

Curriculum Vitae

Andrea K. Wittenborn, Ph.D.

Michigan State University
Human Development and Family Studies
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East Lansing, Michigan 48824
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Education

- Ph.D.** 2007 Human Development and Family Studies, Specialization in Marriage and Family Therapy, Purdue University, West Lafayette, Indiana
- Ph.D. Internship** 2007 Department of Psychiatry, University of Pennsylvania; Center for Family Intervention Science, Children's Hospital of Philadelphia, Philadelphia, Pennsylvania
- M.S.** 2004 Human Development and Family Studies, Specialization in Marriage and Family Therapy, Purdue University, West Lafayette, Indiana
- B.S.** 2001 Psychology, Southeast Missouri State University, Cape Girardeau, Missouri
Graduated Summa Cum Laude and with Academic Distinction

Professional Credentials

Licensed Marriage and Family Therapist (Michigan 4101006623)
Approved Supervisor, American Association for Marriage and Family Therapy
Certified Coder, Adult Attachment Interview

Professional Appointments

Academic and Research Positions

- 2021- Professor, Couple and Family Therapy Doctoral Program, Department of Human Development and Family Studies, Michigan State University
- 2021- Professor, Division of Psychiatry and Behavioral Medicine, Michigan State University
- 2019- Director, Couple and Family Therapy Doctoral Program, Department of Human Development and Family Studies, Michigan State University

Significant Administrative Accomplishments: Directed the re-accreditation self-study and site visit; Hired new Clinic Director; Recruited

College of Social Science Dean's Post-doctoral Research Associate to MSU; Oversaw (with Marsha Carolan and Deb Miller) the MSU Couple and Family Therapy Clinic transition to teletherapy during the COVID-19 pandemic.

2015-2017 Director of Graduate Studies, Department of Human Development and Family Studies, Michigan State University

Significant Administrative Accomplishments: Designed and implemented new recruitment strategies that increased graduate student acceptances by 121%; Implemented new research methods and statistics graduate curriculum; Enacted straight-through (bachelor's to doctorate) degree program; Developed faculty mentoring resources.

2017-2021 Associate Professor, Division of Psychiatry and Behavioral Medicine, Michigan State University

2014-2021 Associate Professor, Couple and Family Therapy Doctoral Program, Department of Human Development and Family Studies, Michigan State University

2013-2014 Acting Program Director, Marriage and Family Therapy Master's Program, Department of Human Development, Virginia Tech

2014 Assistant Professor, Health Sciences, Virginia Tech

2007-2014 Assistant Professor, Marriage and Family Therapy Master's Program, Department of Human Development, Virginia Tech

2006-2007 Doctoral Intern, Department of Psychiatry, University of Pennsylvania; Center for Family Intervention Science, Children's Hospital of Philadelphia

Clinical Positions

2014- Couple and Family Therapist, East Lansing, Michigan

2007-2014 Couple and Family Therapist, Falls Church, Virginia

2006-2007 Couple and Family Therapist, Department of Psychiatry, Children's Hospital of Philadelphia, Philadelphia, Pennsylvania

2003-2006 Couple and Family Therapist, Purdue University Individual, Couple, and Family Therapy Clinic, West Lafayette, Indiana

2001-2002 Caseworker, Regency Management, Cape Girardeau, Missouri

- 2001 Applied Behavior Analysis Therapist, Public School System, Cape Girardeau, Missouri
- 1999-2002 In-Home Therapist, Community Counseling Center, Cape Girardeau, Missouri

Program Evaluation

- 2003-2004 Consultant, Maximus Consulting, Indianapolis, Indiana
Program Evaluation for the State of Indiana Division of Family and Children Community-Based Family Resource and Support Grant

Honors and Awards

- 2020 Best Article of 2020 Honorable Mention Award for “Randomized controlled trial of emotionally focused couple therapy compared to treatment as usual for depression: Outcomes and mechanisms of change”, *Journal of Marital and Family Therapy*
- 2020 Best Article of 2020 Honorable Mention Award for “Strengthening clinical research in marriage and family therapy: Challenges and multi-level solutions”, *Journal of Marital and Family Therapy*
- 2018-2019 Invited to serve as Faculty Host for Faculty Fulbright Scholar from International Islamic University, Islamabad, Pakistan
- 2017 American Association for Marriage and Family Therapy Outstanding Research Publication Award
- 2016 Fellow, Sparrow Health System/MSU Center for Innovation and Research
- 2016 Selected participant in the NIMH New Investigators Workshop
- 2015 Cutting Edge Research Award, American Association for Marriage and Family Therapy
- 2013 Best Article of 2013 Award, *Journal of Marital and Family Therapy*
- 2011 Excellence in Graduate Student Advising Award, College of Liberal Arts and Human Sciences, Virginia Tech, Blacksburg, Virginia
- 2011 Competitive award to participate in the National Institute on Drug Abuse sponsored Summer Institute on Innovative Methods, The Pennsylvania State University, Washington DC

- 2010 Competitive award to participate in the National Institute on Drug Abuse sponsored Summer Institute on Longitudinal Methods, The Pennsylvania State University, University Park, Pennsylvania
- 2007 Norma H. Compton Outstanding Doctoral Student Award, College of Consumer and Family Sciences, Purdue University, West Lafayette, Indiana
- 2007 Outstanding Doctoral Student Award, Department of Child Development and Family Studies, Purdue University, West Lafayette, Indiana
- 2005-2006 Gladys E. Vail Omicron Kappa Nu Graduate Scholarship, Purdue University, West Lafayette, Indiana
- 2003-2004 Virginia T. Cooney Graduate Scholarship, Purdue University, West Lafayette, Indiana
- 2002 Dorothy Shaw National Leadership Award
- 2002 Kappa Omicron Nu Honor Society of Human Sciences, Purdue University, West Lafayette, Indiana
- 2001 Phi Kappa Phi Honor Society, Southeast Missouri State University, Cape Girardeau, Missouri

RESEARCH

Research Interests

Depression
 Clinical Research
 Emotionally Focused Couple Therapy
 Personalized Intervention

Funded Research

Federal Grants

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|--|------------------------|-----------|
| 2013-2016 | Wittenborn (PI) | \$421,046 |
| National Institutes of Health (NIH/NIMH) R21MH100515 | | |
| <i>Modeling the dynamics of adult depression</i> | | |
| Investigators: A. Wittenborn (PI), H. Rahmandad (Co-PI), and S. Hollon (Co-I) | | |
| 2009-2010 | Huebner (PI) | \$161,843 |
| United States Department of Agriculture (USDA/NIFA) | | |
| <i>The military family needs assessment</i> | | |
| Investigators: A. Huebner (PI) and A. Wittenborn (Consultant, 25% effort) | | |

Foundation Grants

2019-2021 **Wittenborn (PI)** \$319,597

Michigan Health Endowment Fund

Implementing and sustaining integrated care for perinatal depression

Investigators: A. Wittenborn (PI) & A. Romain (Co-I)

2010-2012 **Wittenborn (PI)** \$20,000

Fahs-Beck Fund for Research and Experimentation

Stage II randomized clinical trial of emotionally focused therapy for comorbid depression and marital distress

Investigator: A. Wittenborn (PI)

Intramural Grants

2020-2021 Hosseinichimeh (PI) \$30,000

Institute for Society, Culture and Environment

Modeling mental workload and multi-level factors that collectively create errors in complex, safety-critical systems

Investigators: N. Hosseinichimeh (PI), K. Triantis (Co-PI), **A. Wittenborn** (Co-I), R. Dillon-Merrill (Co-I), R. Bart (Co-I), and P. Madsen (Co-I).

