

## Curriculum Vitae

**Andrea K. Wittenborn, Ph.D.**

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Department of Human Development and Family Studies  
Michigan State University  
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517-575-7031

### Education

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- Ph.D.** 2007 Human Development and Family Studies, Specialization in Marriage and Family Therapy, Purdue University, West Lafayette, Indiana
- Ph.D. Internship** 2006 Center for Family Intervention Science, Department of Psychiatry, University of Pennsylvania; 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

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

### Professional Appointments

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#### Academic and Research Positions

- 2021- Professor (tenured), Department of Human Development and Family Studies, Michigan State University
- 2021- Professor (tenured), Division of Psychiatry and Behavioral Medicine, Michigan State University
- 2017-2021 Associate Professor (tenured), Division of Psychiatry and Behavioral Medicine, Michigan State University

- 2014-2021 Associate Professor (tenured), Department of Human Development and Family Studies, Michigan State University
- 2014 Assistant Professor (tenure-track), Health Sciences, Virginia Tech
- 2007-2014 Assistant Professor (tenure-track), Marriage and Family Therapy Master's Program, Department of Human Development, Virginia Tech

### **Administrative Positions**

- 2019- Director, Couple and Family Therapy Doctoral Program, Department of Human Development and Family Studies, Michigan State University
- Significant Administrative Accomplishments:** Led successful re-accreditation; Oversaw (with Drs. Marsha Carolan and Deb Miller) the MSU Couple and Family Therapy Clinic transition to teletherapy during the COVID-19 pandemic; Recruited College of Social Science Dean's Post-doctoral Research Associate and mentored through transition to tenure-track at MSU; Hired new Clinic Director
- 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%; Advanced DEI through graduate recruitment and evaluation initiatives; Implemented new research methods and statistics graduate curriculum; Enacted straight-through (bachelor's to doctoral) degree program
- 2013-2014 Acting Program Director, Marriage and Family Therapy Master's Program, Department of Human Development, Virginia Tech

### **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**

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- 2023 International Centre for Excellence in Emotionally Focused Therapy Research Fellow Award
- 2023-24 Big Ten Academic Alliance Academic Leadership Fellow (one of six faculty selected from MSU)
- 2022 Top Cited Article in *Journal of Marital and Family Therapy* for “Introduction to special issue on the efficacy and effectiveness of couple and family interventions: Evidence base update 2010-2019”
- 2022 Top Downloaded Article in *Journal of Marital and Family Therapy* for “Introduction to special issue on the efficacy and effectiveness of couple and family interventions: Evidence base update 2010-2019”
- 2022 Top Downloaded Article in *Journal of Marital and Family Therapy* for “Couple and family interventions for depressive and bipolar disorders: Evidence base update (2010-2019)”
- 2022 Best Article of 2022 Honorable Mention Award for “Affair recovery: Exploring similarities and differences of injured and involved partners” in *Journal of Marital and Family Therapy*
- 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” in *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” in *Journal of Marital and Family Therapy*

- 2018-2019 Faculty Host for Faculty Fulbright Scholar from International Islamic University, Islamabad, Pakistan
- 2017 Outstanding Research Publication Award, American Association for Marriage and Family Therapy
- 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 for “Dyadic research in marriage and family therapy: Methodological considerations” in *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

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Depression  
 Clinical Trials  
 Emotionally Focused Couple Therapy  
 Personalized Intervention

### Funded Research

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#### Federal Grants

2013-2016	<b>Wittenborn</b> (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 <b>A. Wittenborn</b> (Consultant, 25% effort)		

#### Foundation Grants

2019-2022	<b>Wittenborn</b> (PI)	\$319,597
Michigan Health Endowment Fund		
<i>Implementing and sustaining integrated care for perinatal depression</i>		
Investigators: A. Wittenborn (PI) & A. Romain (Co-I)		
2010-2012	<b>Wittenborn</b> (PI)	\$20,000
Fahs-Beck Fund for Research and Experimentation		
<i>Stage II randomized clinical trial of emotionally focused therapy for comorbid depression and marital distress</i>		
Investigator: A. Wittenborn (PI)		

