Family Ministry course, California Lutheran University, Thousand Oaks, CA.
- Simmons, B.** (2013). *Motivational interviewing techniques*. **Invited training** for the 4<sup>th</sup> District Adult Drug Court Program, West Monroe, LA.
- Simmons, B.** (2013). *Motivational interviewing techniques*. **Invited training** for truancy and school officials, West Monroe, LA.
- Simmons, B.**, Kyser, M., & Whedbee, S. (2013). *Working with mandated clients: Navigating complex systems*. Blind peer reviewed workshop presented at the 2013 LAMFT Conference, Baton Rouge, LA.
- Buffington, P. & **Simmons, B.** (2013). *The nuts and bolts of a QPR presentation*. Blind peer reviewed workshop presented at the 2013 LAMFT Conference, Baton Rouge, LA.
- Simmons, B.** & Fix, L. (2012). *Meta-processing: Processing the process of ethical decision making*. **Invited ethics workshop** presented for LAMFT Fall Ethics Blitz, Monroe, LA.
- Simmons, B.**, Bagley, K., & Brasher, C. (2012). *Judicial intervention for juvenile substance abuse*. **Invited plenary presentation** at the International Association for Truancy and Dropout Prevention 102<sup>nd</sup> Annual Conference, New Orleans, LA.

- Simmons, B.** (2012). *Engendering hope: Focusing on resources, resiliency, and solutions to construct success with clients in crisis*. Blind peer reviewed workshop presented at the 2012 LAMFT Conference, New Orleans, LA.
- Sutton, J., **Simmons, B.**, Brasher, C., & Garcia, K. (2012). *A hopeful approach: Using motivational interviewing with the mandated client*. Blind peer reviewed workshop presented at the 2012 LAMFT Conference, New Orleans, LA.
- Buffington, P., Jardine-Randel, R., & **Simmons, B.** (2011, March). *WAIT, I didn't come to college to die: College students and suicide*. Blind peer reviewed workshop presented at the 2011 LAMFT Conference, Baton Rouge, LA.
- Simmons, B.** & Melton, P. (2010, May). Dealing with Peer Pressure presented to youth ages 5-13 at the Emily P. Robinson Community Center.
- Simmons, B.** (2010, April). Coping with Grief presented to residents at Passman Plaza retirement community.
- Simmons, B.** (2009, August). Parenting Education Class presented to parents at PEEP (Positive Enterprises for Empowering the People).
- Borer, M., Mason, N., Simonis, T., Shelby, S., & **Simmons, B.** (2008, April). *We're going to therapy: A case study analyzing the differences between "healthy" couples and "clinical" couples*. Poster presented at the University of Louisiana at Monroe 8<sup>th</sup> Annual Student Research Symposium, University of Louisiana at Monroe.
- Sutton, J. & **Simmons, B.** (2008, February). *Being solution-focused in a sexual abuse survivor's world*. Blind peer reviewed workshop presented at the 2008 LAMFT Conference, Baton Rouge, LA.
- Mason, N., **Simmons, B.**, & Simonis, T. (2008, February). *Utilizing emotionally focused couples therapy for treatment with ambivalent and indifferent couples*. Poster presented at the 2008 LAMFT Conference, Baton Rouge, LA.
- Simmons, B.** & Mason, N. (2007, December). *Utilizing emotionally focused couples therapy for treatment with ambivalent couples*. Poster presented at the Delta Kappa Annual Research Symposium, University of Louisiana at Monroe.
- Snavelly, B.**, Atkins, A., Haveman, T., & Bourgeois, N. (2006, May). *Ethical considerations of human subjects in research*. Poster presented at the Delta Kappa Ethics Symposium, University of Louisiana at Monroe.
- Bourgeois, N., Cole, C., **Snavelly, B.**, & Bailey, E. (2006, March). *I do now what? Adjustment processes in the first years of marriage*. Poster winning "**Outstanding Poster Presentation**" presented at the Louisiana Association for Marriage and Family Therapy (LAMFT) Annual Conference, Baton Rouge, LA.
- Snavelly, B.** (2005, April). *The effects of birth order in stepfamilies*. Poster presented at the University of Louisiana at Monroe 5<sup>th</sup> Annual Student Research Symposium, University of Louisiana at Monroe.
- Snavelly, B.** (2004, December). *The effects of birth order in stepfamilies*. Poster presented at the Delta Kappa Fourth Annual Research Symposium, University of Louisiana at Monroe.
- Lefkowitz, E. S., **Snavelly, B. L.**, & Fingerman, K. L. (2004, July). *Positive and negative experiences during conversations between adults and their parents*. Paper presented at the International Association for Relationship Research Conference, Madison, WI.
- Snavelly, B.** & Jones, A. (2003, April). *Adult Family Study*. Poster presented at the Annual Undergraduate Psychology Conference, Penn State University.