2018-2019 Blow (PI) \$10,000

Center for Advanced Study of International Development

Dissemination of the Hold Me Tight intervention in South Africa

Investigators: A. Blow (PI), **A. Wittenborn** (Co-I), T. Timm (Co-I), K. de Bruin (Co-I), E. Lesch (Co-I), and C. Anderson (Co-I)

2017-2018 Hampton Wray (PI) \$5,000

Trifecta Initiative for Interdisciplinary Health Research

A targeted social media-based intervention for young mothers: Improving child outcomes by developing artificial intelligence and intervention to support adolescent mothers from lower SES backgrounds

Investigators: A. Hampton Wray (PI), D. Meshi (Co-I), M. Zhang (Co-I), K. Brittain (Co-I), K. Silk (Co-I), **A. Wittenborn** (Co-I), K. Holtrop (Co-I), J. Tang (Co-I), K. Moyses (Co-I), and J. Chapin (Co-I)

2017 **Wittenborn & Romain (PI)** \$49,934

Sparrow/MSU Center for Innovation and Research

Implementing a collaborative care model for perinatal depression

Investigators: A. Wittenborn (PI), A. Romain (PI), and J. Olsen (Co-I)

2016-2018 **Wittenborn (PI)** \$49,841

Sparrow/MSU Center for Innovation and Research

A virtual agent to screen for mental health in pregnant and postpartum women

Investigators: A. Wittenborn (PI), H. McCauley (C-I), Amy Bonomi (Co-I), M. Zhang (Co-I), and Kathy Marble (Co-I)

2017 **Wittenborn & Pearson (PI)** \$2,000
 MSU Provost Undergraduate Research Initiative
What type of communities have higher than expected rates of online depression support-seeking behaviors?
 Investigators: A. Wittenborn (PI) and A. Pearson (PI)

2015-2016 Zhang (PI) \$10,000
 Science and Society @ State
Development of an intelligent audio journal smartphone application for depression detection
 Investigators: M. Zhang (PI), **A. Wittenborn (Co-I)**, and S. Cotten (Co-I)

2012 **Wittenborn (PI)** \$4,200
 Virginia Tech College of Liberal Arts and Human Sciences Grant Writing Incentive Grant
Couple treatment for adult depression and relational discord
 Investigator: A. Wittenborn (PI)

2011 **Wittenborn (PI)** \$12,960
 Virginia Tech Institute for Society, Culture, and Environment
A mathematical model of adult depression: Intervention and policy implications
 Investigators: A. Wittenborn (PI) and H. Rahmandad (Co-PI)

2009-2010 **Wittenborn (PI)** \$14,926
 Virginia Tech College of Liberal Arts and Human Sciences Niles Dean's Faculty Fellowship
Stage I clinical trials of emotionally focused therapy for couples with comorbid depression and marital distress
 Investigator: A. Wittenborn (PI)

2008-2009 **Wittenborn (PI)** \$1,150
 Department of Human Development Special Projects Support
The impact of therapists' attachment security and affect regulation strategies on their treatment of depressed couples
 Role: PI

Other Awards

2010 **Wittenborn** \$1,800
 Virginia Tech International Travel Grant
 Funded to present research at the World Congress of the International Family Therapy Association, Buenos Aires, Argentina

2003 **Wittenborn** \$600
 Purdue University Research Travel Grant

Funded to present research at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana

Mentored Student Awards

2021	Pratt	\$6,000
College of Social Science Early Start Program		
Role: Faculty mentor		
2019-2020	Huerta (PI)	\$21,000
SAMHSA AAMFT Minority Fellowship		
Role: Faculty mentor		
2020	Edwards	\$6,000
College of Social Science Early Start Program		
Role: Faculty mentor		
2018-2020	Tseng (PI)	\$4,200
College of Social Science Kenneth E. and Marie J. Corey Research Enrichment Fund		
<i>The Effectiveness of Emotionally Focused Therapy in Taiwan</i>		
Role: Faculty mentor		

Publications (*denotes student co-author; FIF = 5-year Impact Factor)

Refereed journal articles

- *Tseng, C., *PettyJohn, M. E., *Huerta, P., *Miller, D. L., *Agundez, J. C., *Fang, M., & **Wittenborn, A. K.** (in press). Representation of diverse populations in couple and family therapy intervention studies: A systematic review of race/ethnicity, sexual orientation, age, and income in the United States from 2014-2019. *Family Process*. doi: 10.1111/famp.12628 (FIF = 2.932)
- *Mitchell, E. A., **Wittenborn, A. K.**, Timm, T. M., & Blow, A. J. (in press). Affair recovery: Exploring similarities and differences of roles in the affair. *Journal of Marital and Family Therapy*. doi: 10.1111/jmft.12538 (FIF = 1.838)
- *Mitchell, E. A., **Wittenborn, A. K.**, Timm, T. M., & Blow, A. J. (in press). Examining the role of the attachment bond in the process of recovering from an affair. *American Journal of Family Therapy*. doi: 10.1080/01926187.2020.1791763 (FIF = 1.248)
- Ferriby Ferber, M., Heiden-Rootes, K., Meyer, D., Zubatsky, M., & **Wittenborn, A.** (in press). Couple and Family Therapy Students' Experience of Transitioning to Teletherapy and Telesupervision in the Wake of the COVID-19 Pandemic. *International Journal of Systemic Therapy*. doi: 10.1080/2692398X.2021.1936878 (FIF = NA)

- Heiden-Rootes, K., Ferber, M., Meyer, D., Zubatsky, M., & **Wittenborn, A. K.** (2021). Relational teletherapy experiences of couple and family therapy trainees: “Reading the room,” exhaustion, and the comforts of home. *Journal of Marital and Family Therapy*, *47*, 342-358. doi: 10.1111/jmft.12486 (FIF = 1.838)
- Richie, F. J., Bonner, J., **Wittenborn, A.**, Weinstock, L. M., Zlotnick, C., & Johnson, J. E. (2021). Social support and suicidal ideation among prisoners with major depressive disorder. *Archives of Suicide Research*, *25*, 107-114. doi: 10.1080/13811118.2019.1649773 (FIF = 2.539)
- Benjet, C., **Wittenborn, A.**, Gutierraz-García, R., Albor, Y., Vargas Contreras, E., Cruz Hernández, S., Valdés García, K. P., Monroy, I. R., Peláez Cedrés, A. J., Hernández Uribe, P. C., Covarrubias Díaz, A., Quevedo Chavez, G. E., Paz Pérez, M. A., & Bruffaerts, R. (2020). Treatment delivery preferences associated with type of mental disorder and perceived treatment barriers among Mexican university students. *Journal of Adolescent Health*, *67*, 232-238. doi: 10.1016/j.jadohealth.2020.01.025 (FIF = 5.207)
- *Tseng, C., **Wittenborn, A. K.**, Blow, A. J., Chao, W., & Liu, T. (2020). The development of marriage and family therapy in East Asia (China, Taiwan, Japan, South Korea, and Hong Kong): Past, present, and future. *Journal of Family Therapy*, *42*, 477-498. doi: 10.1111/1467-6427.12285 (FIF = 1.248)
- Wittenborn, A. K.**, Natamba, B. K., Rainey, M., Zlotnick, C., & Johnson, J. (2020). Suitability of the multidimensional scale of perceived social support as a measure of functional social support among incarcerated adults with major depressive disorder. *Journal of Community Psychology*, *48*, 960-976. doi: 10.1002/jcop.22315 (FIF = 1.431)
- *Mitchell, E., Nuttall, A., & **Wittenborn, A. K.** (2019). Maternal depressive symptoms and warm responsiveness across the transition to parenthood. *Journal of Child and Family Studies*, *28*, 1604-1612. doi: 10.1007/s10826-019-01392 (FIF = 2.105)
- *Welch, T. S., *Lachmar, E. M., *Leija, S. G., Easley, T., Blow, A. J., & **Wittenborn, A. K.** (2019). Establishing safety in emotionally focused couple therapy: A single-case process study. *Journal of Marital and Family Therapy*, *45*, 621-634. doi: 10.1111/jmft.12398 (FIF = 1.838)
- *Lachmar, E. M., *Farero, A., *Rouleau-Mitchell, E., *Welch, T., & **Wittenborn, A. K.** (2019). A brief multimedia intervention for the transition to parenthood: A stage I pilot trial. *Contemporary Family Therapy*, *41*, 357-367. doi: 10.1007/s10591-019-09503 (FIF = NA)

