

LAUREN M. (OSELAND) RUHLMANN, PhD

Curriculum Vitae

Department of Human Development and Family Studies
College of Human Sciences, Auburn University
203 Spidle Hall, Auburn, Alabama 36849-5604
334-844-3275 • lmr0051@auburn.edu

EDUCATION

- Ph.D. 2018 **Couple and Family Therapy**, Kansas State University
Dissertation: *Identifying and Predicting Typologies of Sex Trafficking Survivors in the United States*
- M.S. 2014 **Marriage and Family Therapy**, Oklahoma State University
Thesis: *Exploring Dynamics and Attachment Behavior in Single- and Dual-Trauma Couples*
- B.S. 2012 **Human Development and Family Science**, Oklahoma State University
Honor College Degree, Honors Thesis: *CATS-R: A Clinical Model for Traumatized Couples*

ACADEMIC AND RESEARCH POSITIONS

- 2018–present **Assistant Professor**, Marriage and Family Therapy Program, Department of Human Development and Family Studies, Auburn University
- 2017–present **Director**, *RESTORE (Research and Education with Sex Trafficking Survivors on Resilience and Empowerment)*, Community-based participatory research program, www.therestorecoalition.com
- 2015 – 2018 **Lab Coordinator**, *TRECK (Trauma Research Education and Consultation at K-State)*, Kansas State University
- 2015 – 2018 **Instructor**, School of Family Studies and Human Services, Kansas State University
- 2015, 2017 **Adjunct Instructor**, Marriage and Family Therapy graduate program and Human Development and Family Science undergraduate program, Oklahoma State University

SCHOLARLY INTERESTS

Sex trafficking and commercial sexual exploitation
Resiliency among marginalized populations coping with traumatic stress
Systemic dynamics affecting posttraumatic stress and posttraumatic growth
Systemically-based interventions for posttraumatic stress

GRANTS AND COMPETITIVE FELLOWSHIPS

Internal Funding

Identifying and Predicting Classes of Sex Trafficking Survivors in the U.S., Kansas State University
Center for Engagement and Community Development: Engagement Incentive Grant (PI)

Ruhlmann, L. M., Faculty Supervisor: Nelson Goff, B. S., \$10,000 funded, 2017).

Assessing Salivary Cortisol Levels of Participants in a Military and Veteran Family Retreats Program, Kansas State University, Robert H. Poresky Assistantship in Family Science (Grant awarded to **Ruhlmann, L. M.**, Co-Investigator; PI/Faculty Supervisor: Nelson Goff, B. S., \$3,000 funded, 2016).

A 10-Year Follow-Up Study of 50 Army Couples, Kansas State University Small Research Grant (PI: Nelson Goff, B. S., Co-Investigator: **Ruhlmann, L. M.**, \$5,000 funded, 2015).

External Funding

Understanding Sexual Exploitation and the Experiences of Trafficking Survivors in the U.S., International Chapter of the P.E.O. Sisterhood, Scholar Award (PI: **Ruhlmann, L. M.**, Faculty Supervisor: Nelson Goff, B. S., \$15,000 funded, 2017).

AAMFT Minority Fellowship, American Association for Marriage and Family Therapy (AAMFT) Research and Education Foundation (Awardee: **Ruhlmann, L. M.**, \$19,000, 2016).

HONORS AND AWARDS

International National, and Regional

- 2017 *P.E.O. Scholar*, International Chapter of the P.E.O. Sisterhood
- 2016 *AAMFT Minority Fellow*, AAMFT Research and Education Foundation
- 2016 *JMFT Outstanding Doctoral Apprentice Reviewer*, Journal of Marital and Family Therapy

