

# Natira Deziraie Mullet, PhD

Center for Research on Children, Youth, Families, and Schools  
University of Nebraska-Lincoln  
Email: nstaats2@unl.edu

## ACADEMIC APPOINTMENTS

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July 2021-Present	Adjunct Instructor, Marriage and Family Therapy Program, Touro University Worldwide
Jan 2021-Present	Postdoctoral Research Associate, Nebraska Center for Research on Children, Youth, Families, and Schools, University of Nebraska-Lincoln
Fall 2020	Adjunct Instructor, Marriage and Family Therapy Program, Oregon Institute of Technology
Fall 2020	Adjunct Instructor of Psychology, Department of Psychology and Counseling, Lubbock Christian University

## EDUCATION

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2017- 2020	Doctor of Philosophy in Couple, Marriage and Family Therapy Texas Tech University (COAMFTE Accredited)
2014-2017	Masters of Science in Family Studies and Human Services with a Specialization in Marriage and Family Therapy Kansas State University (COAMFTE Accredited)
2016-2017	Graduate Certificate in Gender, Women, and Sexuality Studies Kansas State University
2015-2016	Graduate Certificate in Financial Therapy Kansas State University
2011-2014	Bachelor of Science in Psychology Kansas State University
2008-2011	Associates of science in Mathematics Garden City Community College

## RESEARCH GRANTS

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1. Northern Illinois University, Faculty Research Seed Grant (funded)
  - Strengths and stigma: Illuminating unique cultural experiences within the Black/African American LGBTQ-IA+ community, July 2021 – June 2022.

Role: Co-Principal Investigator; PI: Dr. Lindsey Hawkins [Northern Illinois University]  
Award Amount: \$2,000.

2. Visionary Grant, The American Psychological Foundation, (not funded)
  - Building connections to address stigma and engagement in mental health, substance use, and domestic violence services for Black/African American and Latinx communities, 2021.

Role: Principal Investigator; Co-PI: Dr. Lindsey Hawkins [Northern Illinois University]

Award Amount: \$20,000.

## **PROGRAM OF RESEARCH**

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Examining community-based programming which promotes cultural and familial protective factors to reduce interpersonal trauma and resulting substance use and mental health outcomes in racial/ethnic and gender/sexual minority populations via randomized controlled trials, qualitative interviewing, psychometric testing, structural equation modeling, and pathway invariance testing utilizing multiple groups analyses.

## **PEER-REVIEWED JOURNAL ARTICLES**

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\*denotes equal authorship

1. **Mullet, N.**, Hawkins, L. G., Tuliao, A., Snyder, H., Holyoak, D., McGuire, K.C., Klanecky, A. K., & McChargue, D. E. (2021). Early Trauma and Later Sexual Victimization in College Women: A Multiple Mediation Examination of Alexithymia, Impulsivity, and Alcohol Use. *Journal of Interpersonal Violence*, 1-21.
2. **Mullet, N.**, Fuss, C.\*, Lyddon, L.\*, Neal, S. \*, Parson, D.\*, Nelson Goff, B. S.\*, Mondloch, D.\*, & Ruhlmann, L. M. (2021). Finding our new normal: A 10-year follow-up study with U.S. army veterans and their spouses. *Journal of Couple and Relationship Therapy*, 1-25.
3. Edwards, K.M., Scheer, J.R., Littleton, H., & **Mullet, N.** (2021). Preventing adverse childhood experiences among sexual and gender minority youth: A call to action. *Journal of Gay and Lesbian Mental Health*, 1-3.
4. **Mullet, N.\***, Hawkins, L. G.\*, Tuliao, A. P., Gudenrath, T., Holyoak, D., Landoy, B. V. N., Klanecky, A. K., & McChargue, D. E. (2020). Alexithymia, prior trauma, alcohol use, and sexual assault perpetration: A cross-cultural comparison of a moderated mediation model. *Sexual Abuse*, 1-20.
5. **Mullet, N.\***, Hawkins, L.G.\*, Brown, C.C., Eggleston, D., & Gardenhire, J. (2019). All survivors have the right to heal: A #metoomen content analysis. *Journal of Feminist Family Therapy*, 31(2-3), 78-99. *Special Issue Me Too Movement*
6. **Mullet, N.\***, Gardenhire, J\*, & Fife, S. T. (2019). Living with Parkinson's: The process of finding a new normal. *Qualitative Health Research*, 1-13.
7. Tuliao, A., **Mullet, N.**, Hawkins, L.G., Holyoak, D., Gudenrath, T., Gonzalez, M., & McChargue, D.E. (2019). Examining the Role of Brief Online Alcohol Use Risk Feedback on Accessing Information About Available On-Campus Treatment Resources for Alcohol Issues. *Psychology of Addictive Behaviors*, 96, 164-170.