Wittenborn, A. K., Liu, T., Ridenour, T. A., *Lachmar, E. M., *Mitchell, E. A. & Seedall, R. B. (2019). Randomized controlled trial of emotionally focused couple therapy compared to treatment as usual for depression: Outcomes and mechanisms of change. *Journal of Marital and Family Therapy*, 45, 395-409. doi: 10.1111/jmft.12350 (FIF = 1.838)

Received 2020 *Journal of Marital and Family Therapy* Best Article of the Year Honorable Mention Award

*Welch, T., *Mitchell, E., *Farero, A., *Lachmar, M., & **Wittenborn, A. K.** (2019). Maintaining relationship quality during the transition to parenthood: The need for next generation interventions. *Contemporary Family Therapy*, 41, 211-218. doi: 10.1007/s10591-018-9481-y (FIF = NA)

Wittenborn, A. K., Blow, A. J., Holtrop, K., & Parra-Cardona, J. R. (2019). Strengthening clinical research in marriage and family therapy: Challenges and multi-level solutions. *Journal of Marital and Family Therapy*, 45, 20-32. doi: 10.1111/jmft.12338 (FIF = 1.838)

Received 2020 *Journal of Marital and Family Therapy* Best Article of the Year Honorable Mention Award

Hosseinichimeh, N., **Wittenborn, A. K.**, *Rick, J., Jalali, M. S., & Rahmandad, H. (2018). Modeling and estimating the feedback mechanisms among depression, rumination, and stressors in adolescents. *PLOS ONE*, 13(9), e0204389. doi: 10.1371/journal/pone.0204389 (FIF = 3.337)

*DeJohn, A. D., *Schulz, E. E., Pearson, A. L., *Lachmar, E. M., & **Wittenborn, A. K.** (2018). Identifying and understanding communities using Twitter to connect about depression: Cross-sectional study. *Journal of Medical Internet Research: Mental Health*, 5(4), e61. doi: 10.2196/mental.9533 (FIF = expected inaugural release of 4.301 in June 2020)

*Lachmar, E. M., **Wittenborn, A. K.**, Bogen, K. W., & McCauley, H. L. (2017). #MyDepressionLooksLike: Examining public discourse of depression on Twitter. *Journal of Medical Internet Research: Mental Health*, 4(4), e43. doi: 10.2196/mental.8141 (FIF = expected inaugural release of 4.301 in June 2020)

*Rick, J. L., Falconier, M. K., & **Wittenborn, A. K.** (2017). Emotion regulation dimensions and relationship satisfaction in clinical couples. *Personal Relationships*, 24, 790-803. doi: 10.1111/pere.12213 (FIF = 1.433)

Hosseinichimeh, N., Rahmandad, H., Jalali, M. S., & **Wittenborn, A. K.** (2016). Estimating the parameters of system dynamics models using indirect inference. *System Dynamics Review*, 32, 156-180. doi: 10.1002/sdr.1558 (FIF = 1.699)

Wittenborn, A. K., Rahmandad, H., *Rick, J., & Hosseinichimeh, N. (2016). Depression as a systemic syndrome: Mapping the feedback loops of major depressive disorder.

Psychological Medicine, 46, 551-562. doi: 10.1017/S0033291715002044 (FIF = 6.313)

Received 2017 AAMFT Outstanding Research Publication Award

Ridenour, T. A., **Wittenborn, A. K.**, Raiff, B. R., Benedict, N., & Kane-Gill, S. (2016). Illustrating idiographic methods for translation research: Moderation effects, natural clinical experiments, and complex treatment-by-subgroup interactions. Special issue of *Translational Behavioral Medicine*, 6, 125-134. doi: 10.1007/s13142-015-0357-5 (FIF = 2.956)

*Katz, M., & **Wittenborn, A. K.** (2016). Emotionally focused family therapy and play therapy for young children whose parents are divorced. *Journal of Divorce and Remarriage*, 57, 133-150. doi: 10.1080/10502556.2015.1127878 (FIF = NA)

Hosseinihimeh, N., Rahmandad, H., & **Wittenborn, A. K.** (2015). Modeling the hypothalamus-pituitary-adrenal axis: A review and extension. *Mathematical Biosciences*, 268, 52-65. doi: 10.1016/j.mbs.2015.08.004 (FIF = 1.769)

Blow, A. J., *Fraser Curtis, A., **Wittenborn, A. K.**, & Gorman, L. (2015). Relationship problems and military related PTSD: The case for using emotionally focused therapy for couples. Special issue of *Contemporary Family Therapy*, 37, 261-270. doi: 10.1007/s10591-015-9345-7 (FIF = NA)

Wittenborn, A. K., Dolbin-MacNab, M. L., & Keiley, M. K. (2013). Dyadic research in marriage and family therapy: Methodological considerations. *Journal of Marital and Family Therapy*, 39, 5-16. doi: 10.1111/j.1752-0606.2012.00306.x (FIF = 1.838)

Received 2013 Journal of Marital and Family Therapy Best Article of the Year Award; Among the Top 20 Most Cited Journal of Marital and Family Therapy Articles in 2015

*Swank, L. E., & **Wittenborn, A. K.** (2013). Repairing alliance ruptures in emotionally focused couple therapy: A preliminary task analysis. *American Journal of Family Therapy*, 41, 389-402. doi: 10.1080/01926187.2012.726595 (FIF = 0.965)

*Wolfe, C., & **Wittenborn, A. K.** (2012). Resident and counselor relationships in a court affiliated residential treatment setting for adolescents: Role of attachment. *Journal of Family Psychotherapy*, 23, 255-272. doi: 10.1080/08975353.2012.735587 (FIF = NA)

Johnson, S. M., & **Wittenborn, A. K.** (2012). New research findings on emotionally focused therapy: Introduction to special section. Special section of *Journal of Marital and Family Therapy*, 38, 18-22. doi: 10.1111/j.1752-0606.2012.00292.x (FIF = 1.838)

Among the Top 20 Most Cited Journal of Marital and Family Therapy Articles in 2013

Wittenborn, A. K. (2012). Exploring the influence of the attachment organizations of novice therapists on their delivery of emotionally focused therapy for couples. Special section of *Journal of Marital and Family Therapy*, *38*, 50-62. doi: 10.1111/j.1752-0606.2012.00290.x (FIF = 1.838)

Denton, W. H., **Wittenborn, A. K.**, & Golden, R. N. (2012). Augmenting antidepressant medication treatment of women with emotionally focused therapy for couples: A randomized pilot study. *Journal of Marital and Family Therapy*, *38*, 23-38. doi: 10.1111/j.1752-0606.2012.00291.x (FIF = 1.838)

Among the Top 20 Most Cited Journal of Marital and Family Therapy Articles in 2013

Wittenborn, A. K., *Culpeper, B., & Liu, T. (2012). Treating depression in men: The role of emotionally focused couple therapy. *Contemporary Family Therapy*, *34*, 89-103. doi: 10.1007/s10591-012-9176-8 (FIF = NA)

Wittenborn, A. K., Keiley, M. K., & Sprenkle, D. H. (2012). The evaluation of a multiple couple group intervention for couples transitioning to marriage: A mixed-methods pilot project. *Journal of Couple and Relationship Therapy*, *11*, 130-148. doi: 10.1080/15332691.2012.666499 (FIF = NA)

Wittenborn, A. K., Faber, A. J., & Keiley, M. K. (2012). An attachment and affect regulation based multiple-couple group intervention for couples transitioning to marriage/commitment. *Journal of Couple and Relationship Therapy*, *11*, 189-204. doi: 10.1080/15332691.2012.692941 (FIF = NA)

Christiansen, A., Thomas, V., Lowe, W., Kafescioglu, N., Karakurt, G., Smith, W., & **Wittenborn, A.** (2011). Multicultural supervision: Lessons learned about an ongoing struggle. *Journal of Marital and Family Therapy*, *37*, 109-119. doi: 10.1111/j.1752-0606.2009.00138.x (FIF = 1.838)

Faber, A. J., & **Wittenborn, A. K.** (2010). The role of attachment in children's adjustment to divorce and remarriage. *Journal of Family Psychotherapy*, *21*, 89-104. doi: 10.1080/08975353.2010.483625 (FIF = NA)

