

Curriculum Vitae  
**Erica A. Mitchell, Ph.D., LMFT, AAMFT Approved Supervisor**

**DEGREES AWARDED**

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- Ph.D.** Michigan State University, August 2019  
Human Development & Family Studies, Specialization in Couple & Family Therapy  
Dissertation Title: *A Qualitative Exploration of the Process of Recovering from an Affair*
- M.S.** Eastern Michigan University, April 2014  
General Clinical Psychology
- B.A.** Michigan State University, May 2012  
Major: Psychology (with Honors)

**PROFESSIONAL APPOINTMENTS**

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- 2023 – Present      Assistant Professor, Couple and Family Therapy Program, Department of Human Development and Family Studies, Michigan State University
- 2023 – Present      Clinic Director, Couple and Family Therapy Clinic, Couple and Family Therapy Program, Department of Human Development and Family Studies, Michigan State University
- 2021 – Present      Research Assistant Professor, College of Education, Health, and Human Sciences, The University of Tennessee, Knoxville
- 2021 – Present      Assistant Director, Healthy Connections Knoxville, An Initiative of the College of Education, Health, and Human Sciences, The University of Tennessee, Knoxville
- 2019 – 2021      Postdoctoral Research Associate, Department of Psychology, The University of Tennessee, Knoxville

**GRANTS**

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- 2022-2024      The University of Tennessee, Knoxville; PI  
Developing a family-based asynchronous gestational diabetes education program.  
\$59,100 over 2 years
- 2022-2023      The University of Tennessee, Knoxville; PI

Understanding relationship needs for foster care and adoptive families: A provider perspective  
\$1,000 over 1 year

#### Completed Grant Funded Projects

- 2019-2022 John Templeton Foundation; Co-PI (PI: K. Gordon)  
Knoxville Marriage Initiative: Developing a church-university-community partnership to strengthen marriages and families  
\$234,800 over 33 months
- 2021 The University of Tennessee, Knoxville; PI  
Evaluating the effectiveness of an online relationship education program for low-income couples  
\$1,990 over 1 year

#### Submitted Grant Proposals

- 2023-2026 National Center for Complementary and Integrative Health (NIH); PI  
A dyadic intervention for low-income economically marginalized pregnant mothers at risk for postpartum depression  
\$522,195 over 3 years
- 2023-2025 HRSA Maternal Health Project; Consultant (PI: E. Winford)  
Cuna: A comprehensive and culturally responsive program to reduce maternal disparities in Latinx birthing people  
\$2,000,000 over 2 years

#### Unfunded Grant Submissions

- 2023-2024 Family Process Institute; PI  
Staying connected: A brief relationship-focused video intervention for low-income economically marginalized pregnant mothers  
\$5,000 over 18 months
- 2020-2025 Administration for Children and Families; Data Manager (PI: K. Gordon)  
Taking time for us: Strengthening relationships, stabilizing families  
\$4,999,855 over 5 years
- 2020-2021 American Psychological Foundation; PI  
Evaluating the effectiveness of online relationship education for couples  
\$19,800 over 1 year
- 2020 – 2022 The University of Tennessee, Knoxville; Co-PI (PI: K. Gordon)  
A year of the family  
\$48,170 over 2 years

## PUBLICATIONS

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\*\* = Undergraduate Student Author; \* = Graduate Student Author

### Peer-Reviewed Journal Articles

Lenger, K. A., **Mitchell, E. A.**, Garcia, D. J., \*Amer, Z., Shorter, R. L., & Gordon, K. C. (in press). Is mindfulness one-size fits all?: Consulting community members and stakeholders to adapt mindfulness for communities with low-income and economic marginalization. *Complementary Therapies in Clinical Practice*. DOI: 10.1016/j.ctcp.2022.101664

**Mitchell, E. A.**, Roberson, P. N. E., \*Amer, Z., Garcia, D. J., Cordova, J. V., & Gordon, K. C. (2022). Couple variables predicting retention in a brief intervention and research. *Family Process*, 61(3), 1180-1194. DOI: 10.1111/famp.12783

**Mitchell, E. A.**, Gordon, K. C., \*Amer, Z., \*DiPillo, M., \*McCall, M., & \*Wieser, S. (2021). University-church partnerships: A mechanism to enhance relationship health. *Journal of Prevention and Intervention in the Community*. Advanced Online Publication. DOI: 10.1080/10852352.2021.1924595