#### Intramural Grants

2020-2021	Hosseinichimeh (PI)	\$30,000
Institute for Society, Culture and Environment		
<i>Modeling mental workload and multi-level factors that collectively create errors in complex, safety-critical systems</i>		
Investigators: N. Hosseinichimeh (PI), K. Triantis (Co-PI), <b>A. Wittenborn</b> (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		
<i>Dissemination of the Hold Me Tight intervention in South Africa</i>		
Investigators: A. Blow (PI), <b>A. Wittenborn</b> (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		
<i>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</i>		
Investigators: A. Hampton Wray (PI), D. Meshi (Co-I), M. Zhang (Co-I), K. Brittain (Co-I), K. Silk (Co-I), <b>A. Wittenborn</b> (Co-I), K. Holtrop (Co-I), J. Tang (Co-I), K. Moyses (Co-I), and J. Chapin (Co-I)		
2017	<b>Wittenborn &amp; Romain</b> (PIs)	\$49,934
Sparrow/MSU Center for Innovation and Research		
<i>Implementing a collaborative care model for perinatal depression</i>		
Investigators: A. Wittenborn (PI), A. Romain (PI), and J. Olsen (Co-I)		
2016-2018	<b>Wittenborn</b> (PI)	\$49,841
Sparrow/MSU Center for Innovation and Research		
<i>A virtual agent to screen for mental health in pregnant and postpartum women</i>		
Investigators: A. Wittenborn (PI), H. McCauley (C-I), Amy Bonomi (Co-I), M. Zhang (Co-I), and Kathy Marble (Co-I)		
2017	<b>Wittenborn &amp; Pearson</b> (PIs)	\$2,000
MSU Provost Undergraduate Research Initiative		
<i>What type of communities have higher than expected rates of online depression support-seeking behaviors?</i>		
Investigators: A. Wittenborn (PI) and A. Pearson (PI)		
2015-2016	Zhang (PI)	\$10,000
Science and Society @ State		
<i>Development of an intelligent audio journal smartphone application for depression detection</i>		
Investigators: M. Zhang (PI), <b>A. Wittenborn</b> (Co-I), and S. Cotten (Co-I)		
2012	<b>Wittenborn</b> (PI)	\$4,200
Virginia Tech College of Liberal Arts and Human Sciences Grant Writing Incentive Grant		
<i>Couple treatment for adult depression and relational discord</i>		
Investigator: A. Wittenborn (PI)		
2011	<b>Wittenborn</b> (PI)	\$12,960
Virginia Tech Institute for Society, Culture, and Environment		
<i>A mathematical model of adult depression: Intervention and policy implications</i>		
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**

2023 Edwards \$2,500  
 Michigan State University Consortium for Sexual and Gender Minority Health  
*Adapting Emotionally Focused Therapy to Meet the Needs of LGBTQ+ Relationships*  
 Role: Faculty mentor

2021 Pratt \$6,000  
 College of Social Science Early Start Program  
 Role: Faculty mentor

2020 Edwards \$6,000  
 College of Social Science Early Start Program  
 Role: Faculty mentor

2018-2020 Tseng \$4,200  
 College of Social Science Kenneth E. and Marie J. Corey Research Enrichment Fund  
*The Effectiveness of Emotionally Focused Therapy in Taiwan*  
 Role: Faculty mentor

## Publications (\*denotes student co-author)

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### Refereed journal articles