8. Zielinski, M., Bradshaw, S. D., **Mullet, N.**, Hawkins, L., Shumway, S. T., & Chavez M. S. (2019). Codependency and prefrontal cortex functioning: Preliminary examination of substance use disorder impacted family members. *The American Journal on Addictions*, 1-9. [**top 10% most downloaded paper**]
9. Tuliiao, A. P., Landoy, B.V.N., **Mullet, N. D.**, Canoy, N., Klanecky, A. K., & McChargue, D.E. (2019). A cross-cultural comparison of the role of sexual objectification in the relationship between alcohol use and sexual assault perpetration. *Journal of Interpersonal Violence*, 1-22.
10. **Mullet, N.\***, Zielinski, M.\*, Smock, S. S., & Brown, C. C. (2018). Solution focused brief therapy for families: When a loved one struggles with substance abuse. *Journal of Systemic Therapies*, 37(3), 15-28.
11. Hayes, N. D, Bradshaw, S. D., **Mullet, N.**, Smith, J. A., & Shumway, S. S. (2018). Exploring family member influence on change in addiction treatment, a dyadic analysis. *Alcoholism Treatment Quarterly*, 37(3), 377-395.
12. Nelson Goff, B. S., Monk, J. K., Malone, J., **Staats, N.**, & Tanner, A., & Springer, N. (2016). Comparing parents of children with down syndrome at different lifespan stages. *Journal of Marriage and Family*, 78(4), 1131-1148.
13. **Staats, N.**, Nelson Goff, B. S., Springer, N., & Monk, J. K. (2015). Parents of children with Down syndrome: A comparison of prenatal and postnatal diagnosis groups. *Journal on Developmental Disabilities*, 21, 83-94.

## **MANUSCRIPTS UNDER REVIEW**

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\*denotes equal authorship

1. Trevino, Z.R., **Mullet, N.\***, & Hawkins, L. G.\* (2021, *initial submission*). Utilizing C/MFT Theories with intercultural couples: Considerations for providing culturally competent therapy. *Feminist Family Therapy*.
2. Tadros, E., Durtschi, J. D., & **Mullet, N.** (2021, *initial submission*). Trajectories of incarcerated coparenting and romantic relationship quality: Examining differences across racial and ethnic groups. *Sociology of Race and Ethnicity*.
3. Edwards, K.M., **Mullet, N.**, & Siller, L. (2021, *initial submission*). Perceptions and correlates of trauma informed practices of a sober living home among women with histories of addiction and victimization. *Journal of Community Psychology*.
4. Lauricella, D., **Mullet, N.**, Hawkins, L. G., Tuliiao, A. P., Smith, D., Chroback, K. M., Earl, A.K., & McChargue, D. E. (2020, *initial submission*). Intimate partner violence perpetration: Assessing the role of childhood trauma, alexithymia, and alcohol use in college aged men and women. *Psychology of Violence*.

5. Tuliao, A., **Mullet, N.**, Hawkins, L. G., Holyoak, D., Inyang, A., & Weerts, M. (2020, *initial submission*). How do college students google for counselors?: Search strings and information acquisition among college students. *The Journal of College Student Development*.

### **PUBLISHED BOOK CHAPTERS**

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1. Nelson Goff, B. S., High, J., Cless, A., Koblitz, K., **Staats, N.**, & Springer, N. (2016). Special needs in families. In C. A. Price & K. Bush (Eds.), *Families and change: Coping with stressful events and transitions* (5<sup>th</sup> Ed.) (pp.79-94). California: Sage.

### **OTHER PUBLICATIONS**

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\*denotes equal authorship

1. **Mullet, N.\***, & Hawkins, L. G.\* (2019). Exception therapists have integrity, competence, and support. *The AAMFT Blog*.
2. **Mullet, N.\***, & Hawkins, L. G.\* (2019). Six questions to ask before committing to a Ph.D. program. *Family Therapy Magazine*.