**Mitchell, E. A.**, Wittenborn, A. K., Timm, T. M., & Blow, A. J. (2021). Affair recovery: Exploring similarities and differences of roles in the affair. *Journal of Marital and Family Therapy*, 48(2), 447-463. DOI: 10.1111/jmft.12538

**Mitchell, E. A.**, Wittenborn, A. K., Timm, T. M., & Blow, A. J. (2021). Examining the role of the attachment bond in the process of recovering from an affair. *The American Journal of Family Therapy*, 49(3), 221-236. DOI: 10.1080/01926187.2020.1791763

Gordon, K. C., & **Mitchell, E. A.** (2020). Infidelity in the Time of COVID-19. *Family Process*, 59, 956-966. DOI: 10.1111/famp.12576

<sup>^</sup>6<sup>th</sup> most frequently downloaded article in *Family Process* in 2020 (5,097 downloads)

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-y

**Mitchell, E. A.**, Nuttall, A. K., & Wittenborn, A. K. (2019). Maternal depressive symptoms and warm responsiveness across the transition to parenthood. *Journal of Child and Family Studies*, 28(6), 1604-1612. DOI: 10.1007/s10826-019-01392-x

**Rouleau, E.**, Barabe, T., & Blow, A. (2019). Creating structure in a time of intense stress: Treating intimate partner violence. *Journal of Couple and Relationship Therapy*, 18(2), 148-169. DOI: 10.1080/15332691.2018.1505573

**Rouleau, E.**, Farero, A., & Timm, T. (2018). Attachment, conflict resolution, and sexual satisfaction in adoptive couples. *Adoption Quarterly*, 21(4), 307-326. DOI: 10.1080/10926755.2018.1513107

Welch, T., **Rouleau-Mitchell, E.**, Farero, A., Lachmar, M. E., & Wittenborn, A. (2018). Maintaining relationship quality during the transition to parenthood: The need for next generation interventions. *Contemporary Family Therapy*, 41(2), 211-218. DOI: 10.1007/s10591-018-9481-y

Wittenborn, A. K., Liu, T., Ridenour, T. A., Lachmar, E. M., **Mitchell, E. A.**, & Seedall, R. B. (2018). 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(3), 395-409. DOI: 10.1111/jmft.12350

#### Invited Book Chapter

Gordon, K. C., **Mitchell, E. A.**, Baucom, D. H., & Snyder, D. K. (2022). Couple therapy and the treatment of affairs. In J. Lebow & D. Snyder (6<sup>th</sup> Eds.), *Clinical Handbook of Couple Therapy*. New York, NY: Guilford Press.

Wittenborn, A. K., Lachmar, E. M., Huerta, P., **Mitchell, E.A.**, & Tseng, C. (2020). Global epidemiology, etiology, and treatment: Depressive and anxiety disorders across the lifespan. In K. S. Wampler, Mudita Rastogi, & Reenee Singh (Eds.), *The Handbook of Systemic Family Therapy: Systemic Family Therapy and Global Health Issues*. Hoboken, NJ: John Wiley & Sons.

#### Invited Article

**Mitchell, E. A.** (2019, December). *Infidelity Research in Couple Therapy*. American Association for Marriage and Family Therapy, Couples and Intimate Relationships Topical Interest Network Newsletter.

#### Manuscripts Under Review

**Mitchell, E. A.**, Le, Y., \*Hatch, G., \*\*Guttman, S., & Doss, B. D. (Submitted November 2022). Effects of online relationship programs for low-income couples during the perinatal period. *Behaviour Research and Therapy*.

**Mitchell, E. A.**, Roberson, P. N. E., \*DiPillo, M., Cordova, J. V., & Gordon, K. C. (Submitted December 2022). Improvements in depressive symptoms following a brief relationship intervention. *Journal of Marital and Family Therapy*.

#### Manuscripts In Preparation

**Mitchell, E. A.**, \*Amer, Z., \*\*Merrick, M. E., Roberson, P., Cordova, J., & Gordon, K. C. *Brief intervention for couples with low-income and economic marginalization: Addressing affair concerns*.

Roberson, P. N. E., Woods, S., **Mitchell, E. A.**, & Tasman, J. *Marriage quality, systemic health inequities, and A1C for people with diabetes*.