- \*White VanBoxel, J. M., Miller, D. L., Morgan, P. C., Iqbal, N., \*Edwards, C., & **Wittenborn, A. K.** (in press). Exploring associations among baseline emotion regulation and change in relationship satisfaction among couples in a randomized controlled trial of emotionally focused therapy compared to usual care. *Family Process*.
- Spengler, P. M., Lee, N. A., Wiebe, S. A., & **Wittenborn, A. K.** (in press). A comprehensive meta-analysis on the efficacy of emotionally focused couple therapy. *Couple and Family Psychology: Research and Practice*. <https://doi.org/10.1037/cfp0000233>
- \*Tseng, C., **Wittenborn, A. K.**, Morgan, P. C., & Liu, T. (2024). Exploring the effectiveness of Emotionally Focused Therapy for depressive symptoms and relationship distress among couples in Taiwan: A single-arm pragmatic trial. *Journal of Marital and Family Therapy*, 50, 202-217. <https://doi.org/10.1111/jmft.12681>
- Morgan, P. C., **Wittenborn, A. K.**, & \*Edwards, C. (2023). Session-to-session bidirectional associations of alliance with depressive symptoms and relationship satisfaction. *Family Process*, 62, 1439-1458. <https://doi.org/10.1111/famp.12926>
- \*Tseng, C., \*Miller, D. L., \*Huerta, P., \*PettyJohn, M. E., \*Yzaguirre, M., \*Agundez, J. C., & **Wittenborn, A. K.** (2023). Recruitment strategies in couple intervention studies: A systematic review of recruitment methods and sample characteristics in the United States from 2015 to 2020. *Family Process*, 62, 880-898. <https://doi.org/10.1111/famp.12885>
- \*Fang, M., Morgan, P., \*Yzaguirre, M. S., \*Tseng, C., & **Wittenborn, A. K.** (2023). The therapeutic alliance in couple therapy: Patterns by treatment and sex in a randomized controlled trial of emotionally focused therapy and treatment as usual. *Family Process*, 62, 1423-1438. <https://doi.org/10.1111/famp.12892>
- Morgan, P. C., & **Wittenborn, A. K.** (2023). Couple classes of depressive symptom trajectories and associations with relationship satisfaction. *Journal of Social and Personal Relationships*, 40, 2061-2082. <https://doi.org/10.1177/02654075221138112>
- \*Edwards, C., Allan, R., Estrada, D., & **Wittenborn, A. K.** (2023). "Big brother was watching me:" A preliminary exploration of discomfort and emotional vulnerability when participating in a reflecting team. *American Journal of Family Therapy*, 51, 460-475. <https://doi.org/10.1080/01926187.2021.2011472>



\*Huerta, P., \*Edwards, C., \*Asiimwe, R., \*PettyJohn, M., \*VanBoxel, J., Morgan, P., & **Wittenborn, A. K.** (2023). Exploratory analysis of pursue-withdraw patterns, attachment, and gender among couples in Emotionally Focused Therapy. *American Journal of Family Therapy*, 51, 57-75. <https://doi.org/10.1080/01926187.2022.2129521>

**Wittenborn, A. K.**, & Hosseinichimeh, N. (2022). Exploring personalized psychotherapy for depression: A system dynamics approach. *PLOS ONE*, 17(10), e0276441. <https://doi.org/10.1371/journal.pone.0276441>

**Wittenborn, A. K.**, Subramaniam, S., Morgan, P. C., & \*Tseng, C. (2022). Effects of adding video feedback to emotionally focused therapy supervision: A concurrent multiple-baseline across subjects design. *Journal of Marital and Family Therapy*, 48, 1059-1074. <https://doi.org/10.1111/jmft.12586>

**Wittenborn, A. K.**, Woods, S. B., Priest, J. B., Morgan, P. C., \*Tseng, C., \*Huerta, P., & \*Edwards, C. (2022). Couple and family interventions for depressive and bipolar disorders: Evidence base update (2010–2019). *Journal of Marital and Family Therapy*, 48, 129-153. <https://doi.org/10.1111/jmft.12569>

**Top Downloaded Article in *Journal of Marital and Family Therapy* in 2022**

**Wittenborn, A. K.**, & Holtrop, K. (2022) Introduction to special issue on the efficacy and effectiveness of couple and family interventions: Evidence base update (2010-2019). *Journal of Marital and Family Therapy*, 48, 5-22. <https://doi.org/10.1111/jmft.12576>

**Top Cited Article in *Journal of Marital and Family Therapy* in 2021-2022; Top Downloaded Article in *Journal of Marital and Family Therapy* in 2022**

\*Mitchell, E. A., **Wittenborn, A. K.**, Timm, T. M., & Blow, A. J. (2022). Affair recovery: Exploring similarities and differences of injured and involved partners. *Journal of Marital and Family Therapy*, 48, 447-463. <https://doi.org/10.1111/jmft.12538>

**Received 2022 *Journal of Marital and Family Therapy* Best Article of the Year Honorable Mention Award**

\*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. *American Journal of Family Therapy*, 49, 221-236. <https://doi.org/10.1080/01926187.2020.1791763>

Ferriby Ferber, M., Heiden-Rootes, K., Meyer, D., Zubatsky, M., & **Wittenborn, A.** (2021). 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*, 32, 194-218. <https://doi.org/10.1080/2692398X.2021.1936878>