### **PEER-REVIEWED CONFERENCE PRESENTATIONS**

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1. **Mullet, N.**, Edwards, K. M., Scheer, J. R., & Littleton, H. (2021, May). *Preventing Adverse Childhood Experiences Among Sexual and Gender Minority Youth: A Call to Action*. Accepted as a poster presentation at the National LGBTQ Health Conference. United States (Virtual).
2. Inyang, A., Hawkins, L. H., Holyoak, D., Tuliao, A. P., & **Mullet, N.** (2020, April). *Does Google Matter?: An Examination of Search Strings Used for Alcohol Use Services*. Accepted as a poster presentation at the Collaborative Perspectives on Addiction Annual Conference. San Diego, CA.
3. Weerts, M., Holyoak, D., Hawkins, L. G., **Mullet, N.**, & Tuliao, A. P. (2020, April). *Decision Making Processes and Help-Seeking Attitudes in Individuals Selecting an Addiction Counselor*. Accepted as a poster presentation at the Collaborative Perspectives on Addiction Annual Conference. San Diego, CA.
4. **Mullet, N.**, Zielinski, M., & Soloski, K. L. (2019, November). *The Moderating Effects of Family Cohesion: A Longitudinal Analysis of Adolescent Dating Violence Victimization and Intimate Partner Violence Victimization*. Accepted as a paper in the Family Therapy Section at American Association for Marriage and Family Therapy Annual Conference. Fort Worth, TX.
5. Hawkins, L. G., **Mullet, N.**, Tuliao, A. P., Klanecky, A. K., & McChargue, D. E. (2019, November). *Early Childhood Trauma, Alexithymia, Alcohol Use, and Sexual Perpetration: A Moderated-Mediation Analysis*. Accepted as a paper in the Family Therapy Section at American Association for Marriage and Family Therapy Annual Conference. Fort Worth, TX.
6. Hawkins, L. G., **Mullet, N.**, & Brown, C. C. (2019, November). *The Best a Man Can Be: A Gillette Ad Content Analysis*. Accepted as a poster in the Feminism and Family Studies Section at American Association for Marriage and Family Therapy Annual Conference. Fort Worth, TX.

7. **Mullet, N.,** & Hawkins, L. G. (2019, August). *Emotional Dysregulation, Alcohol Use, and Revictimization*. Research Discussion at American Association for Marriage and Family Therapy Annual Conference. Austin, TX.
8. Hawkins, L. G., **Mullet, N.,** Solsoki, K., & Brown, C.C. (2019, August). *Childhood abuse, depression, and genetic risk factors predicting adverse health outcomes: A longitudinal Analysis*. Research Discussion at American Association for Marriage and Family Therapy Annual Conference. Austin, TX.
9. Tuliao, A. P., Hawkins, L. G., Holyoak, D., & **Mullet, N.** (2019, June). *Perceived Stigma of Substance Use Scale: Psychometric Properties and Associations with Help-Seeking and Alcohol Use Variables in a Sample of College Students*. Poster at the Research Society on Alcoholism Annual Scientific Meeting. Minneapolis, MN.
10. Brown, C. C., **Mullet, N.,** & Hawkins, L. G. (2019, March). *Trauma Focused CBT: A Systemic and Integrated Approach*. Workshop Presentation at Texas Association of Marriage and Family Therapy Annual Conference. Austin, TX.
11. Flores, K., Daniels, M., Moore, K., Morris, E., & **Mullet, N.** (2019, March). *Treatment Seeking Behaviors Across Race*. Poster Presentation at Texas Association of Marriage and Family Therapy Annual Conference. Austin, TX.
12. Beckman, P., Ply, K., Behrens, S., & **Mullet, N.** (2019, March). *Teens, Trauma, and Resilience*. Poster Presentation at Texas Association of Marriage and Family Therapy Annual Conference. Austin, TX.
13. **Mullet, N.,** Hawkins, L.G., Gardenhire, J., & Eggleston, D. (2018, November). *Embarrassed, Afraid, and Alone: A #metoomen Phenomenological Analysis*. Poster at National Council on Family Relations Annual Conference. San Diego, California.
14. **Mullet, N.** & Baptist, J. (2018, November). *A Longitudinal Analysis of Alcohol Use in Latin American Adolescents*. Poster at National Council on Family Relations Annual Conference. San Diego, California.
15. Brown, C.C., Lopez, D.A., Gardenhire, J., **Mullet, N.,** Story, M. (2018, November). *Hypertension, physical health, relational experiences, and ER visits*. Poster at National Council on Family Relations Annual Conference. San Diego, California.
16. Zielinski, M., Bradshaw, S., **Mullet, N.,** Hawkins, L., & Story, M. (2018, November). *Examining Codependency Through Neuroimaging of PFC Activity*. Lightning Paper Session at National Council on Family Relations Annual Conference. San Diego, California.
17. Hawkins, L.G., Eggleston, D., **Mullet, N.,** & Gardenhire, J. (2018, November). *Grasping for Hope: A Grounded Theory over TBI Survivors and Their Families*. Poster at National Council on Family Relations Annual Conference. San Diego, California.