Wittenborn, A. K., **Mitchell, E. A.**, \*Edwards, C., & Blow, A. J. *Implementation of Emotionally Focused Couple Therapy into a large mental health agency*.

## **PRESENTATIONS**

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**January 2023**

\*\* = Undergraduate Student Author; \* = Graduate Student Author

### National

Bamwine, P., M., **Mitchell, E. A.**, McCall, M., Lown, J., Teixeira, S., & Gordon, K. C. (2022, November). *Accessibility, capacity, and church-based services: A spatial of relationship health services*. Poster Presentation, National Council on Family Relations Annual Conference, Minneapolis, Minnesota.

Lenger, K.A., Schubert, O., **Mitchell, E. A.**, Roberson, P. N. E., Gordon, K. C., & Cordova, J. V. (2022, November). *Examining the efficacy of the Relationship Checkup for same-sex couples living in Appalachia using a matched sample design*. Paper Presentation, Annual Meeting of the Association of Behavioral and Cognitive Therapies, New York, NY.

**Mitchell, E. A.**, Roberson, P. N. E., \*Lucca, C., \*Ratliff, C., \*Kahovec, A., & Williams, D. T. (2022, November). *Shining a light on the bidirectional associations between couple and family relationships and health outcomes*. Symposium Presentation, National Council on Family Relations Annual Conference, Minneapolis, Minnesota.

**Mitchell, E. A.**, Le, Y., \*Hatch, S. G., \*Guttman, S., & Doss, B. D. (2022, October). *Online relationship interventions for low-income couples during the perinatal period*. Paper Presentation, Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, Michigan.

**Mitchell, E. A.**, Wittenborn, A. K., \*Edwards, C., & Blow, A. J. (2022, October). *Barriers and facilitators to implementing couple therapy in a mental health agency*. Poster Presentation, Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, Michigan.

\*McCall, M. D., \*Woodle, D. S., **Mitchell, E. A.**, and Gordon, K. C. (2022, August). *Do attendance motivations predict relationship outcomes in a couple relationship education workshop?* Poster Presentation, American Psychological Association Annual Convention, Minneapolis, Minnesota.

\*Amer, Z., \*Watson, A. J., **Mitchell, E. A.**, \*\*Merrick, M. E., & Gordon, K. C. (2021, November). *First comes love, then comes marriage?: A qualitative investigation of marital attitudes among first-generation South Asian immigrants*. Poster Presentation, Association for Behavioral and Cognitive Therapies Annual Convention, Virtual Conference.

\*DiPillo, M. J., **Mitchell, E., A.** & Gordon, K. C. (2021, November). *We built a bridge: Church representatives' perceptions of the benefits of church-university partnerships*. Poster Presentation, National Council on Family Relations Annual Conference, Virtual Conference.

\*McCall, M., **Mitchell, E. A.**, \*Amer, Z., \*DiPillo, M., & Gordon, K. C. (2021, November). *Supporting local wellbeing through university-church partnerships*. Poster Presentation, Annual Meeting of the Association of Behavioral and Cognitive Therapies, Virtual Conference.

**Mitchell, E. A.**, Cavell, T., Gordon, K. C., Lawrence, E., & Southam-Gerow, M. (2021, November). *Bringing evidence-based practices to the community: An implementation science approach*. Panel Discussion, Association for Behavioral and Cognitive Therapies Annual Convention, Virtual Conference.

\*Titus, M., **Mitchell, E. A.**, Timm, T., & Blow, A. (2021, August). *Exploring the role of couple therapy in the process of affair recovery*. Research Discussion, American Association for Marriage and Family Therapy, Intervention Research in Systemic Family Therapy Topical Interest Network Annual Conference, Virtual Conference.

\*DiPillo, M., Roberson, P., **Mitchell, E. A.**, Cordova, J., & Gordon, K. (2020, November). *The association between changes in depression and relationship satisfaction in a brief couple intervention*. Poster Presentation, Association for Behavioral and Cognitive Therapies Annual Convention, Virtual Conference.

**Mitchell, E. A.**, Cavell, T., Gordon, K. C., Lawrence, E., & Southam-Gerow, M. (Accepted, August 2020). *Using implementation science to increase family stability*. Panel Discussion, American Psychological Association Annual Convention, Washington D. C.  
>Presentation was cancelled due to COVID-19

\*\*Merrick, M. E., \*Weiser, S., **Mitchell, E. A.**, Roberson, P., Gray, T., Cordova, J., & Gordon, K. C. (2020, August). *The effectiveness of a brief couple intervention for infidelity*. Poster Presentation, American Psychological Association Annual Convention, Virtual Conference.