- \*Tseng, C., \*PettyJohn, M. E., \*Huerta, P., \*Miller, D. L., \*Agundez, J. C., \*Fang, M., & **Wittenborn, A. K.** (2021). 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*, *60*(2), 424-440. <https://doi.org/10.1111/famp.12628>
- 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. <https://doi.org/10.1111/jmft.12486>
- 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. <https://doi.org/10.1080/13811118.2019.1649773>
- Benjet, C., **Wittenborn, A.**, Gutierrez-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. <https://doi.org/10.1016/j.jadohealth.2020.01.025>
- \*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. <https://doi.org/10.1111/1467-6427.12285>
- 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. <https://doi.org/10.1002/jcop.22315>
- \*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. <https://doi.org/10.1007/s10826-019-01392-x>
- \*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. <https://doi.org/10.1111/jmft.12398>
- \*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.  
<https://doi.org/10.1007/s10591-019-09503-y>

**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.  
<https://doi.org/10.1111/jmft.12350>

**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.  
<https://doi.org/10.1007/s10591-018-9481-y>

**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.  
<https://doi.org/10.1111/jmft.12338>

**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.  
<https://doi.org/10.1371/journal.pone.0204389>

\*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. <https://doi.org/10.2196/mental.9533>

\*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.  
<https://doi.org/10.2196/mental.8141>

\*Rick, J. L., Falconier, M. K., & **Wittenborn, A. K.** (2017). Emotion regulation dimensions and relationship satisfaction in clinical couples. *Personal Relationships*, 24, 790-803. <https://doi.org/10.1111/per.12213>

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. <https://doi.org/10.1002/sdr.1558>

**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. <https://doi.org/10.1017/S0033291715002044>

**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. *Translational Behavioral Medicine*, 6, 125-134. <https://doi.org/10.1007/s13142-015-0357-5>

\*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. <https://doi.org/10.1080/10502556.2015.1127878>

Hosseinichimeh, N., Rahmandad, H., & **Wittenborn, A. K.** (2015). Modeling the hypothalamus-pituitary-adrenal axis: A review and extension. *Mathematical Biosciences*, 268, 52-65. <https://doi.org/10.1016/j.mbs.2015.08.004>

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. *Contemporary Family Therapy*, 37, 261-270. <https://doi.org/10.1007/s10591-015-9345-7>

**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. <https://doi.org/10.1111/j.1752-0606.2012.00306.x>

**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. <https://doi.org/10.1080/01926187.2012.726595>

\*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. <https://doi.org/10.1080/08975353.2012.735587>

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

**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. *Journal of Marital and Family Therapy*, 38, 50-62. <https://doi.org/10.1111/j.1752-0606.2012.00290.x>

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. <https://doi.org/10.1111/j.1752-0606.2012.00291.x>

**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. <https://doi.org/10.1007/s10591-012-9176-8>

**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. <https://doi.org/10.1080/15332691.2012.666499>

**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. <https://doi.org/10.1080/15332691.2012.692941>

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. <https://doi.org/10.1111/j.1752-0606.2009.00138.x>

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. <https://doi.org/10.1080/08975353.2010.483625>

**One of the *Journal of Family Psychotherapy's* most read articles from 2013-2015**

MacDermid, S. M., & **Wittenborn, A. K.** (2007). Lessons from work-life research for developing human resources. *Advances in Developing Human Resources*, 9, 556-568. <https://doi.org/10.1177/1523422307305493>