18. Soloski, K.L., Creger, L., Krupitzer, K., Zielinski, M., & **Mullet, N.** (2018, November). *Can Family Cohesion Buffer Genetic Risk for Alcohol Use Trajectories?* Research Discussion at American Association for Marriage and Family Therapy Annual Conference. Louisville, KY.
19. Hawkins, L., **Mullet, N.**, Eggleston, D., & Gardenhire, J. (2018, November). *#metoomen: A Content Analysis Addressing Society's Views on Male's Experiences of Sexual Assault.* Research Discussion at American Association for Marriage and Family Therapy Annual Conference. Louisville, KY.
20. Soloski, K.L., Creger, L., Krupitzer, K., Zielinski, M., & **Mullet, N.** (2018, February). *Can Family Cohesion Buffer Genetic Risk for Alcohol Use Trajectories?* Poster at Texas Association of Marriage and Family Therapists Annual Conference. Irving, TX.
21. Hawkins, L., **Mullet, N.**, Gardenhire, J., & Eggleston, D. (2018, February). *#metoomen: A Phenomenological Approach to Addressing Sexual Assault.* Poster at Texas Association of Marriage and Family Therapists Annual Conference. Irving, TX.
22. Soloski, K.L., Creger, L., Krupitzer, K., Zielinski, M., & **Mullet, N.** (2018, January). *Can Family Cohesion Buffer Genetic Risk for Alcohol Use Trajectories?* Poster at NIDA Genetics Consortium. Rockville, MD.
23. **Staats, N.**, Ruhlmann, L.M., Fuss, C., Mondloch, D., Neal, S., Parson, D., & Nelson Goff, B.S. (2017, November). *Long-Term Effects of Trauma Exposure on Couples: A 10-Year Follow-Up.* Poster at National Council for Family Relations Annual Conference. Orlando, FL.
24. Ruhlmann, L.M., Durtschi, J.A., Beck, A.R., Nelson Goff, B.S., & **Staats, N.** (2017, November). *Adverse Effects of Sexual Assault on Behavioral Health Intensified by Couple Hostility.* Poster at National Council for family Relations Annual Conference. Orlando, FL.
25. **Staats, N.**, Lafleur, C., Torgerson, C., & Su, Y. *Enhancing home-based clinician's self-care with an online monitoring tool* (2016, November). Poster at National Council for Family Relations Annual Conference. Minneapolis, MN.
26. Baptist, J., Lasley, C., Williams, Z., Grant, D., Mallory, A., Su, Y., & **Staats, N.** *Treating attachment injury underlying clinical depression: Changes in QEEG Biomarker* (2016, November). Paper Presentation at National Council for Family Relations Annual Conference. Minneapolis, MN.
27. Baptist, J., Lasley, C., Grant, D., Williams, Z., Su, Y., Mallory, A., & **Staats, N.** *Treating attachment injury underlying clinical depression: Changes in QEEG biomarker* (2016, August). Poster at EMDR International Association Annual Conference. Minneapolis, MN.
28. Springer, N., Nelson Goff, B. S., **Staats, N.**, Monk, J. K., Malone, J., & Tanner, A., (2015, September). *Coping in parents of children with Down syndrome.* Poster at American Association for Marriage and Family Therapy, Austin, TX.