**Mitchell, E.**, Timm, T., & Blow, A. (2019, September). *An attachment-informed understanding of affair recovery*. Research Discussion, American Association for Marriage and Family Therapy Annual Conference, Austin, Texas.

\*\*Schulz, E., **Mitchell, E. A.**, & Carolan, M. (2019, April). *Examining the effects of depression and treatment length on outcomes in couple therapy*. Poster Presentation, The Midwestern Psychological Association Conference, Psi Chi Division, Chicago, Illinois.

**Rouleau-Mitchell, E.**, Barabe, T., & Blow, A. (2018, November). *A systemic structure for treating intimate partner violence*. Research Discussion, American Association for Marriage and Family Therapy Annual Conference, Louisville, Kentucky.

**Rouleau-Mitchell, E.**, Farero, A., Welch, T., Lachmar, E. M., & Wittenborn, A. K. (2018, August). *A brief intervention for couples transitioning to parenthood*. Poster Presentation, American Psychological Association Annual Conference, San Francisco, California.

**Rouleau-Mitchell, E.**, Nuttall, A. K., & Wittenborn, A. K. (2018, August). *Examining associations of maternal depression and warm responsiveness over time*. Poster Presentation, American Psychological Association Annual Conference, San Francisco, California.

**Rouleau, E.**, Farero, A., Welch, T., Lachmar, E. M., & Wittenborn, A. (2017, October). *A brief intervention for couples transitioning to parenthood*. Research Discussion, American Association for Marriage and Family Therapy Annual Conference, Atlanta, Georgia.

**Rouleau, E., Farero, A. & Timm, T. (2016, November).** *Attachment, conflict resolution, and sexual satisfaction in adoptive couples.* Poster Presentation, National Council on Family Relations, Minneapolis, Minnesota.

**Rouleau, E., Ingram, J., Subramaniam, S., Rick, J., Hosseinichimeh, N., Rahmandad, H., & Wittenborn, A. (2016, September).** *Testing the validity of a model of depression dynamics.* Research Discussion, American Association for Marriage and Family Therapy Annual Conference, Indianapolis, Indiana.

**Rouleau, E., Wittenborn, A., Liu, T., & Seedall, R. (2015, September).** *Predictors of development and course of therapeutic alliance.* Poster Presentation, American Association for Marriage and Family Therapy Annual Conference, Austin, Texas.  
>**Presentation featured in the Cutting Edge Research category**

Riggs, J., Harris, K., **Rouleau, E.**, Pitzen, Jerrica., Rivas, Mayra., & Huth-Bocks, A. (2014, November). *The effect of maternal trauma on child attachment security: The indirect effects of PTSD symptoms and atypical parenting behaviors.* Oral Presentation, Annual Meeting of the International Society for Traumatic Stress Studies, Miami, Florida.

**Rouleau, E., Peterson, C., & Huth-Bocks, A. (2014, March).** *A cumulative risk model of the impact of early infant health problems on parenting stress and toddler behavior outcomes.* Poster Presentation, Annual Meeting of the Society of Pediatric Psychology, Philadelphia, Pennsylvania.

Riggs, J., **Rouleau, E.**, Merlanti, M., Gutman, E., & Huth-Bocks, A. (2013, November). *Exposure to intimate partner violence throughout the lifespan predicts parenting outcomes.* Poster Presentation, Annual Meeting of the International Society for Traumatic Stress Studies, Philadelphia, Pennsylvania.

#### State and Local

**Rouleau, E., Farero, A., & Timm, T. (2017, April).** *Examining attachment style, conflict resolution, and sexual satisfaction in adoptive parents.* Poster Presentation, Michigan Psychological Association Annual Conference, East Lansing, Michigan.  
>**Awarded 2<sup>nd</sup> place for best poster**

**Rouleau, E., Wittenborn, A., Liu, T., & Seedall, R. (2015, October).** *Predictors of development and course of therapeutic alliance.* Poster Presentation, Michigan Association for Marriage and Family Therapy Annual Conference, East Lansing, Michigan.