One of the journal's most read articles from 2013-2015

MacDermid, S. M., & **Wittenborn, A. K.** (2007). Lessons from work-life research for developing human resources. Special Issue of *Advances in Developing Human Resources*, *9*, 556-568. doi: 10.1177/1523422307305493 (FIF = NA)

Wittenborn, A. K., Faber, A. J., Harvey, A. M., & Thomas, V. K. (2006). Emotionally focused family therapy and play therapy techniques. *American Journal of Family Therapy*, *34*, 333-342. doi: 10.1080/01926180600553472 (FIF = 0.965)

Book Chapters

- Wittenborn, A. K.**, Baucom, B. R. W., Leifker, F. R., & *Lachmar, E. M. (in press). Couple-based interventions for the treatment of depressive and anxiety disorders. In K. S. Wampler, R. B. Miller, R. B. Seedall, L. M. McWey, A. J. Blow, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy*. New York, NY: Wiley.
- Wittenborn, A. K.**, *Lachmar, E. M., *Huerta, P., *Mitchell, E., & *Tseng, C. (in press). Global epidemiology, etiology, and treatment: Depressive and anxiety disorders across the lifespan. In K. S. Wampler, R. B. Miller, R. B. Seedall, L. M. McWey, A. J. Blow, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy*. New York, NY: Wiley.
- Wittenborn, A. K.**, Hosseinichimeh, N., *Rick, J. L., & *Tseng, C. (in press). Systems theory and methodologies: Advancing the science of systemic family therapy. In K. S. Wampler, R. B. Miller, R. B. Seedall, L. M. McWey, A. J. Blow, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy*. New York, NY: Wiley.
- Wittenborn, A. K.**, Dolbin-MacNab, M. L., *Huerta, P., & King, A. (in press). Ethics in couple and family therapy research. In K. S. Brown (Ed.), *American Association for Marriage and Family Therapy Ethics Textbook*. Alexandria, VA: AAMFT.
- Wittenborn, A. K.**, & Faber, A. J. (2013). Parent-child attachment. In R. E. Emery (Ed.), *Cultural Sociology of Divorce* (pp. 99-103). Thousand Oaks, CA: Sage.
- Liu, T., & **Wittenborn, A. K.** (2011). Culturally diverse couples. In J. Furrow, S. Johnson, & B. Bradley (Eds.), *The emotionally focused casebook: New directions in treating couples* (pp. 295-316). New York, NY: Routledge.
- Christiansen, A. T., **Wittenborn, A. K.**, Karakurt, G., Abdullah, S., & Zhang, C. (2007). Exploring relationships activity for adult incest survivors. In L. Hecker & S. Deacon (Eds.), *Therapist's Notebook II: Homework, Handouts & Activities for Use in Psychotherapy* (pp. 159-168). New York, NY: Haworth Press.

Refereed Book Reviews

- *Subramaniam, S., & **Wittenborn, A. K.** (2015). Review of the book *An emotionally focused workbook for couples*, by V. Kallos-Lilly & J. Fitzgerald. *Journal of Marital and Family Therapy*, 41, 385-386. doi: 10.1111/jmft.12114
- Wittenborn, A. K.** (2008). Review of the book *Emotional intelligence in couples therapy: Advances from neurobiology and the science of intimate relationships*, by B. Atkinson. *Journal of Couple and Relationship Therapy*, 6, 90-91. doi: 10.1300/J398v06n03_06

Manual

Wittenborn, A. K., & Keiley, M. K. (2003). *Multiple-couple group intervention (MCG) manual*. West Lafayette, IN: Authors.

Other publications

Pratt, K. J., **Wittenborn, A. K.**, & Berge, J. M. (2019). Research methods and models to advance MFTs in healthcare. *Family Therapy Magazine, 18* (1), 32-36.

Wittenborn, A. K., Blow, A. J., Holtrop, K., & Parra-Cardona, J. R. (2019). Strengthening clinical research in marriage and family therapy. *Family Therapy Magazine, 18* (5), 45-46.

Wittenborn, A. K., Dolbin-MacNab, M. L., & Keiley, M. K. (2014). Dyadic research in marriage and family therapy. *Family Therapy Magazine, 13*, 29-30.

Wittenborn, A. K. (2014). Robin Williams' death shines light on male depression. *Detroit Free Press*.

MacDermid, S. M., & **Wittenborn, A. K.** (2006). *Best of the best: The 2005 Rosabeth Moss Kanter Award for excellence in work-family research*. West Lafayette, IN: Center for Families, Purdue University.

Presentations (*denotes student co-author)

Peer-Reviewed Presentations

Wittenborn, A. K., *Tseng, C., *Huerta, P., *Fang, M., *Agundez, J. C., & *Edwards, C. (2020, November 12-13). Emotionally Focused Couple Therapy for depression. Paper presentation accepted to the annual meeting of the American Association for Marriage and Family Therapy, Orlando, Florida. (Accepted; canceled presentation due to COVID-19 pandemic)

Wittenborn, A. K., Blow, A. J., Timm, T. M., de Bruin, K., Lesch, E., & Anderson, C. (2020, November 12-13). Disseminating Hold Me Tight in South Africa. Paper presentation accepted to the annual meeting of the American Association for Marriage and Family Therapy, Orlando, Florida. (Accepted; canceled presentation due to COVID-19 pandemic)

*Fang, M., *Yzaguirre, M., *Tseng, C., Farero, A., & **Wittenborn, A. K.** (2020, November 12-13). Development and course of therapeutic alliance: EFT and TAU. Poster presentation accepted to the annual meeting of the American Association for Marriage and Family Therapy, Orlando, Florida. (Accepted; canceled presentation due to COVID-19 pandemic)

- Fallon, R., Bonner, J., **Wittenborn, A.**, Weinstock, L., Zlotnick, C., & Johnson, J. (2019, November). *Suicidal ideation in prisoners with major depressive disorder: Social support as a key factor*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, Georgia.
- Wittenborn, A. K.**, & *Subramaniam, S. (2019, March). *Optimizing supervision through innovative technologies*. Paper presented at the annual meeting of the International Family Therapy Association, Aberdeen, Scotland.
- *Huerta, P., *Miller, D., *PettyJohn, M. E., *Tseng, C., & **Wittenborn, A.** (2019, August). *Diversity trends in couple therapy intervention research*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- *PettyJohn, M. E., *Tseng, C., *Huerta, P., *Miller, D. L., & **Wittenborn, A. K.** (2019, August). *Representation of vulnerable populations in CFT clinical research: A systematic review of race/ethnicity, sexual orientation, age, and income in the United States in four primary CFT journals from 2013-2018*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- *Tseng, C., **Wittenborn, A. K.**, Blow, A. J., Chao, W., & Liu, T. (2019, August). *Marriage and family therapy (MFT) in East Asia: The development of MFT and MFT training in Taiwan, China, Hong Kong, South Korea, and Japan*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- *Welch, T. S., *Lachmar, E. M., *Leija, G., Easley, T., Blow, A. J., & **Wittenborn, A. K.** (2019, August). *Establishing safety in emotionally focused couple therapy*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- *Lachmar, E. M., **Wittenborn, A. K.**, Bogen, K., & McCauley, H. (2018, November). *#MyDepressionLooksLike: Examining discourse about depression*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Louisville, Kentucky.
- *Lachmar, E. M., **Wittenborn, A.**, Fine, P., Juntti, R., & Koss, D. (2018, November). *13 reasons why not: Evaluating a school suicide prevention program*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Louisville, Kentucky.
- *Rouleau, E., *Farero, A., *Welch, T., *Lachmar, E. M., & **Wittenborn, A. K.** (2018, August). *A brief intervention for couples transitioning to parenthood*. Paper

presented at the annual meeting of the American Psychological Association, San Francisco, California.