29. **Staats, N.**, Malone, J., & Hein, A. (2014, April). Phases of coping for parents of a child with a developmental disability: Exploring a new lifespan model. Developing Scholars Program Symposium, Kansas State University, Manhattan, KS.
30. **Staats, N.**, Nelson Goff, B. S., & Springer, N. (2014, March). Hope, coping, life satisfaction, and relationship satisfaction in parents of children with Down syndrome: A comparison of prenatal and postnatal diagnosis groups. Undergraduate research poster presented at the K-State Research Forum, Manhattan, KS.
31. Malone, J., **Staats, N.**, Hein, A., Nelson Goff, B. S., Springer, N., Monk, J. K., & Bowers, J. (2014, March). Phases of coping for parents of a child with a developmental disability: Exploring a new lifespan model. Undergraduate research poster presented at the K-State Research Forum, Manhattan, KS.
32. **Staats, N.** & Nelson Goff, B.S. (2013, April). Hope, coping, life satisfaction, and relationship satisfaction in parents of children with Down syndrome: A comparison of prenatal and postnatal diagnosis groups. Developing Scholars Symposium, Kansas State University, Manhattan, KS.
33. **Staats, N.** & Nelson Goff, B.S. (2012, April). Parenting a Child with Down Syndrome: Medical Issues and Associated Complications. Developing Scholars Symposium, Kansas State University, Manhattan, KS.

## INVITED PRESENTATIONS

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1. Edwards, M., Edwards, K.M., Herrington, M., Leader Charge, L., **Mullet, N.**, & Tyon, G. (2021, August). *Assessment and Treatment of Trauma and Substance Use: Understanding the Importance of Historical Trauma for Lakota Families*. AAMFT Minority Fellowship Masters Training Institute, United States (virtual). \*Authora listed in alphabetical order by last name
2. **Mullet, N.** (2021, May). *Trauma and the Family*. Community outreach presentation given as part of a series on Mental Health and the Family to the Lubbock Texas North Stake of The Church of Jesus Christ of Latter-Day Saints, Lubbock, TX (virtual).
3. **Mullet, N.**, & Hawkins, L. G. (2019, June). *Responding to Trauma with Empathy, Compassion, and Validation*. Part 2 of a community outreach presentation series given to Broadway Church of Christ. Lubbock, TX.
4. Hawkins, L. G., & **Mullet, N.** (2019, April). *Recognizing Trauma*. Part 1 of a community outreach presentation series given to Broadway Church of Christ. Lubbock, TX.
5. Hawkins, L. G., & **Mullet, N.** (2019, March). *Creating Treatment Plans and Goals*. Presented to the Student Association of Marriage and Family Therapy. Lubbock, TX.

## **RESEARCH TRAININGS/WORKSHOPS**

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2021

- Vital Signs: Prevalence of Multiple Forms of Violence and Increased Health Risk
- Behaviors and Conditions Among Youths, CDC
- Where to Begin with Grants: Good Ideas Can Become Funded Projects, APA
- Research Administration Essentials – Preparing and Submitting Proposals, UNL
- Modern Psychometric Approaches for Diagnostic Assessment, UNL
- Research Administration Essentials – Budget Preparation and Development, UNL
- Two-Spirit and Native LGBTQIA+ Round-Table, Dakota Child and Family Clinic
- Using Network Analysis to Measure Social Cohesion: Complete Versus Sampled Network Data, UNL
- Youth Voices in Prevention: Leading the Way for Safer Communities Webinar, UNL
- Decolonizing Psychology Training Conference, Columbia University
- Dating and Sexual Violence Prevention Workshop, UNL
- Listening to Transgender Children, Transforming Ourselves, Brazelton Touchpoints Center
- Advanced Methods Institute, The Ohio State University

## **GRADUATE RESEARCH EXPERIENCE**

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2018-2020

Graduate Research Assistant, Texas Tech University  
Department of Community, Family & Addiction Sciences

- Lab team manager
- Oversaw NCAA Choices Grant
- Supervise and train undergraduate and graduate research assistants
- Direct supervisor: Dr. Antover Tuliao

2018

Graduate Research Assistant, Texas Tech University  
Department of Community, Family & Addiction Sciences

- Assist in pushing manuscripts towards publication
- Direct supervisors: Dr. Sterling Shumway and Dr. Spencer Bradshaw

2017

Lead Facilitator, Kansas State University  
#RelationshipGoals Federal Grant

- Supervised undergraduate students implementing curriculum
- Direct supervisors: Dr. Amber Vennum and Dr. Michelle Toews

2016-2017

Graduate Research Assistant, Kansas State University  
Trauma Research, Education, and Consultation at K-State (TRECK)