### Professional Work Experience

Fall 2014 – Present	<b>California Lutheran University</b>	Thousand Oaks, CA
	<b><i>Counseling Psychology – Marital and Family Therapy Program</i></b>	<b><i>M.S.</i></b>
	<i>Associate Professor, Program Director, Director of Clinical Training</i>	



- 9-month, 24-credit load contract
- Program Director, beginning Spring 2020; Interim Program Director of Counseling Psychology – Marital and Family Therapy Program, Summer 2015, Fall 2015, Spring 2016
- Director of Clinical Training, beginning Fall 2015-2018
- Participate in program, department, and university committees
- Participate in pursuit of COAMFTE Accreditation processes and programmatic development
- Curriculum revision to align with COAMFTE, California Board of Behavioral Sciences (BBS), and MFT Professional and ethical standards and competencies
- Development, implementation, and standardization of curriculum and programmatic policy and procedures
- Advising/mentoring
- Participate in research and scholarship activities

Fall 2013 – Summer 2014

**The University of Louisiana at Monroe**

Monroe, LA

***ULM Marriage and Family Therapy Programs***

***MA & Ph.D.***

*Assistant Professor/ Director of Juvenile Drug Court and Clinical Services*

- Direct and supervise therapeutic services/program provided by marriage and family therapy student interns as part of an interdisciplinary team with court officials for the 4<sup>th</sup> Judicial District Juvenile Drug Court program.
- Teach 3 courses each semester as part of MFT Faculty course load
- Serve as Dissertation Chair and Committee Member for doctoral dissertations
- Participate in program, department, and college committees
- Participate in COAMFTE and CACREP Accreditation processes and programmatic development
- Participate in research and scholarship activities
- Advising/mentoring

November 2010 – August 2013

**The University of Louisiana at Monroe**

Monroe, LA

**Marriage and Family Therapy Programs**

*Director of Juvenile Drug Court and Clinical Services/Instructor*

- Direct and supervise therapeutic services/program provided by marriage and family therapy student interns as part of an interdisciplinary team with court officials for the 4<sup>th</sup> Judicial District Juvenile Drug Court program.
- Assist with the development of a model juvenile drug court program under the MacArthur Foundation funded Ouachita and Morehouse Parishes Models for Change grant project, working with state and national consultants.
- Develop new treatment documents and policies for the 4<sup>th</sup> Judicial District Juvenile Drug Court and assist with the development of a manual for this model program.
- Oversee clinical operations and services provided by the ULM Marriage and Family Therapy Clinic.
- Ensure that clinical operations provided by the ULM Marriage and Family Therapy Clinic are in accordance with COAMFTE and CACREP Accreditation standards.
- Revise the ULM MFT Clinic Handbook policies and procedures align with COAMFTE and CACREP Accreditation standards and core competencies.

- Network and collaborate with community and university businesses and officials to increase, promote, and educate about clinical services.
- Advocate for increased services and provide educational forums on campus and in the surrounding community.
- Collaborate with community leaders to increase the quality and number of services provided to the members of the community.
- Create and implement new clinical services and programs provided by interns.
- Instruct marriage and family therapy courses.
- Serve on dissertation committees.
- Actively participate in the accreditation processes, faculty meetings, and program activities such as interviews, comprehensive exams, and serve on dissertation committees.

Summer 2011 – 2014     **The University of Louisiana at Monroe**

**ULM HELPS Suicide Prevention Program**

Monroe, LA

*Program Developer*

- Assist with the development of the ULM HELPS Suicide Prevention Program across the ULM campus and provide input with regard to the material presented, project needs and growth.
- Provide Suicide Prevention seminars across the ULM campus and within the community.
- Advocate within the university and the community to increase services and programs to prevent suicide.