- *Rouleau, E., Nuttall, A. K., & **Wittenborn, A. K.** (2018, August). *Examining associations of maternal depression and warm responsiveness over time*. Paper presented at the annual meeting of the American Psychological Association, San Francisco, California.
- *DeJohn, A., *Schulz, E., Pearson, A., *Lachmar, M., & **Wittenborn, A.** (2018, April). *What drives people to virtual communities for mental health support? A study of tweeting and community characteristics*. Paper presented at the annual meeting of the American Association of Geographers, New Orleans, Louisiana.
- Seedall, R., Blow, A., Wampler, K., **Wittenborn, A.K.**, Diamond, G., & Hunt, Q. (2017, October). *Becoming better therapists: Intervention science advances in MFT*. Presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta Georgia.
- *Ingram, J., *Leija, S. G., *Adekoya, A., *Lofton, H., *Szczygiel, L., & **Wittenborn, A. K.** (2017, October). *Mental health disparities: A brief, normative feedback intervention*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- *Rouleau, E., *Farero, A., *Welch, T., *Lachmar, M., & **Wittenborn, A. K.** (2017, October). *A brief intervention for couples transitioning to parenthood*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- *DeJohn, A. D., *Schulz, E. E., Pearson, A. L., & **Wittenborn, A. K.** (2017, July). *Identifying and understanding communities where Twitter is used to connect about depression*. Poster presented at the Mid-Michigan Symposium for Undergraduate Research Experiences, East Lansing, Michigan.
- *Jedding, N., *Berhane, Y., *Huang, Q., *Jones, K., McCauley, H., & **Wittenborn, A.K.** (2017, April). *Artificial intelligence in mental health*. Poster presented at the University Undergraduate Research and Arts Forum, East Lansing, Michigan.
- Wittenborn, A. K.**, *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2017, June). *Assessing personalized psychotherapy for depression: A system dynamics approach*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Toronto, Ontario, Canada.
- *Rouleau, E., *Ingram, J., *Subramaniam, S., *Rick, J., Hosseinichimeh, N., Rahmandad, H., & **Wittenborn, A. K.** (2016, September). *Testing the validity of a model of depression dynamics*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Indianapolis, Indiana.

*Rick, J., Falconier, M. K., & **Wittenborn, A. K.** (2016, September). *Emotion regulation and relationship satisfaction: A path analysis*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Indianapolis, Indiana.

Wittenborn, A. K. (2016, August). *Personalized depression treatment: A simulation approach*. Poster presented at the NIMH Conference on Mental Health Services Research: Harnessing Science to Strengthen the Public Health Impact, Bethesda, Maryland.

Wittenborn, A. K., *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2016, June). *A simulation approach to assessing the impact of a cognitive intervention on depression*. Paper presented at the Innovations in Collaborative Modeling Conference, East Lansing, Michigan.

Wittenborn, A. K. (2016, March). *Women and leadership: Challenges and opportunities in couple and family therapy*. Paper presented at the American Association for Marriage and Family Therapy Leadership Conference, Santa Fe, New Mexico.

*Rick, J. L., Falconier, M. K., & **Wittenborn, A. K.** (2015, November). *Emotion regulation and relationship satisfaction in clinical couples*. Poster presented at the annual meeting of the National Council on Family Relations, Vancouver, British Columbia.

Wittenborn, A., *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2015, September). *Understanding depression as a systemic syndrome*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

*Rouleau, E., **Wittenborn, A. K.**, Liu, T., & Seedall, R. (2015, September). *Predictors of development and course of therapeutic alliance*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

Honored as “Cutting Edge Research”

Liu, T., & **Wittenborn, A. K.** (2015, September). *Emotionally focused couple therapy for depression*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

Wittenborn, A. K. (2015, September). Multi-disciplinary collaboration: Preparing students in an era of big teams and big data. In D. Ivey (Chair), *Systemic science: MFTs innovation in healthcare and training*. Symposium conducted at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

- Wittenborn, A., *Rick, J., Hosseinichimeh, N., & Rahmandad, H.** (2015, August). *Modeling feedback effects in adult depression*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Wittenborn, A. K., *Rick, J., Hosseinichimeh, N., & Rahmandad, H.** (2015, June). *Modeling the systemic complexity of unipolar depression*. Paper presented at the Innovations in Collaborative Modeling Conference, East Lansing, Michigan.
- *Rouleau, E., & Wittenborn, A. K.** (2015, February). *Predictors of formation and maintenance of alliance in therapy: The role of gender and attachment*. Paper presented at the Michigan State University Graduate Academic Conference, East Lansing, Michigan.
- *Turner, E., & Wittenborn, A. K.** (2014, October). *Exploring a psycholinguistic method of assessing attachment orientation in couple therapy*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Milwaukee, Wisconsin.
- Hosseinichimeh, N., Rahmandad, H., & **Wittenborn, A.** (2014, July). *Modeling the hypothalamus-pituitary-adrenal axis: A review and extension*. Paper presented at the annual meeting of the System Dynamics Society, Delft, Netherlands.
- Wittenborn, A. K., & Liu, T.** (2012, September). *Using EFT to treat depression and relationship problems*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Charlotte, North Carolina.
- Wittenborn, A. K., & Liu, T.** (2011, September). *Couple treatment for depression and relationship distress*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Fort Worth, Texas.
- Wittenborn, A. K.** (2011, August). *Diagnosing and treating male depression and relationship distress*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Wittenborn, A. K.** (2011, August). *Exploring the influence of therapist attachment organizations in treatment*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Wittenborn, A. K.** (2010, September). Exploring the influence of novice therapists' attachment organizations on their delivery of emotionally focused therapy. In **A. K. Wittenborn** (Chair), *Current findings in attachment research*. Symposium conducted at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- Wittenborn, A. K., *Culpepper, B., *Styler, D. L., *Swank, L. E., *Smith, M. C., *Wade, K. E., & *Wise, A. P.** (2010, September). *Depression and dyadic distress in couple*

relationships. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.

*Wolfe, C. S., & **Wittenborn, A. K.** (2010, September). *Residential care: The role of client-counselor relationships*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.

Wittenborn, A. K. (2010, March). *The influence of therapists' attachment and affect regulation strategies on treatment*. Poster presented at the annual World Congress of the International Family Therapy Association, Buenos Aires, Argentina.

Wittenborn, A. K. (2010, January). EFT therapists' contribution to treatment: The role of attachment and affect regulation. In W. H. Denton (Chair), *New research findings in emotionally focused therapy*. Symposium conducted at the Emotionally Focused Therapy Summit, San Diego, California.

Denton, W. H., Nakonezny, P. A., **Wittenborn, A. K.**, & Jarrett, R. B. (2010, January). Augmenting antidepressant medication treatment of women with EFT. In W. H. Denton (Chair), *New research findings in emotionally focused therapy*. Symposium conducted at the Emotionally Focused Therapy Summit, San Diego, California.

Wittenborn, A. K. (2009, October). *Treating depression and distress in couple relationships*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Sacramento, California.

Wittenborn, A. K. (2009, October). EFT therapists' contribution to treatment: The role of attachment and affect regulation. In W. H. Denton (Chair), *New findings in emotionally focused therapy for couples*. Symposium conducted at the annual meeting of the American Association for Marriage and Family Therapy, Sacramento, California.

*Mojta, C., & **Wittenborn, A. K.** (2009, October). *Stepfamily challenges, successes and preventive interventions*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Sacramento, California.

Wittenborn, A. K. (2009, June). *The influence of therapist trainees' levels of attachment security and affect regulation strategies on treatment*. Paper presented at the annual meeting of the American Family Therapy Academy, New Orleans, Louisiana.

Wittenborn, A. K., Keiley, M. K., Diamond, G. S., Sprenkle, D. H., Garber, J., McCauley, E. (2009, April). *The relations among maternal depressive symptoms, marital quality, and child and adolescent attachment*. Research poster presented at the biennial meeting of the Society for Research in Child Development, Denver, Colorado.