**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. <https://doi.org/10.1080/01926180600553472>

## Book Chapters

- \*Edwards, C., Allan, R., & **Wittenborn, A. K.** (in press). Queer-contextualized emotionally focused therapy. In E. E. Hartwell & L. L. Edwards (Eds.), *Queer-Contextualized Family Therapy: Radically Inclusive Clinical Theory and Practice*. Routledge.
- Wittenborn, A. K.**, \*Edwards, C., & Allan, R. (in press). Emotionally focused couple therapy. In C. Franklin & C. Jordan (Eds.), *Social Work Treatment: Interlocking Theoretical Approaches* (7<sup>th</sup> ed.). Oxford University Press.
- 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*. AAMFT.
- Wittenborn, A. K.**, Baucom, B. R. W., Leifker, F. R., & \*Lachmar, E. M. (2020). Couple-based interventions for the treatment of depressive and anxiety disorders. In K. S. Wampler & A. J. Blow (Eds.), *The Handbook of Systemic Family Therapy* (Vol. 3, pp. 207-226). Wiley. <https://doi.org/10.1002/9781119790945.ch9>
- 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, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy* (Vol. 4, pp. 243-265). Wiley. <https://doi.org/10.1002/9781119438519.ch92>
- Wittenborn, A. K.**, Hosseinichimeh, N., \*Rick, J. L., & \*Tseng, C. (2020). Systems theory and methodology: Advancing the science of systemic family therapy. In K. S. Wampler, R. B. Miller, & R. B. Seedall (Eds.), *The Handbook of Systemic Family Therapy* (Vol. 1, 97-118). Wiley. <https://doi.org/10.1002/9781119438519.ch5>
- Wittenborn, A. K.**, & Faber, A. J. (2013). Parent-child attachment. In R. E. Emery (Ed.), *Cultural Sociology of Divorce* (pp. 99-103). 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). Routledge. <https://doi.org/10.4324/9780203818046>
- Christiansen, A. T., **Wittenborn, A. K.**, Karakurt, G., Abdullah, S., & Zhang, C. (2007). Exploring relationships: An eco-map activity for adult survivors of incest. In L. L. Hecker & C. Ford Sori (Eds.), *The Therapist's Notebook: More Homework, Handouts, and Activities for Use in Psychotherapy* (Vol. 2, pp. 159-168). Routledge.

## 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. <https://doi.org/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. [https://doi.org/10.1300/J398v06n03\\_06](https://doi.org/10.1300/J398v06n03_06)

## Manual

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

## Other publications

**Wittenborn, A. K.**, & Holtrop, K. (2022). Evidence base update on the efficacy and effectiveness of couple and family interventions, 2010-2019. *Family Therapy Magazine*, 21.

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)

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## Peer-Reviewed Presentations

\*Edwards, C., Allan, R., & **Wittenborn, A. K.** (2023, October). EFT with LGBTQ+ relationships: Emerging practice-based evidence. Presentation at the annual

meeting of the American Association for Marriage and Family Therapy Systemic Family Therapy Conference, virtual meeting.

- Wittenborn, A.,** Holtrop, K., Dwanyen, L., & Tseng, C. (2023, September). Engaging underrepresented populations in couple and family intervention research: Recommendations and considerations. Presentation at the annual meeting of the Intervention Research in Systemic Family Therapy Conference, Provo, Utah.
- \*Edwards, C., **Wittenborn, A. K.,** & Allan, R. (2023, September). Expert recommendations for the use of emotionally focused therapy with same-sex/same-gender relationships: A Delphi study. Poster presentation at the annual meeting of the Intervention Research in Systemic Family Therapy Conference, Provo, Utah.
- \*Pratt, F., \*Edwards, C., & **Wittenborn, A. K.** (2023, March). *EFT online: Experiences and recommendations for practice*. Presentation at the annual meeting of the International Family Therapy Association Conference, Málaga, Spain.
- Allan, R., **Wittenborn, A. K.,** & \*Edwards, C. (2023, March). *Delphi study of EFT with LGBTQ+ relationships*. Presentation at the annual meeting of the International Family Therapy Association Conference, Málaga, Spain.
- \*Fang, M., & **Wittenborn, A. K.** (2023, March). *The therapeutic alliance in couple therapy: Patterns by treatment and sex in a randomized controlled trial of emotionally focused therapy and treatment as usual*. Presentation at the annual meeting of the International Family Therapy Association Conference, Málaga, Spain.
- Allan, R., **Wittenborn, A. K.,** & \*Edwards, C. (2022, November). *EFT for LGBTQ+ Relationships*. Presentation at the annual meeting of the American Association for Marriage and Family Therapy Systemic Family Therapy Conference, virtual meeting.
- Morgan, P., \*Tseng, C., & **Wittenborn, A. K.** (2022, November). *The bi-directional association between relationship satisfaction agreement and depressive symptoms among clinical couples*. Presentation at the annual meeting of the National Council on Family Relations, Minneapolis, Minnesota.
- 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 at the annual meeting of the American Association for Marriage and Family Therapy Intervention Research in Systemic Family Therapy, East Lansing, Michigan.
- \*Edwards, C., \*Pratt, F., **Wittenborn, A. K.,** & Heiden-Rootes, K. (2022, October). *The use of emotionally focused therapy online: Experiences and recommendations for practice*. Poster at the annual meeting of the American Association for Marriage



and Family Therapy Intervention Research in Systemic Family Therapy, East Lansing, Michigan.