December 2010 – August 2014     **Family Solutions Counseling Center**

Monroe, LA

*Licensed Marriage and Family Therapist - Supervisor and Licensed Professional Counselor*

- Provide individual, couple, family, and group therapy services to a diverse clientele with a range of presenting problems and mental health concerns in a private practice setting.

Spring 2011-2013     **Louisiana Association for Marriage and Family Therapy**

Baton Rouge, LA

*Secretary of the Executive Board*

- Compose and archive all meeting minutes.
- Chair of the Professional Development Committee, receiving and processing all MFT CEU provider applications for the State of Louisiana.
- Chief Editor for the Monitor, LAMFT's quarterly newsletter/monograph.
- Member of the LAMFT Conference Planning Committee.

May 2009 – November 2010

**Liberty Healthcare Systems Intensive Outpatient Program**

Monroe, LA

*Program Therapist*

- Provided group therapy daily along with, individual, couple, and family therapy for adults in an intensive outpatient setting.
- Developed and implemented a treatment plan for each patient that is part of caseload.
- Assessed patients utilizing a variety of tools such as psychosocial assessments, suicidal assessments, depression scales, and treatment plan reviews.

- Participated and served an active role in treatment team and case planning with other providers, i.e. psychiatrist, nurse, therapists.
- Provided case management and discharge planning for patients as needed.

June 2008 – May 2009 **Premier Rehabilitation Hospital Intensive Outpatient Program**

Monroe, LA

*(company changed in Nov. 2008)* **Golden Age Inspirations Intensive Outpatient Program**

*Program Therapist/Clinical Therapist*

- Provided group, individual, couple, and family therapy for adults in an intensive outpatient setting.
- Created and maintained clinical evaluations and treatment plans for each patient.
- Provided individual and family therapy along with case management and discharge planning.
- Educated potential community referral sources about program as well as maintain a working relationship with sources for potential discharge referral sources.
- Participated in treatment team and case planning with other providers, i.e. psychiatrist, nurse, therapists.

October 2007-May 2008

**LifesReflections**

Monroe, LA

*Therapist Intern*

- Provided individual, couple, family, and group therapy services in an outpatient private practice setting.

July 2007 – August 2008

**Liberty Healthcare Systems**

Farmerville and Bastrop, LA

*Mental Health Counselor*

- Provided individual, couple, family, and group therapy services for adults and juveniles in an inpatient psychiatric hospital setting suffering from crisis situations, a wide range of mental diagnoses, suicidal behavior, substance abuse, severe behavioral disturbances, etc.
- Completed psychosocial assessments and other intake paperwork.
- Assisted in the discharge process, initiating contacts with referral sources suited to patients' needs.
- Collaborated with other professionals, i.e., therapists, social workers, nurses, psychiatrists, administration, to provide treatment to patients.

February 2007

**Louisiana Association for Marriage and Family Therapy**

Monroe, LA

*Volunteer Coordinator*

- Recruited volunteers for the 2007 Annual LAMFT Conference.
- Created and organized volunteer schedule.
- Oversaw volunteers during conference and assisted in coordinating and operating conference.

Spring 2007 – Spring 2008

**The Fourth Judicial District Juvenile Drug Court**

Monroe, LA

*Supervisor Intern*

- Supervised Master's and Doctoral level Therapist Interns in the Juvenile Drug Court program under mentorship.
- Supervised individual, couple, family, and group therapy sessions.
- Acting therapy supervisor in team meetings working with other professional team members such as the judge, the DA, probation officer, and case manager.

Fall 2006 – Spring 2008

**The University of Louisiana at Monroe**

Monroe, LA

*Administrative Assistant*

- Assist the ULM Marriage and Family Therapy Program Director and Director of Clinical Services answering calls, creating, organizing, and maintaining files.
- Contact current students and graduates to keep files current.
- Recruit applicants for the Master of Arts and Doctorate of Philosophy programs.
- Plan and coordinate interviews for incoming applicants.
- Assist with COAMFTE accreditation of both MA and Ph.D. programs.

August 2006 – May 2007 **Premier Rehabilitation Hospital Intensive Outpatient Program**

Monroe, LA

*Program Therapist*

- Lead therapy groups with the geriatric population dealing with topics ranging from anger, depression, anxiety, to isolation and other mental health difficulties.
- Created and maintained clinical evaluations and treatment plans for each patient.
- Provided individual and family therapy on an as needed basis.