- *Perkins, J. L., & **Wittenborn, A. K.** (2009, April). *Pediatric center through an attachment theory lens*. Poster presented at the biannual meeting of the Virginia Association for Marriage and Family Therapy, Williamsburg, Virginia.
- Wittenborn, A. K.**, Keiley, M. K., Diamond, G. S., Sprenkle, D. H., Garber, J., & McCauley, E. (2008, November). *The relation of depressive symptoms and marital quality to child attachment: A growth analysis*. Poster presented at the annual meeting of the National Council on Family Relations, Little Rock, Arkansas.
- Christiansen, A., Thomas, V., Lowe, W., Kafescioglu, N., Karakurt, G., Smith, W., & **Wittenborn, A.** (2008, November). *Struggles in multicultural supervision: A multi-case study*. Paper presented at the annual meeting of the National Council on Family Relations, Little Rock, Arkansas.
- Wittenborn, A. K.**, Keiley, M. K., Diamond, G. S., Sprenkle, D. H., Garber, J., & McCauley, E. (2008, October). *The relations among depressive symptoms, marital quality, and child attachment*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Memphis, Tennessee.
- Wittenborn, A. K.**, McCollum, E. E., & Stith, S. (2008, July). *The relation of depressive symptoms and intimate partner violence in males and females: A multiple-domain growth analysis*. Paper presented at the International Family Violence and Child Victimization Research Conference, Portsmouth, New Hampshire.
- Keiley, M. K., **Wittenborn, A. K.**, & Liu, T. (2007, October). *Multiple family and couple groups: Promoting reconnection*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Long Beach, California.
- Wintersteen, M. B., Diamond, G. M., Dingfelder, H., & **Wittenborn, A. K.** (2007, June). *Attachment based family therapy for suicidal adolescents*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin.
- Barnett, J. K., Wintersteen, M. B., **Wittenborn, A. K.**, & Diamond, G. S. (2007, April). *Baseline family characteristics of suicidal minority youth*. Poster presented at the annual meeting of the American Association of Suicidology, New Orleans, Louisiana.
- Wintersteen, M. B., Diamond, G. S., & **Wittenborn, A. K.** (2007, March). *What is treatment as usual for adolescents at risk for suicide?* Paper presented at the annual meeting of the Eastern Psychological Association, Philadelphia, Pennsylvania.
- Wittenborn, A. K.**, & Keiley, M. K. (2006, October). *Multiple couple group intervention: A new approach to premarital counseling*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

- Elias, C., Karam, E., Kim, E., Sprenkle, D., Willerton, E., & **Wittenborn, A.** (2006, October). *Therapists' experiences of learning pragmatic experiential therapy for couples: A qualitative journey*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- Wittenborn, A. K.**, Sprenkle, D. H., & Keiley, M. K. (2005, November). *The implementation of an attachment and affect regulation group intervention for engaged couples*. Poster presented at the annual meeting of the National Council for Family Relations, Phoenix, Arizona.
- Keiley, M. K., Canino, J. T., Faber, A. J., **Wittenborn, A. K.**, King, E. L., & Karakurt, G. (2005, October). *Emotionally-focused family therapy: Adolescent sex-offenders*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Kansas City, Missouri.
- Wittenborn, A. K.**, Keiley, M. K., & Sprenkle, D. H. (2005, October). *An attachment and affect regulation intervention for premarital couples*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Kansas City, Missouri.
- Ruprecht, K., Elicker, J., & **Wittenborn, A. K.** (2005, April). *Staff and parent partnerships in Early Head Start: A qualitative analysis of key relationship concepts*. Poster presented at the biennial meeting of the Society for Research in Child Development, Atlanta, Georgia.
- Wittenborn, A. K.** (2005, April). *A mixed-methods analysis of an attachment and affect regulation group marriage preparation program*. Research poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.
- Wittenborn, A. K.** (2005, February). *An attachment and affect regulation intervention for premarital couples*. Research poster presented at the Sigma Xi Graduate Student Research Awards Conference, West Lafayette, Indiana.
- Karakurt, G., Sanford, K., & **Wittenborn, A. K.** (2004, November). *Therapists' involvement in legal trials*. Poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.
- Elicker, J., Ruprecht, K., & **Wittenborn, A. K.** (2004, June). *Staff and parent conceptions of relationships in Early Head Start*. Poster presented at the annual National Head Start Research Conference, Washington, DC.
- Wittenborn, A. K.**, & Canino, J. T. (2004, March). *Strengthening romantic relationships from an emotionally focused therapy perspective*. Poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.

Ruprecht, K., Huang, H., & **Wittenborn, A. K.** (2003, November). *What's in it for me? How Early Head Start providers and parents experience their relationships: A qualitative journey.* Poster presented at the annual meeting of the National Association for the Education of Young Children, Chicago, Illinois.

Wittenborn, A. K. (2003, September). *Attachment and affect regulation in a marriage preparation program.* Poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.

Holloway, A. K., & Snell, W. Jr. (2001, May). *Romantic perfectionism and both attachment and affect.* Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, Illinois.

Invited Keynote Presentations

Wittenborn, A. K., *Juntti, R., & *Koss, D. (2018, November). *13 reasons why not.* Invited keynote at the annual meeting of the American Association for Marriage and Family Therapy, Louisville, Kentucky.

Wittenborn, A. K., *Juntti, R., & *Koss, D. (2018, November). *13 reasons why not: The role school and family relationships play in reducing suicide risk.* Invited public presentation at the annual meeting of the American Association for Marriage and Family Therapy, Louisville, Kentucky.

Fine, P., **Wittenborn, A.,** *Juntti, R., & *Koss, D. (2017, August). *13 reasons why not: A school-based intervention.* Invited opening keynote presented at the annual AI/AN National Behavioral Health Conference, Tulsa, Oklahoma.

Invited Presentations

Wittenborn, A. K. (2021). A webinar on Emotionally Focused Couple Therapy: An introduction. Department of Psychology, International Islamic University, Islamabad, Pakistan.

Wittenborn, A. K. (2020). *Award Winning Researchers Panelist.* Dean's Research Associates Development Institute Roundtable, Michigan State University, East Lansing, Michigan.

Wittenborn, A. K. (2020, May). *Mental health and coping during the COVID-19 pandemic.* Invited presentation at the Oxford Connects Virtual Mental Health Fair, Oxford High School, Oxford, Michigan.

Wittenborn, A. K. (2019, December). *Award winning researchers.* Invited panelist for College of Social Science Dean's Research Associate Program, Michigan State University, East Lansing, Michigan.

- Wittenborn, A. K.** (2019, May). *Couple interventions*. Invited seminar for Department of Psychiatry, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K.** (2018, October). *Detecting and treating depression*. Invited presentation at the Phi Sigma Pi Mental Health Awareness Event, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K., & *Subramaniam, S.** (2018, May). *Strengthening bonds: Using emotionally focused couple therapy to treat depression*. Invited two-day presentation at the annual meeting of the Georgia Association for Marriage and Family Therapy, Jekyll Island, Georgia.
- Wittenborn, A. K.** (2018, May). *Couple interventions*. Invited seminar for Department of Psychiatry, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K. & Blow, A. J.** (2017, November). *Clinical trials research*. Invited panelist on for Pine Rest and College of Human Medicine Depression Summit, Michigan State University, Grand Rapids, Michigan.
- Liu, T., & **Wittenborn, A. K.** (2017, October). *Treating depression: Tools for EFT therapists*. Invited paper presentation at the EFT Summit, San Diego, California.
- Wittenborn, A., & *Juntti, R.** (2017, October). *13 reasons why not: A suicide prevention student voice project*. Invited presentation at the Indian Health Services Clinical Rounds Webinar.
- Wittenborn, A. K.** (2017, October). *When to seek professional help for depression and where to find it*. MSU Federal Credit Union, East Lansing, Michigan.
- Wittenborn, A. K.** (2017, October). *Emotionally focused couple therapy for gay and lesbian couples*. CFT Program, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K.** (2019, July). *Building a research culture*. Invited presentation at the Annual Faculty Symposium, Northcentral University, Phoenix, Arizona.
- Wittenborn, A. K.** (2017, April). *Couple interventions*. Invited seminar, Department of Psychiatry, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K.** (2016, October). *Personalizing treatment for depression*. Invited presentation to the Sparrow/MSU Center for Innovation and Research Brown Bag Series, Lansing, Michigan.
- Wittenborn, A. K.** (2016, October). *Social and emotional intelligence*. Invited panelist for the Leadership Institute, College of Social Science, Michigan State University, East Lansing, Michigan.