Morgan, P., **Wittenborn, A. K.**, & \*Edwards, C. (2022, October). *Session to session bidirectional associations of alliance with depressive symptoms and relationship satisfaction*. Poster at the annual meeting of the American Association for Marriage and Family Therapy Intervention Research in Systemic Family Therapy, East Lansing, Michigan.

\*Tseng, C., \*Miller, D. L., \*Huerta, P., \*PettyJohn, M. E., \*Yzaguirre, M., \*Agundez, J. C., & **Wittenborn, A. K.** (2022, October). *Representation of diverse populations in couple intervention studies: A systematic review of samples and recruitment methods in the United States from 2015 to 2020*. Poster at the annual meeting of the American Association for Marriage and Family Therapy Intervention Research in Systemic Family Therapy, East Lansing, Michigan.

Morgan, P., & **Wittenborn, A. K.** (2021, November 2-5). *Couple classes of depressed mood trajectories and associations with relationship satisfaction*. Presentation at the annual meeting of the National Council for Family Relations, virtual meeting.

Heiden-Rootes, K., Ferber, M., Meyer, D., Zubatsky, M., & **Wittenborn, A. K.** (2021, November 2-5). *Relational teletherapy experiences of couple and family therapy graduate students*. Presentation at the annual meeting of the National Council for Family Relations, virtual meeting.

**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*. Poser 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.** (2022, October). *Mapping and estimating the feedback loops of depression*. Invited keynote at the International Conference on Urban Mental Health, Royal Netherlands Academy of Arts and Sciences, Amsterdam, Netherlands.

**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.** (2023, May). *Using emotionally focused therapy online: Experiences and practice recommendations*. Invited presentation to the Department of Psychology, Özyeğin University, Istanbul, Türkiye.

**Wittenborn, A. K.** (2022). *Award Winning Researchers Panelist*. Dean's Research Associates Development Institute Roundtable, Michigan State University, East Lansing, Michigan.

**Wittenborn, A. K.** (2021). *Mapping the feedback loops of major depressive disorder*. Centre for Urban Mental Health, University of Amsterdam, Amsterdam, Netherlands.

- Wittenborn, A. K.** (2021). *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**

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#### **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

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HDFS 901 Contemporary Scholarship in Human Development and Family Studies (2023, January). *Developing a meaningful program of research*. Michigan State University, East Lansing, Michigan.

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**

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### **Post-Doctoral Research Fellows**

- 2022-2023 Chi-Fang Tseng, Post-Doctoral Research Fellow, Michigan State University  
 2020-2022 Preston Morgan, Post-Doctoral Research Fellow, Michigan State University  
 2020-2022 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**

- 2023 Meng Fang, *Bidirectional association between depression and marital satisfaction among couples in rural and urban China*, Department of Human Development and Family Studies, Michigan State University  
 2022 Chi-Fang Tseng, *Emotionally focused therapy for couples in Taiwan*, Department of Human Development and Family Studies, Michigan State University  
 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 additional 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

#### **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

### **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

### **Mentoring in Professional Organizations**

2016-2023 Mentor, 10 minority fellows, U.S. Department of Health and Human Services SAMHSA Minority Fellowship Program, American Association for Marriage and Family Therapy  
 2016-2022 Mentor, Leadership Certificate Program, American Association for Marriage and Family Therapy

### **Additional Mentoring Roles**

2022-2023 Caitlin Edwards, SAMHSA Minority Fellowship Program  
 2021-2022 Chi-Fang Tseng, Apprentice Reviewer, *Journal of Marital and Family Therapy*  
 2021-2022 Caitlin Edwards, Doctoral Internship, Michigan State University  
 2021-2022 Patricia Huerta, SAMHSA Minority Fellowship Program  
 2021-2022 Meng Fang, Doctoral Internship, Michigan State University  
 2021 Francesca Pratt, College of Social Science Early Start Program  
 2020 Caitlin Edwards, College of Social Science Early Start Program  
 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**