Spring 2006

**Louisiana Association for Marriage and Family Therapy**

Baton Rouge, LA

*Student/Associate Executive Board Representative*

- Brought a student perspective to the LAMFT Executive Board.
- Increased awareness about the marriage and family therapy field.
- Increased student involvement in LAMFT and AAMFT.
- Initiated and organized programs and activities for student/associate members, such as the Mentoring Program, student chapters, meetings, and conference networking opportunities.

Spring 2006

**Glenwood Regional Medical Center – Inspirations IOP**

West Monroe, LA

*Therapist Intern*

- Led therapy groups for an intensive outpatient treatment program providing services for older adults experiencing difficulties ranging from depression and anxiety to isolation and anger.
- Three therapeutic groups are offered for each patient each day which include: a process group and two focus groups, helping patients deal with and overcome their difficulties.

Fall 2005 – May 2006

**Fourth Judicial District Court, Juvenile Drug Court**

Monroe, LA

*Juvenile Drug Court Therapist Intern*

- Provided therapy services for juveniles that have plead guilty to a drug charge, along with their families.
- Facilitated the Educational/Support Group for Parents/Guardians.

May 2005 – May 2006

**The University of Louisiana at Monroe**

Monroe, LA

*Assistant Director of Clinical Services*

- Assisted in the management and operation of the ULM Marriage and Family Therapy Clinic.

- Given the responsibility of overseeing and working as a team with three other Clinic Staff members.
- Organized and managed client files as well as other clinical business.
- Oversaw daily, weekly, and monthly operations.
- Worked with supervisors to ensure successful operation of clinical services.
- Arranged and organized an externship site fair for 1<sup>st</sup> year Master of Arts students with local agencies and businesses that were interested in having interns work for them.

May 2005 – May 2006                      **The ULM Marriage and Family Therapy Clinic**                      Monroe, LA  
*Marriage and Family Therapist Intern*

- Provided therapy services for individuals, couples, and families from a systemic perspective under the supervision of AAMFT approved Licensed Marriage and Family Therapists.
- Earned 500+ direct-client contact hours, at least 250 of which were relational in nature.

Fall and Spring 2005                      **The University of Louisiana at Monroe**                      Monroe, LA  
*Graduate Assistant*

- Worked as Clinic Staff in the ULM Marriage and Family Therapy Clinic.
- Learned skills to efficiently run a marriage and family therapy clinic.

Spring and Summer 2004                      **Extended Family Services**                      Everett, PA  
*Therapeutic Staff Support*

- Worked with children aged 9-12 years old, individually, in the school setting, modifying behavior.

2002-2003                                      **Adult Family Study**                                      Penn State University  
*Research Assistant*

- Research project studying African American and European American adults aged 22-49 discussing three topics (enjoy, problems, and worry) with their parents.
- Coded conversations from video tapes.
- Entered data into SPSS computer program.

Spring 2003                      **First Annual Undergraduate Psychology Conference**                      Penn State University  
*Member of Planning Committee*

- Helped plan and organize the conference.

**Volunteer Work**

- Salt & Light: Hope for the Hungry - Co-organized and co-created a fundraising event to raise money for Feeding America and Action Against Hunger for those impacted by COVID-19
- Sewing into Health - Coordinated a fundraising event to raise money to make masks for those at-risk during COVID-19
- Joy Comes in the Morning: Learning to Cope with Loss and Life 4-6-Week Workshop, held 1-2 times per year 2016- present
- Leadership Team, Mission Street Church, Camarillo, CA, 2015

- Collaborate with community mental health organizations and participate in community events, 2005-Present
- Provided QPR Suicide Prevention Workshops, Monroe, LA 2011-2014
- Member of Louisiana Partnership for Youth Suicide Prevention Coalition 2012-2014
- Served on the LAMFT Executive Board 2006-2008/2011-2013
- Provide community education on topics such as parenting, peer pressure, grief, issues related to aging, and mental health 2006 – Present
- Organized a collaborative meeting of community professionals to dialogue about ways to improve the quality of and access to mental health services in the Monroe community Spring 2008
- Initiated and led a student chapter of LAMFT at the University of Louisiana at Monroe 2007-2008
- Assisted the American Red Cross during Hurricanes Katrina and Rita talking with evacuees about their experiences while in the shelter and informed American Red Cross Mental Health professionals of shelter residents to assist and keep under observation September – October 2005