- Wittenborn, A. K.** (2016, September). *The urgent need to improve care for depression*. Invited presentation to the Sparrow/MSU Center for Innovation and Research and Trifecta Fall Kick-Off Event, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K.** (2016, May). *The story of my academic career*. Invited presentation to the SAMHSA Minority Fellowship Program Spring Conference, American Association for Marriage and Family Therapy, Arlington, Virginia.
- Rahmandad, H., & **Wittenborn, A. K.** (2016, February). *System dynamics methods for mental health research: An introduction*. Invited presentation at the U.S. Department of Health and Human Services Maternal and Child Health Research Program EnRICH Webinar Series.
- Wittenborn, A. K.** (2015, November). *Dynamic modeling of depression: Opportunities for intervention research*. Invited presentation at Drexel University, Philadelphia, Pennsylvania.
- Wittenborn, A. K.** (2014, November). *Beyond the microscope: Depression as a systemic syndrome*. Invited presentation, Department of Psychology, Michigan State University, East Lansing, Michigan.
- Wittenborn, A. K.** (2012, August). *Effective emotionally focused couple therapy supervision*. Invited presentation at Virginia Tech, Falls Church, Virginia.
- Wittenborn, A. K.** (2010, November). *When depression and marital distress intersect: The role of Emotionally Focused Couple Therapy*. Invited webinar presentation for GoodTherapy.org.
- Wittenborn, A. K.** (2010, February). *A multiple couple group intervention for couples transitioning to marriage or commitment*. Invited workshop presented to the Christian Theological Seminary, Indianapolis, Indiana.
- Wittenborn, A. K.** (2010, January). *Using attachment theory in clinical practice*. Invited workshop presented to the Northern Virginia Licensed Professional Counselors Association, Vienna, Virginia.
- Denton, W., & **Wittenborn, A. K.** (2010, January). *Research on emotionally focused therapy*. Invited panel discussion at the Emotionally Focused Therapy Summit, San Diego, California.
- Wittenborn, A. K.,** & Keiley, M. K. (2006, May). *Multiple couple group intervention*. Invited workshop presentation at the Emotionally Focused Therapy Summit, Ottawa, Canada.

MacDermid, S. M., & **Wittenborn, A. K.** (2006, May). *New lessons for the business case: A look at the "Best of the Best" practices in the workplace.* Invited presentation at the Purdue University Work Life/Wellness/EAP Symposium, West Lafayette, Indiana.

Wittenborn, A. K. (2005, November). *Multiple couple group intervention: A guide for premarital therapy.* Invited presentation at Indiana Wesleyan University, Marion, Indiana.

TEACHING

Courses Taught

Virginia Tech

HD 5404: Systems Theory and Family Therapy
 HD 5434: Structural and Strategic Family Therapy Approaches
 HD 5964: Practicum in Marriage and Family Therapy

Michigan State University

HDFS 472: Evaluation of Human Services Programs
 HDFS 892: Advanced Evidence-Based Couple Therapy
 HDFS 911: Outcome Research
 HDFS 983: Advanced Methods in Intervention Research
 HDFS 993: Internship in Couple and Family Therapy (Practicum)

Guest Lectures

HDFS 892 Grant Writing in Human Development and Family Studies (2019, February). *Writing a successful NIH grant application.* Michigan State University, East Lansing, Michigan.

HDFS 901 Contemporary Scholarship in Human Development and Family Studies (2019, November). *Randomized controlled trial of EFT versus usual care for depression and marital satisfaction.* Michigan State University, East Lansing, Michigan.

HDFS 995 Couple and Family Therapy Supervision (2019, October). *Emotionally focused supervision.* Michigan State University, East Lansing, Michigan.

HDFS 901 Contemporary Scholarship in Human Development and Family Studies (2017, November). *Developing a meaningful program of research.* Michigan State University, East Lansing, Michigan.

HDFS 995 Couple and Family Therapy Supervision (2017, October). *Emotionally focused supervision.* Michigan State University, East Lansing, Michigan.

HDFS 892 Grant Writing in Human Development and Family Studies (2017, March). *Investing in a meaningful program of research*. Michigan State University, East Lansing, Michigan.

HDFS 880 Research Design and Measurement (2016, October). *A simulation approach to assessing the impact of a cognitive intervention on depression*. Michigan State University, East Lansing, Michigan.

CSUS 851 Modeling Natural Resource Systems (2016, April). *Examining the systemic complexity of depression*. Michigan State University, East Lansing, Michigan.

HDFS 901 Contemporary Scholarship in Human Development and Family Studies (2014, November). *Future directions in couple and family therapy research*. Michigan State University, East Lansing, Michigan.

HD 6424 Experiential Marriage and Family Therapy (2010, March). *Emotionally focused couple therapy*. Virginia Tech, Blacksburg, Virginia.

HD 6004 Professional Development Seminar (2009, November). *Attachment theory*. Virginia Tech, Blacksburg, Virginia.

HD 5514 Research Methods (2009, November). *Advanced methodology in marriage and family therapy*. Virginia Tech, Falls Church, Virginia.

HD 6004 Professional Development Seminar (2008, October). *The relation of depression symptoms and marital quality of depressed and nondepressed mothers to offspring's perceived attachment: A multiple-domain growth analysis*. Virginia Tech, Blacksburg, Virginia.

Mentoring and Advising

Post-Doctoral Research Fellows

- 2020- Preston Morgan, Post-Doctoral Research Fellow, Michigan State University
- 2020- Lekie Dwanyen, Dean's Research Associate Development Institute, Michigan State University
- 2018-2019 Nazia Iqbal, Faculty Fulbright Scholar, International Islamic University, Islamabad, Pakistan
- 2013-2016 Niyousha Hosseinichimeh, Post-Doctoral Research Fellow, Virginia Tech

Doctoral Dissertation Committee Chair, Michigan State University

Chaired 3 completed dissertations; chairing 5 active dissertations; served as committee member on 10 other committees.

- 2021 Patricia Huerta, *One-arm pilot trial of an online, adapted version of the Hold Me Tight program for perinatal depression*, Department of Human Development and Family Studies, Michigan State University

- 2019 E. Megan Lachmar, *Implementation of a screening and management protocol for perinatal anxiety in family health clinics*, Department of Human Development and Family Studies, Michigan State University
- 2019 Erica Mitchell, *A qualitative exploration of the process of recovering from an affair*, Department of Human Development and Family Studies, Michigan State University

Master's Thesis Committee Chair, Virginia Tech

Chaired 13 thesis committees; served as committee member on 26 other committees.

- 2014 Ansley Fraser Curtis, *Portraits of resilience: Same-sex military couples' experience of deployment*, Department of Human Development, Virginia Tech
- 2014 David Steele, *Service dogs for wounded warriors with PTSD: Examining the couple relational experience*, Department of Human Development, Virginia Tech
- 2014 Afifa Bawahab, *Supplementing a GED preparation program with social and emotional learning: A delphi study*, Department of Human Development, Virginia Tech
- 2013 Erica Turner, *Exploring a psycholinguistic method of assessing attachment orientation in couple therapy*, Department of Human Development, Virginia Tech
- 2013 Martha Fischer, *Multifamily therapy group for children and their parents: A delphi study*, Department of Human Development, Virginia Tech
- 2013 Ashley Wise, *Exploring adolescents' experiences of self-disclosing on Facebook when distressed*, Department of Human Development, Virginia Tech
- 2013 Bonnie Culpepper, *Relations between depression and relationship quality among couples with a depressed male*, Department of Human Development, Virginia Tech
- 2011 Kelsey Myers, *Clinicians' experiences of the application of interpersonal neurobiology as a framework for psychotherapy*, Department of Human Development, Virginia Tech (co-chair)
- 2011 Jessica Tarabek, *Relationship satisfaction and mental health in parents of children with autism: A comparison of autism, ADHD, and normative children*, Department of Human Development, Virginia Tech
- 2010 Lauren Swank (Russo), *Repairing alliance ruptures in emotionally focused therapy: A preliminary task analysis*, Department of Human Development, Virginia Tech