**Rouleau, E. & Wittenborn, A. (2015, February).** *Predictors of formation and maintenance of alliance in therapy: the role of gender and attachment.* Oral Presentation, Graduate Academic Conference, Michigan State University, East Lansing, Michigan.

**Rouleau, E., Peterson, C., & Huth-Bocks, A. (2014, April).** *A cumulative risk model of the impact of early infant health problems on parenting stress and toddler behavior outcomes.* Oral Presentation, Graduate at the Podium, Eastern Michigan University, Ypsilanti, Michigan.

Merlanti, M., **Rouleau, E.**, Painter, D., & Huth-Bocks, A. (2013, May). *Prenatal predictors of the parent-child relationship: The association between child abuse potential during pregnancy and the parent-child relationship 2 years post-partum*. Poster Presentation, Bi-annual Michigan Association for Infant Mental Health Conference, East Lansing, Michigan.

#### Community Presentations

**Mitchell, E. A.**, & White, D. (2021, October). *Preparing and protecting your marriage: Building communication skills*. Knoxville Area Foster Care and Adoption Ministries (KAFCAM) Quarterly Meeting, Knoxville, Tennessee.

**Mitchell, E. A.**, & Vince, D. (2021, March). *The Dishwasher Dilemma: Creating Fairness in Household Responsibilities*. Facebook Live Event, Healthy Connections Knoxville.

**Mitchell, E. A.**, & White, D. (2020, April). *Preparing and protecting your marriage for adoption/foster care*. Virtual Presentation, Knoxville Area Foster Care and Adoption Ministries (KAFCAM) Annual Conference, Knoxville, Tennessee.

Byrd, M., **Rouleau, E.**, & Baker, L. (2013, December). *Grief and anxiety in children*. Oral Presentation, Tot Spot Preschool and Childcare, Brighton, Michigan.

Byrd, M., **Rouleau, E.**, Baker, L., & Merlanti, M. (2013, December). *Preventing and eliminating childhood sleep problems*. Oral Presentation, Tot Spot Preschool and Childcare, Brighton Michigan.

## **RESEARCH PROJECTS**

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#### Co-Investigator

\* = Mentor Graduate Student Research Assistants on this Project

#### **\*Exploring the intergenerational patterns of infidelity.**

*December 2020 – Present*

Primary Institution: Michigan State University

Primary Investigators: Dr. Tina Timm and Dr. Adrian Blow

#### **\*Staying together after infidelity: A phenomenological exploration of common factors of resilience from the perspective of the injured partner.**

*October 2019 – Present*

Primary Institution: Adler University (IRB Protocol Number: #20-025)

Primary Investigator: Dr. Kristina Brown

#### Project Coordinator

**Knoxville Marriage Initiative: Developing a church-university-community partnership to strengthen marriages and families**, University of Tennessee.



Apply implementation science principles to enhance university-church-community partnerships to deliver evidence based relationship education programs. Oversee various research projects: 1) understanding the experiences of clergy, staff, and lay leaders from local churches in partnering with a university initiative, and using this data to develop a readiness assessment for future partnerships, and 2) mapping the relationship health needs and services across Knox County.  
August 2019 – July 2021

Principal Investigator: Dr. Kristina Coop Gordon

Funding Source: John Templeton Foundation

**Implementation of an evidence based couple intervention**, Michigan State University.

Coordinated a trial to assess the implementation of Emotionally Focused Therapy (EFT) at the fifth largest free-standing mental health facility in the U.S., Pine Rest Christian Mental Health Services. Communicated with participants, facilitated data collection, and was a member of the data analysis team.

January 2018 – December 2018

Investigators: Dr. Andrea Wittenborn and Dr. Adrian Blow

**Resiliency processes in couples who have experienced an affair**, Michigan State University.

Recruited couples who have experienced an affair in their relationship and stayed together.

Communicated with participants, completed semi-structured interviews, and analyzed the data.

October 2017 – July 2019

Investigators: Dr. Tina Timm and Dr. Adrian Blow

Graduate Research Assistant (Doctoral Program)

**Modeling the dynamics of adult depression**, Michigan State University.

Analyzed data for a National Institute of Mental Health funded study designed to understand the mechanisms of depression etiology to more effectively personalize treatment.