- Lead undergraduate students in consensus coding
- Facilitated team meetings
- Created guide for conducting qualitative research
- Contacted research participants for follow-up studies
- Direct Supervisor: Dr. Briana Nelson Goff

2015-2017

EMDR Clinical Trial, Kansas State University

- Presented paper at national conference
- Conducted cognitive behavioral therapy and EMDR therapy
- Received training on EEG and eye tracker software
- Maintained and monitored equipment



- Attended team meetings and trainings for manualized therapy protocol and eye tracker use and programming
- Direct supervisor: Joyce Baptist, Ph.D., LCMFT

2015-2017

Relationship Board Member, Kansas State University

- Pilot tested surveys and compiled error reports
- Wrote syntax, coded and cleaned data
- Complied with FERPA regulations to administer student credit
- Participated in board meetings

2014-2016

Graduate Research Assistant, Kansas State University  
Home Based Family Therapy Partnership

- Prepared and presented research for national conferences
- Planned and coordinated trainings and training materials
- Developed and implemented surveys
- Supervised data analysis
- Managed payments and expenses
- Website management
  - Direct supervisors: Dr. Camille Lafleur and Nancy O'Conner

2014-2017

Research Team Member, Kansas State University

- Conducted literature searches and coded qualitative data
- Wrote, revised, and published research articles and book chapters
- Generated and presented posters and designed tables and figures
- Direct supervisor: Dr. Briana Nelson Goff

## **UNDERGRADUATE RESEARCH EXPERIENCE**

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2011-2014

Developing Scholars Program, Kansas State University  
Research Assistant

- Conducted literature searches
- Wrote research articles and proposals
- Created surveys and coded data
- Generated and presented posters
- Direct supervisor: Briana Nelson Goff

2009-2011

Kansas Bridges to the Future, Garden City Community College  
Research Assistant

- Observed, collected, and organized data
- Direct supervisor: Thomas Shane

## **TEACHING EXPERIENCE**

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2020

Adjunct Instructor, Touro University Worldwide  
Marriage and Family Therapy Program

- Substance Abuse and Recovery (Masters)
  - 37 students (online)

- 2020 Adjunct Instructor, Oregon Institute of Technology  
Department of Humanities and Social Sciences
- Child and Adolescent Therapy (Masters)
    - 4 students (online)
- 2020 Adjunct Instructor, Lubbock Christian University  
Department of Psychology and Counseling
- Psychology Statistics (undergraduate)
    - 17 students (Hybrid)
    - 14 students (Online)
- 2019-2020 Teaching Assistant, Texas Tech University  
Couple, Marriage, and Family Therapy
- Introductory Family Systems Statistics (masters/doctoral)
    - 15 total students (In person)
  - Diversity in Couple Marriage and Family Therapy
    - 17 total students (In person/online)
- 2019 Teaching Assistant, Texas Tech University  
Couple, Marriage, and Family Therapy
- Practicum in Marriage and Family Therapy (masters)
    - 7 students (in person)
- 2018-2020 Guest Lecturer, Texas Tech University  
Department of Community, Family & Addiction Sciences
- Family Dynamics of Addiction
    - Codependency (undergraduate)
  - Intro to Marriage and Family Therapy
    - Symbolic Experiential Family Therapy (undergraduate)
  - Family Therapy II
    - Overview of Cognitive Behavioral Therapy (masters)
  - Advanced Techniques: Experiential and CBT (masters/doctoral)
    - Symbolic Experiential Family Therapy (masters/doctoral)
    - Intro to Cognitive Behavioral Therapy (masters/doctoral)
    - Using Cognitive Behavioral Therapy to Treat Trauma (masters/doctoral)
  - Practicum in Couple, Marriage and Family Therapy
    - Overview of Play Therapy (masters)
- 2018 Peer Teaching Reviewer, Texas Tech University  
Personal Finance Program
- Provided Evaluations for Personal Finance Graduate Students
  - Invited by Dr. Dottie Durband and Dr. Sandra Huston
- 2018 Teaching Assistant, Texas Tech University  
Couple, Marriage, and Family Therapy
- Contemporary Theories in MFT (doctoral)

- 2017-2018 Undergraduate Instructor, Texas Tech University  
Department of Community, Family & Addiction Sciences
- Communication, Civility, and Ethics (undergraduate)
  - Taught 6 sections (25 students per section)