- 2010 Samuel San, *A qualitative study of family therapy utilization barriers for Chinese Americans*, Department of Human Development, Virginia Tech
- 2010 Mike Webster, *Symptoms of depression, symptoms of anxiety, and motivation for treatment as predictors of post-substance abuse treatment support group attendance: A path analysis*, Department of Human Development, Virginia Tech (co-chair)
- 2009 Carolyn Wolfe, *Resident and counselor relationships in a court affiliated residential treatment setting*, Department of Human Development, Virginia Tech

Faculty Supervisor for Graduate Student Instructors of Record

- FA 2018 E. Megan Lachmar, HDFS 472: Evaluation of Human Service Programs
- SP 2019 E. Megan Lachmar, HDFS 472: Evaluation of Human Service Programs
- FA 2019 S. Gisela Leija, HDFS 444: Interpersonal Relationships in the Family

Undergraduate Research Advisor

- 2017-2018 Amber DeJohn, Provost Undergraduate Research Scholar, Michigan State University
- 2017-2018 Emily Schulz, Provost Undergraduate Research Scholar, Michigan State University
- 2016-2017 Kyle Jones, Social Science Scholar, Michigan State University
- 2016-2017 Yena Berhane, Social Science Scholar, Michigan State University
- 2016-2017 Qi Huang, Social Science Scholar, Michigan State University
- 2016-2017 Nichole Jedding, Social Science Scholar, Michigan State University
- 2009-2010 Mary Moussa, Undergraduate Research Assistant, Virginia Tech

Mentoring in Professional Organizations

- 2016-2021 Mentor, SAMHSA Minority Fellowship Program, Research and Education Foundation, American Association for Marriage and Family Therapy
- 2016-2021 Mentor, Leadership Certificate Program, American Association for Marriage and Family Therapy

Additional Mentoring Roles

- 2017-2019 Erica Mitchell, Graduate Certificate Program in College Teaching, Michigan State University
- 2018-2019 E. Megan Lachmar, Doctoral Internship, Michigan State University
- 2018-2019 Erica Mitchell, Doctoral Internship, Michigan State University
- 2016-2017 Saila Subramaniam, Doctoral Internship, Michigan State University
- 2012 Olya Borghesani, Independent Study Graduate Research Experience, Virginia Tech
- 2012 Lauren Kruck, Independent Study Graduate Research Experience, Virginia Tech
- 2011 Molly Brickel, Independent Study Graduate Research Experience, Virginia Tech
- 2011 Megan Pugliese, Independent Study Graduate Research Experience, Virginia Tech
- 2011 Erica Turner, Independent Study Graduate Research Experience, Virginia Tech
- 2009 Deborah Geslison, Independent Study Graduate Research Experience, Virginia Tech
- 2009 Kristin Wade, Independent Study Graduate Research Experience, Virginia Tech

2009 Ashley Wise, Independent Study Graduate Research Experience, Virginia Tech

SERVICE

University Service

College of Social Science, Michigan State University

2016 Strategic Planning Committee

2014-2016 Research Committee

Department of Human Development and Family Studies, Michigan State University

2020 Chair, Search Committee, Couple and Family Therapy Clinic Director

2020 Graduate Education Committee

2019 Departmental Reviewer, Dean's Research Associate

2019 Search Committee, Couple and Family Therapy Fixed-Term Faculty

2018-2019 Search Committee, Chairperson of Human Development and Family Studies

2018-2020 Department Advisory Committee [Elected]

2016-2018 Graduate Education Committee

2016-2017 Chair, Graduate Education Committee

2016-2017 Search Committee, Assistant/Associate Professor of Human Development and Family Studies

2015-2017 Department Advisory Committee [Elected]

2014-2016 Methods Subcommittee of the Graduate Education Committee

Virginia Tech

2007-2014 Faculty Panelist, Graduate Honor System

2010 Faculty Reviewer, Graduate Student Assembly's Graduate Research and Development Program

2007-2008 Advisory Committee Member, Graduate Honor System

Department of Human Development, Virginia Tech

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| 2011-2012 | Search Committee, Assistant Professor of Human Development, (Blacksburg, Virginia) |
| 2011-2012 | Graduate Policy Committee |
| 2009 | Promotion and Tenure Composition Committee |
| 2007-2008 | Search Committee, Assistant Professor of Human Development and Director of the Center for Family Services (Falls Church, Virginia) |

Professional Service

Professional Organizations

- | | |
|-----------|---|
| 2020- | Chair, Strategic Planning Task Force for <i>Journal of Marital and Family Therapy</i> , American Association for Marriage and Family Therapy |
| 2020- | Board of Directors, American Association for Marriage and Family Therapy [Elected] |
| 2017-2020 | Michigan Board of Marriage and Family Therapy, appointed by Governor Snyder |
| 2013-2020 | Accreditation Site Visitor, Commission on Accreditation for Marriage and Family Therapy Education, American Association for Marriage and Family Therapy |
| 2012-2014 | North Region Vice President, Virginia Association for Marriage and Family Therapy [Elected] |
| 2001 | Steering Committee, Annual Meeting of the Midwestern Psychological Association |
| 1999-2001 | Chair, Psi Chi Student Research Conference |

Grant Review

- | | |
|---------|--|
| 2017-18 | NIH/NIMH panel ZMH1 ERB-K(3) |
| 2017-18 | NIH/NIMH panel ZMH1 ERB-K(4) |
| 2017-18 | Sparrow/MSU Center for Innovation and Research |

2015 Faculty Initiative Fund, College of Social Science, Michigan State University

Data and Safety Monitoring Board (DSMB)

2018-2023

NICHHD R01HD087406-01A1

Addressing community violence-related traumatic stress symptoms in children

Investigators: J. Fein (PI), S. Berkowitz (Co-I), N. Kassam-Adams (Co-I), G. Diamond (Co-I), & R. Myers (Co-I)

Role: Chair

Editorial Responsibilities

Editor *Journal of Marital and Family Therapy*, expected publication January 2022, Effectiveness decade review issue (with K. Holtrop)

Journal of Marital and Family Therapy, 2012, Vol. 38 (s1), New research findings on emotionally focused therapy (with S. Johnson)

Advisory Board *Journal of Marital and Family Therapy*, 2018-present

Editorial Boards *Journal of Marital and Family Therapy*, 2013-present
Journal of Couple and Relationship Therapy, 2010-present
Contemporary Family Therapy, 2019-present

Manuscript and Book Reviewer *Attachment and Human Development*
Chaos: An Interdisciplinary Journal of Nonlinear Science
Contemporary Family Therapy
Frontiers in Psychiatry
International Journal of Psychology
Journal of Affective Disorders
Journal of Couple and Relationship Therapy
Journal of Family Psychotherapy
Journal of Family Studies
Journal of Family Therapy
Journal of Health Psychology
Journal of Marital and Family Therapy
Marriage and Family Review
PLOS ONE
Routledge Press

External reviewer

2017-2020 Served as an external reviewer for promotion and tenure for 7 faculty at other universities

Consultation

2015-2019 Advisory Committee Member, School of Marriage and Family Sciences,
Northcentral University

Media Interviews and Features

2020	Lansing State Journal
2020	The Oakland Press
2020	Okemos High School Press
2019	MSU Today
2019	Giving Tuesday, AAMFT Research and Education Foundation
2018	Bottom Line Inc
2018	Self Magazine
2018	MSU Today
2017	NPR Youth Radio
	Best News Stories of 2017
2017	Nightline, ABC News
2017	Fox News
2017	MSU Today
2017	Michigan.gov
2017	Washington Post
2017	WLNS Channel 6 Lansing, Michigan
2015	Eureka Alert
2015	Science Daily
2015	Science Newsline
2015	SciFeeds
2015	New Jersey Tribune
2015	Psych Central
2015	Neuroscience News
2015	Inverse
2015	Futurity
2014	Corp! Business Magazine
2014	Opelika Auburn News
2012	ABC News
2012	Impact Lab
2011	NBC News
2011	Women's Health
2011	Prevention Magazine
2011	Black Doctor
2011	Care2
2010	Virginia Tech News
2009	Virginia Tech News