### **Honors and Awards**

- Elected Secretary for the LAMFT Executive Board Summer 2010
- Awarded Outstanding Service ULM MFT Graduate Assistant Fall 2008
- Awarded Louisiana Association for Marriage and Family Therapy (LAMFT) Outstanding Student of the Year Award Spring 2008
- Nominated for the position of Student/Associate Representative for the AAMFT Executive Board Spring 2007
- Elected as the Student/Associate Representative for the LAMFT Executive Board 2006 & 2007
- Outstanding Poster Presentation Award at the 2006 LAMFT Conference Spring 2006
- Delta Kappa International Marriage and Family Therapy Honor Society Inducted 2005
- Golden Key National Honour Society Inducted 2002
- Psi Chi Honor Society Inducted 2002
- Phi Eta Sigma Honor Society Inducted 2001
- National Society of Collegiate Scholars Inducted 2001
- Health and Human Development Undergraduate Student Council 2001 – 2003

### **Conferences/Workshops Attended**

- COAMFTE Accreditation Workshop and AAMFT Annual Conference Fall 2018
- National Communication Association 104<sup>th</sup> Annual Convention Fall 2018
- Human Science Institute 2017 Conference (Presenter) Fall 2017
- COAMFTE Accreditation Workshop and AAMFT Annual Conference Fall 2017
- COAMFTE Accreditation Workshop and AAMFT Annual Conference Fall 2016
- AAMFT-CA Annual Conference, San Francisco, CA (Presenter) Spring 2016
- AAMFT-CA Moving Forward Together for Educators Fall 2015
- AAMFT-CA Employment Options Conference Fall 2015
- COAMFTE Accreditation Workshop and AAMFT Annual Conference Fall 2015

- AAMFT Approved Supervisor Refresher Course, Los Angeles, CA Spring 2015
- AAMFT-CA Annual Conference, Reseda, CA Spring 2015
- LAMFT Annual Conference, Baton Rouge, LA Spring 2014
- LAMFT Annual Conference, Baton Rouge, LA (Presenter) Spring 2013
- LADCP 15<sup>th</sup> Annual Conference, New Orleans, LA Spring 2013
- LAMFT Ethics Blitz (**Invited Presenter**) Fall 2012
- International Association for Truancy and Dropout Prevention 102nd Annual Conference, New Orleans, LA (**Invited plenary presenter**) Fall 2012
- LAMFT Ethics Blitz Summer 2012
- LADCP 14<sup>th</sup> Annual Conference Spring 2012
- LAMFT Conference, New Orleans, LA (Presenter) Spring 2012
- 10<sup>th</sup> Annual Conference on Mental Health – Suicide Awareness/Prevention, Monroe, LA Spring 2012
- 2-Days with David Epston, Monroe, LA Fall 2011
- AAMFT Conference, Fort Worth, TX Fall 2011
- Louisiana Association for Drug Court Professionals 13<sup>th</sup> Annual Conference Spring 2011
- LAMFT Conference, Baton Rouge, LA Spring 2011
- LAMFT Ethics Blitz, Shreveport, LA Fall 2011
- Delta Kappa Annual Ethics Symposium Spring 2010
- LAMFT Conference, Baton Rouge, LA Spring 2010
- LAMFT Conference, Baton Rouge, LA Spring 2009
- TAMFT Conference, Galveston, TX Spring 2008
- LAMFT Conference, Baton Rouge, LA Spring 2008
- Louisiana Association for Drug Court Programs 10<sup>th</sup> Annual Conference Spring 2008
- AAMFT Conference, Long Beach, CA Fall 2008
- LAMFT Conference, Baton Rouge, LA Spring 2007
- Special guest lecture by Bradford Keeney Summer 2006
- Special guest lecture by Betty Alice Erickson Summer 2006
- AAMFT Conference, Austin, TX Fall 2006
- LAMFT Conference, Baton Rouge, LA Spring 2006
- LAMFT Conference, Baton Rouge, LA Spring 2005
- American Association for Christian Counselors (AACC) Conference, Nashville, TN, Fall 2005