## **TEACHING TRAININGS/WORKSHOPS**

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- 2019-2020 TEACH Fellowship Program  
Teaching Effectiveness And Career enHancement Program.
- One-on-one consultation
  - Recorded classroom instruction
  - Comprehensive feedback
  - Peer observations
  - Workshop attendance
  - Development of
    - Professional teaching portfolio
    - Detailed course design project
- 2020 Teaching Learning and Professional Development Center at TTU
- Lesson Planning: Setting Yourself Up for Success
  - Building Rapport with Students
- 2019
- Using Failure as a Learning Strategy
  - Active Learning in the Classroom
  - IGNITE: Intersectionality Series part 1 of 2
  - Connecting Students with Academic Support
  - Transparent Assignment Design: Clearer Assignments, Better Results
  - Preventing and Managing Academic Dishonesty
  - Research Discussion: How Learning Works
  - Creating an Effective Syllabus
  - Creating Learning Outcomes
- 2018
- Effective Questioning Strategies
  - Allies Program: Faculty Panel on Experiences with LGBTQIA Individuals
- 2018 Groundwork Program
- 2 ½ day program
  - Workshops, discussions, and readings on
    - Structuring a syllabus
    - Student learning outcome creation
    - Classroom management
    - Active learning
    - Engaging students
  - Hands-on micro-teaching activities

## **CLINICAL EXPERIENCE**

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- 2018-2019            Doctoral Supervisor, Texas Tech University Family Therapy Clinic
- Supervisors of supervision:
    - Dr. Carissa D’Aniello
    - Dr. Sterling Shumway
    - Dr. Douglas Smith
    - Dr. Stephen Fife
- 2017-2020            Intern Therapist, Texas Tech University Family Therapy Clinic
- Clinical supervisors:
    - Dr. Kristy Soloski
    - Dr. Spencer Bradshaw
    - Dr. Cameron Brown
    - Dr. Doug Smith
- 2017                    Intern Therapist, Wamego High School
- Provided individual therapy for low-income population
  - Collaborated with other mental health providers, school staff, and parents to provide highest level of systemic care
- 2016-2017            Intern Therapist, Wamego Community Health Ministries
- Provided individual, couple, and family therapy for low-income, high need populations
  - Assisted with grant writing and strategies to improve interdepartmental collaboration
- 2014-2017            Intern Therapist, Kansas State University Family Center
- Provided individual, couple, and family therapy for diverse populations
  - 500 hours of therapy

## **ADDITIONAL THERAPY TRAININGS**

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- 2018
- SBIRT: Treating Substance Misuse from a Strengths-Based Perspective
- 2017
- Attachment-Focused EMDR for Panic and Anxiety, Laurel Parnell
  - Attachment-Focused EMDR to Heal a Relationship Trauma, Laurel Parnell
  - Attachment-Focused EMDR for the Repair of Early Childhood Separation and Loss, Laurel Parnell
- 2016
- Treating Substance Abuse and Compulsive Behaviors with EMDR Therapy, Hope Payson and Kate Becker (EMDRIA Approved)
  - Trauma-Focused Cognitive Behavioral Therapy, Therapist Certification Program
  - EMDR Therapy Basic Training, EMDR Consulting (EMDRIA Approved)

## **PROFESSIONAL ORGANIZATION MEMBERSHIPS**

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- 2018-2019            Texas Association of Marriage and Family Therapy, Student Member
- 2016-Present        National Council for Family Relations, New Professional Member

2016-2018	EMDR International Association, Student Member
2016-2018	Financial Therapy Association, Student Member
2014-Present	American Association for Marriage and Family Therapy, Professional Member
2014-2017	Kansas Association of Marriage and Family Therapy, Student Member

## **SERVICE**

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### **Ad Hoc Reviewer**

2021	Journal of School Violence
2020	Journal of Marital and Family Therapy Journal of Gender Studies
2018	Substance Abuse: Research and Treatment Philippine Journal of Psychology Journal of Feminist Family Therapy

### **Service to National Organizations**

2020	National Council on Family Relations, Conference Proposal Reviewer
2019	Anselm Strauss Award for Qualitative Family Research - National Council on Family Relations, Selection Committee Member
2017-2018	NCFR Annual Conference, Student Volunteer
2017	AAMFT Annual Conference Student Volunteer