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#### **College of Social Science Committees, Michigan State University**

2023- Dean's Diversity, Equity, and Inclusion Fellows Program Evaluation



## Committee

2016 Strategic Planning Committee

2014-2016 Research Committee

**Department of Human Development and Family Studies Committees, Michigan State University**

2023-2024 Chair, Department Advisory Committee [Elected]

2022-2023 Department Advisory Committee [Elected]

2022-2023 Co-Chair, Search Committee, Assistant Professor of Human Development and Family Studies

2022-2023 Chair, Search Committee, Couple and Family Therapy Clinic Director

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

2020-2021 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

**University Committees, 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 Committees, Virginia Tech**

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**

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#### **Professional Organization Appointments and Committees**

2020-2022 Board of Directors, American Association for Marriage and Family Therapy [Elected]

2022 Awards Committee

2021 Committee on *Journal of Marital and Family Therapy* editor search process

2020-2021 Chair, Strategic Planning Task Force for *Journal of Marital and Family Therapy*

2020-2021 Performance Evaluation Committee

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

2022	NIMH grant review panel, <i>Prevention of Perinatal Depression: Improving Intervention Delivery for At-Risk Individuals</i>
2021-22	NIH/NIMH panel ZMH1 ERB-N 04 R, <i>Prevention of Perinatal Depression</i>
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)

2018-2024  
 NICHD 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

<b>Editor</b>	<i>Journal of Marital and Family Therapy</i> , 2022, Vol. 48(1), Decade review of efficacy and effectiveness of couple and family interventions (with K. Holtrop)
	<i>Journal of Marital and Family Therapy</i> , 2012, Vol. 38 (s1), New research findings on emotionally focused therapy (with S. Johnson)
<b>Advisory Board</b>	<i>Journal of Marital and Family Therapy</i> , 2018-present
<b>Editorial Boards</b>	<i>Journal of Marital and Family Therapy</i> , 2013-present
	<i>Journal of Couple and Relationship Therapy</i> , 2010-present
	<i>Contemporary Family Therapy</i> , 2019-present
<b>Manuscript and Book Reviewer</b>	<i>Attachment and Human Development</i>
	<i>Chaos: An Interdisciplinary Journal of Nonlinear Science</i>
	<i>Contemporary Family Therapy</i>
	<i>Frontiers in Psychiatry</i>
	<i>International Journal of Psychology</i>
	<i>Journal of Affective Disorders</i>

*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

2017-2023 Served as an external reviewer for promotion and tenure for 10 faculty at other universities

### Consultation

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

### Media Interviews and Research Mentions

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2023 [The Systemic Way Podcast](#)  
 2023 [State of Health Article](#)  
 2022 [Everyday Health](#)  
 2022 [Leaps.org](#)  
 2022 [MSU Today](#)  
 2022 [The Mental Elf Podcast](#)  
 2022 [American Association for Marriage and Family Therapy Podcast](#)  
 2022 [Journal of Marital and Family Therapy Introduction to Decade Review](#)  
 2022 [Journal of Marital and Family Therapy Decade in Review Series](#)  
 2022 [Journal of Marital and Family Therapy Decade in Review Facebook Live](#)  
 2020 [Lansing State Journal](#)  
 2020 [The Oakland Press](#)  
 2020 Okemos High School Press  
 2020 [Virginia Tech News](#)  
 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](#)  
2017 [Spartan Newsroom](#)  
2015 [Eureka Alert](#)  
2015 [Science Daily](#)  
2015 Science Newline  
2015 SciFeeds  
2015 New Jersey Tribune  
2015 Psych Central  
2015 [Neuroscience News](#)  
2015 [Inverse](#)  
2015 [Futurity](#)  
2014 Corp! Business Magazine  
2014 Opelika Auburn News  
2013 [Virginia Tech News](#)  
2012 [ABC News](#)  
2012 Impact Lab  
2011 [NBC News](#)  
2011 Women's Health  
2011 [Prevention Magazine](#)  
2011 [BlackDoctor.org](#)  
2011 Care2  
2010 [Virginia Tech News](#)  
2009 Virginia Tech News