March 2015 – October 2016

Principal Investigator: Dr. Andrea Wittenborn

**Strengthening bonds in distressed couple relationships**, Michigan State University.

Conducted data analyses from a randomized controlled trial looking at the effectiveness of Emotionally Focused Couple Therapy for marital satisfaction and depression. Researched the literature on attachment, alliance, and related outcome measures. Prepared local and national presentations on findings.

August 2014 – August 2015

Principal Investigator: Dr. Andrea Wittenborn

Graduate Research Assistant (Master's Program)

**The Parenting Project**, Eastern Michigan University

Transcribed interviews with mothers of young children. Was a member of a coding team examining mother behaviors and affect during mother-child play and clean up interactions.

Collaborated with other project members on data analyses and poster presentations.

September 2012 - April 2014

Principal Investigator: Dr. Alissa Huth-Bocks

**January 2023**

## **TRAININGS**

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### **Community-Based Participatory Research: A Partnership Approach for Public Health**

The Detroit Community-Academic Urban Research Center, Ann Arbor, MI

Presenters: Barbara Israel, Chris Coombe, and Robert McGranaghan

Completed: December 2021

### **Implementation Science: Enhancing University-Church Partnerships (3 part series)**

The University of North Carolina at Chapel Hill

Presenters: William Aldridge and Jessica Reed

Completed: August 2021

## **CLINICAL POSITIONS**

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### Program Coordinator/Clinical Supervisor

**Healthy Connections Knoxville**, Non-Profit Organization, Knoxville, Tennessee

Oversee the day-to-day operations. Collaborate with leaders from 25 churches and 10 community agencies across Knox County. Train and supervise clergy and lay leaders in evidence-based relationship education programs delivered face-to-face in the community and online. Supervise a team of graduate and undergraduate students for administrative functions and program evaluation.

August 2019 – July 2021

Supervisor: Dr. Kristina Coop Gordon

### Supervisor

**Healing Hearts Counseling**, Knoxville, Tennessee

Provide weekly supervision to master level marriage and family therapists pursuing full licensure.

July 2020 – November 2021

Supervisor: Adam York (AAMFT Approved Supervisor)

### Clinic Coordinator

**Couple and Family Therapy Clinic (CFTC)**, Michigan State University, East Lansing, Michigan

Oversee the day-to-day operations of the clinic and serve as the direct supervisor for the undergraduate student interns at the clinic. Meet weekly with the clinic director.

August 2017 – June 2019

Supervisor: Dr. Marsha Carolan

### Student Supervisor

**Couple and Family Therapy Clinic (CFTC)**, Michigan State University, East Lansing, Michigan

Supervised a first-year Couple and Family Therapy Ph.D. student. I have completed 90 hours of supervision and 18 hours of supervision of supervision.

August 2017 – May 2018

Supervisor: Dr. Temple Odom

**January 2023**

Practicum Student

**Couple and Family Therapy Clinic (CFTC)**, Michigan State University, East Lansing, Michigan

Conducted therapy with individual, couple, and family clients. Was responsible for intake notes, treatment plans, and writing a progress note following each session. Received weekly individual supervision with a fully licensed Marriage and Family Therapist (LMFT), as well as weekly group and live supervision.

September 2014 – December 2017

**Counseling and Psychological Services (CAPS)**, Eastern Michigan University, Ypsilanti, Michigan

Completed a 500-hour masters level practicum. Conducted 1-2 intake assessments and individual therapy with 6-8 clients weekly. Was responsible for intake reports and progress notes for each individual session. Attended weekly seminars, group supervision/case conference, and individual supervision. Additionally, co-facilitated a sleep workshop and a depression group.

September 2013-July 2014

Supervisor: Dr. Karen Burba

Clinical Training

**Emotionally Focused Therapy Externship**, Grand Rapids, Michigan

Date Completed: March 9, 2018

Trainer: Debi Scimeca-Diaz, Certified EFT Trainer

**TEACHING EXPERIENCE**

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Instructor of Record (Graduate Courses)

**Individual and Family Development**, Counseling Department, Oakland University

I am the instructor of record for a graduate level course that offers an overview of life-span developmental theory and research for counseling children, adolescents and adults. The course includes the use of case studies to assess developmental needs of clients and their families in a variety of settings.

*September 2022 - Present*

**Clinical Practicum**, Department of Psychology, The University of Tennessee-Knoxville

I was the instructor of record for a graduate level (PhD) course for students to receive training and supervision in skills coaching for a psychoeducational relationship enhancement program.