### **Service to University**

2018-2019	Lauro Cavazos & Ophelia Powell-Malone Mentoring Program (Mentor Tech), Texas Tech University, Graduate Mentor
2016-2017	Human Ecology Graduate Student Council, School of Family Studies and Human, Kansas State University, Services Ambassador
2015-2017	K-State Relationship Survey, Kansas State University, Board Member

### **Service to Program**

2019	Student Association for Marriage and Family Therapy, Texas Tech University, Guest Presenter
2016-2017	Critical Conversations Committee, Kansas State University, Board Member and Student Associate Organization Liaison
2016-2017	Couple and Family Therapy Program Faculty Meetings, Kansas State University, Cohort Representative
2016-2017	MFT Program Newsletter, Kansas State University, Creator, writer, and editor
2016	Lunch and Learn: Addressing Privilege and the US Election, Kansas State University, Organizer and Presenter
2016	Military Resource Fair, Kansas State University, Family Center Representative
2015-2017	Student Associate Organization, Kansas State University, Elected President and New Student Representative
2015	Family Center Education and Outreach, Kansas State University, Presenter

### **Service to Field**

2021-2022	Master's Thesis Committee, Committee member
2012	United Way of Riley County, Allocations Committee

## **AWARDS AND HONORS**

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2020	President's Excellence in Diversity & Equality Award, Texas Tech University <ul style="list-style-type: none"><li>• 1 or 3 students selected by President Schovanec to be recognized for contributions to promoting equality on the TTU campus.</li></ul>
2019	Horn Professors Graduate Achievement Award Nominee, Texas Tech University, Finalist <ul style="list-style-type: none"><li>• Recognizes and rewards outstanding research or creative activity performed by graduate students while at Texas Tech University</li></ul>
2019	AAMFT Student Ethics Competition, 3 <sup>rd</sup> place in the doctoral category <ul style="list-style-type: none"><li>• Designed to encourage MFT students to foster an interest in ethics issues and enhance their ability to analyze and respond to the various ethics issues they will encounter throughout their careers</li></ul>
2019	Phenomenal Women of Texas Tech, Nominee <ul style="list-style-type: none"><li>• Recognizes women who have had a positive impact or are instrumental to the Texas Tech University community</li></ul>
2019	Raiders Who Rock, Texas Tech University, Above & Beyond Award Recipient <ul style="list-style-type: none"><li>• Recognizes individuals who go above and beyond the normal duties of their organization or department to make remarkable contributions.</li><li>• Nominees for this award display a commitment to going the extra mile to help others achieve their goals.</li></ul>
2018	AAMFT Student Ethics Competition, 1 <sup>st</sup> place in the doctoral category-\$1,179
2018	Phi Kappa Phi Multidisciplinary Collegiate Honor Society <ul style="list-style-type: none"><li>• Recognizes and encourages superior scholarship and promotes the unity and democracy of education</li></ul>
2017	Triota Honor Society, Kansas State University
2014	Distinguished Scholar Award, Kansas State University
2013	Multicultural Student Honor Society, Kansas State University
2011	Student Support Services Academic Excellence Award, Garden City Community College
2011	High Honors Graduate, Garden City Community College
2010-2011	Dean's Honor Roll, Garden City Community College
2009-2011	Phi Theta Kappa National Honor Society, Office held: Secretary
2009-2010	Presidential Honor Roll, Garden City Community College

## **FELLOWSHIPS AND SCHOLARSHIPS**

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2019-2020	AAMFT Minority Fellowship Program, Dissertation Completion Fellow (\$10,000+) <ul style="list-style-type: none"><li>• Focuses on expanding the delivery of culturally competent mental health and substance abuse services to underserved minority populations, and increasing the number of culturally competent marriage and family therapists</li></ul>
2017-2020	J.T. and Margaret Talkington Graduate Fellowship (\$16,000), Texas Tech University
2016-2017	Beggs Memorial Scholarship, Kansas State University
2016-2017	Memorial Scholarship, Kansas State University
2011-2014	Developing Scholars Program, Kansas State University <ul style="list-style-type: none"><li>• Funded by the National Institutes of Health</li><li>• Aims to increase the number of intellectually curious first-generation college students of any background that have been historically underrepresented in higher education</li></ul>
2009-2011	Kansas Bridges to the Future Program scholarship, Garden City Community College <ul style="list-style-type: none"><li>• Funded by the National Institutes of Health</li><li>• Aims to increase the number of historically underrepresented students with baccalaureate degrees in the biomedical and behavioral sciences</li></ul>