*August 2021 – May 2022*

**Evidence Based Couple Therapy**, Department of Psychology, University of Tennessee-Knoxville

I served as the instructor of record for a graduate level (masters and PhD) course with students enrolled from mental health disciplines across the University. This course was an introduction to the practice of couple therapy, evidence-based treatment models, and cultural adaptations of these models.

**January 2023**

*June 2021-July 2021*

Instructor of Record (Undergraduate Courses)

**Introduction to Psychology**, 9 sections, Psychology, Lansing Community College

I was fully responsible for this class including, but not limited to creating the syllabus, providing weekly lectures, creating exams and other assignment descriptions, communicating with students and holding weekly office hours.

January 2016 – May 2019

**Human Growth and Development**, 3 sections, Psychology, Lansing Community College

I was fully responsible for this class including, but not limited to creating the syllabus, providing weekly lectures, creating exams and other assignment descriptions, communicating with students and holding weekly office hours.

June 2017 – August 2018

**Social Psychology**, 1 section, Psychology, Lansing Community College

I was fully responsible for this online course, including but not limited to creating the syllabus, assigning and grading weekly assignments, creating online exams, communicating with students, and hosting weekly virtual office hours.

January 2018 – May 2018

**Individual, Couples and Families**, 2 sections, Human Development and Family Studies, Michigan State University

I was fully responsible for this online course, including but not limited to creating the syllabus, providing weekly lectures, creating quizzes and other assignments, and communicating with students.

May 2016 – July 2017 (summer semesters only)

*Faculty Supervisor:* Dr. Amanda Guinot-Talbot

**Introduction to the University (UNIV 101L)**, 5 sections, Eastern Michigan University

I was fully responsible for the course instruction for 20-25 students as well as grading and grade submissions. I created lesson plans and worked with a team to update the curriculum each semester. These lesson plans included lectures; class and small group discussions; and other interactive activities. Along with my teaching responsibilities, I functioned as a success coach for first year students and mentored a group of first year instructors for this course.

September 2012-August 2014

*Supervisor:* Christine Deacons

Guest Lectures

**Couples and Family Psychology**, The University of Tennessee-Knoxville

Topic: Qualitative Methods

Date: September 7, 2020

Instructor: Dr. Kristina Gordon

**Evaluation of Human Service Programs**, Michigan State University

Topic: Data Analysis

**January 2023**

Date: March 21, 2018  
Instructor: Dr. Andrea Wittenborn

**Individual, Couples, and Families**, Michigan State University  
Topic: Communication, Power & Conflict  
Date: November 15, 2016; March 30, 2017  
Instructor: Dr. Amanda Guinot-Talbot; Dr. Laurie Bullock

**Individual, Couples, and Families**, Michigan State University  
Topic: Single Parent Families, Remarriage, and Blended Families  
Date: November 29, 2016; April 11, 2017  
Instructor: Dr. Amanda Guinot-Talbot; Dr. Laurie Bullock

**Family Resource Management**, Michigan State University  
Topic: Plan Implementation for Families  
Date: April 12, 2016  
Instructor: Dr. Polina Levchenko

**Child and Family Policy**, Michigan State University  
Topic: Child & Youth Policy  
Dates: April 8, 2016; November 19, 2015  
Instructor: Jamie Stone

**Child and Family Policy**, Michigan State University  
Topic: Family Violence  
Dates: April 1, 2016; November 12, 2015  
Instructor: Jamie Stone

**Child and Family Policy**, Michigan State University  
Topic: Health Care Policy  
Date: October 29, 2015  
Instructor: Jamie Stone

Graduate Student Teaching Assistant

**Individual, Couples, and Families**. Human Development and Family Studies, Michigan State University

I was responsible for working with the instructor on preparing course materials, grading course assignments, and held office hours to address student questions and concerns related to the course. I also delivered guest lectures on multiple areas of course content. In addition, I was responsible for sharing a clinical perspective on a variety of course topics as was deemed relevant by the instructor (fall semester only).

August 2016 – May 2017

*Course Instructor/Supervisor:* Dr. Amanda Guinot-Talbot and Dr. Laurie Bullock

**Family Resource Management**, Human Development and Family Studies, Michigan State University

I was responsible for grading major assignments, communicating with students to address any questions or concerns related to these assignments, and providing a guest lecture this semester.  
January 2016 – May 2016

*Course Instructor/Supervisor:* Dr. Polina Levchenko

**Child and Family Policy**, Human Development and Family Studies, Michigan State University  
I attended every class, held weekly office hours, graded student assignments, and guest lectured.  
September 2015 – May 2016

*Course Instructor:* Jamie Stone

*Supervisor:* Dr. Barbara Ames

### Teaching Credentials

#### **Certification in College Teaching**

The Graduate School, Michigan State University

Date Earned: August 2019

Mentored Teaching Project: *The Use of a Hybrid Lecture Format for Data Analysis Education.*

Developed a video lecture that was disseminated to undergraduate students to view prior to attending class. Assisted students with data analysis during class. Collected pre and post data.

#### **Teaching Online Certification**

Center for Teaching Excellence, Lansing Community College

Date Earned: December 2016

### **AWARDS**

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**Top 10 Most Downloaded Papers**, Family Process, 2022

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

**Human Development and Family Studies Department Scholarship**, Michigan State University, 2018-2019

**Human Development and Family Studies Department Scholarship**, Michigan State University, 2017-2018

**Knorr/Metzer/Byers Scholarship**, Human Development and Family Studies Department, Michigan State University, 2016-2017

**Knorr/Metzer/Byers Scholarship**, Human Development and Family Studies Department, Michigan State University, 2015-2016

### **PROFESSIONAL ACTIVITIES AND SERVICE**

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#### National Association Service

**January 2023**

**Treasurer**, Couples and Intimate Relationships Topical Interest Network, American Association for Marriage and Family Therapy, January 2021 – December 2023

**Leadership Conference Representative**, Couples and Intimate Relationships Topical Interest Network, American Association for Marriage and Family Therapy, March 2021

**Abstract Reviewer**, Annual Conference, American Association for Marriage and Family Therapy, December 2019

Journal Service

**Editorial Board Member**, Journal of Marital and Family Therapy, January 2021 – December 2025

**Special Section Editor**, *Recruiting and Retaining Couples from Underrepresented Populations in Intervention Research*, Family Process, October 2021-January 2023

**Reviewer**, Family Process, August 2021 - Present

**Reviewer**, Marriage and Family Review, May 2021

**Co-Reviewer**, Couple and Family Psychology: Research and Practice, March 2021

**Ad Hoc Reviewer**, Journal of Family Psychology Special Issue, October 2020

**Ad Hoc Reviewer**, Journal of Marital and Family Therapy, November 2019 – December 2020

**Apprentice Reviewer**, Journal of Marital and Family Therapy, Mentor: Andrea Wittenborn, November 2017 – August 2019

In the Media

Harris, E. (2021, February 10). 4 Science-Backed Reasons Why People Cheat, According to Experts. *Hello Giggles*.

University Service

**Representative**, Couple and Family Therapy Clinic, Trauma Summit, Michigan State University, October 2018

**Round Table Facilitator**, Human Development and Family Studies Department, Course HDFS 270, Michigan State University, March 2017

**Program Representative**, Human Development and Family Studies Department at Michigan State University, National Council on Family Relations Annual Conference, Minneapolis, Minnesota, November 2016

**Facilitator**, Women in Leadership Seminar Series, Michigan State University, October 2015 – December 2015

**January 2023**

**Student Representative**, Couple and Family Therapy Program, Human Development and Family Studies Department, Michigan State University, September 2015 – May 2016

**Student Leadership Team Member**, Human Development and Family Studies Department, Michigan State University, September 2014 – May 2017

## **PROFESSIONAL MEMBERSHIPS**

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**Association for Behavioral and Cognitive Therapies**, Member since 2021

*Couples Research and Therapy Special Interest Group Member*

**American Psychological Association**, Member since 2017

*Division 43 (Couple and Family Psychology) Member*

**National Council on Family Relations**, Member since 2016

*Sections: Advancing Family Science*

*Family Therapy*

*Research and Theory*

*Focus Groups: Qualitative Family Research Network*

*Relationship Violence*

**American Association for Marriage and Family Therapy**, Clinical Member, Member since 2014

*Intervention Research in Systemic Family Therapy Interest Network Member*

*Couples and Intimate Relationships Topical Interest Network Member*