University, College, and Departmental

- 2018 *K-State's nominee for the CGS/ProQuest Distinguished Dissertation Award*, Kansas State University
- 2018 *Graduate Award for Outstanding Academics*, Kansas State University Alumni Association
- 2018 *Golden Key Outstanding Graduate Research Assistant of the Year*, Kansas State University
- 2017 *Outstanding Graduate Student*, College of Human Ecology, Kansas State University
- 2014 *Outstanding Master's Student*, College of Human Sciences, Oklahoma State University
- 2012 *Oklahoma State University Outstanding Senior (top 15 senior)*, Oklahoma State University Alumni Association
- 2012 *Senior of Excellence*, College of Human Sciences, Oklahoma State University
- 2012 *Top 5 Poster at Lew Wentz Symposium*, The Henry Bellmon Office of Scholar Development and Research, Oklahoma State University
- 2012 *Women's Faculty Council Research Award*, Women's Faculty Council, Oklahoma State University
- 2011 *Oklahoma State University Senior of Significance (top 40 senior)*, Oklahoma State University Alumni Association
- 2011 *The College of Human Sciences 2011 – 2012 Outstanding Student*, College of Human Sciences, Oklahoma State University

- 2011 *Jan Moran Leadership Award*, College of Human Sciences, Oklahoma State University
- 2010 *Oklahoma Scholar Leader Enrichment Program Selected Participant*, Oklahoma Regents for Higher Education

SCHOLARLY PUBLICATIONS

Note: *indicates undergraduate student co-author; **indicates graduate student co-author

Peer-Reviewed Publications (Published or In Press)

12. **Ruhlmann, L. M.**, Novak, J. R., Nelson Goff, B. S., Fuss, C., Gnagi, T., & Schiferl, M. (2018). Psychological and Relational Health Profiles of Soldiers in Committed Romantic Relationships. *Journal of Family Psychology*. Advance online publication. doi:10.1037/fam0000471
11. **Ruhlmann, L. M.**, Gallus, K. L., & Durtschi, J. A. (2018). Exploring relationship satisfaction and attachment behaviors in single- and dual-trauma couples: A pilot study. *Traumatology*, *24*(1), 27-35. doi:10.1037/trm0000129
10. †**Ruhlmann, L. M.**, †Beck, A. R., & Nelson Goff, B. S. (2018). Pilot data on the nature of trauma exposure in military couples: A brief report. *Journal of Veterans Studies*, *3*(1), 67-84.
†Denotes equal contribution as first author
9. ****Monk, J. K.**, **Ruhlmann, L. M.**, Nelson Goff, B. S., & Ogolsky, B. G. (2018). Brief-systemic programs for promoting mental health and relationship functioning in military couples and families. *Journal of Family Theory and Review*, *10*(3), 566-586. doi:10.1111/jftr.12280
**Received the *Student Proposal Award* (2017) from the National Council on Family Relations – Education and Enrichment section
8. Love, H., Durtschi, J. A., **Ruhlmann, L. M.**, & Nelson Goff, B. S. (2018). Army soldiers and suicidal thoughts: The impact of negative relationship dynamics moderated by the dissolution of romantic relationships. *Journal of Marital and Family Therapy*, *44*(2), 265-276. doi:10.1111/jmft.12252
7. **Ruhlmann, L. M.**, Gallus, K. L., Beck, A. R., Nelson Goff, B. S., & Durtschi, J. A. (2017). A pilot study exploring PTSD symptom clusters as mediators between trauma exposure and attachment behaviors in married adults. *Journal of Couple and Relationship Therapy*, advanced online publication. doi:10.1080/15332691.2017.1399848
6. Beck, A. R., **Ruhlmann, L. M.**, Durtschi, J. A., & Brown, C. C. (2017). Can't shake it off? Attachment moderates the link between hostility and forgiveness. *The American Journal of Family Therapy*, *45*(5), 1-14. doi:10.1080/01926187.2017.1365664
5. Monk, J. K., **Oseland, L. M.**, Nelson Goff, B. S., Ogolsky, B. G., & Summers, K. (2017). Integrative intensive retreats for veteran couples and families: A pilot study assessing change in relationship adjustment, posttraumatic growth, and trauma symptoms. *Journal of Marital and Family Therapy*, *43*(3), 448-462. doi:10.1111/jmft.12230
4. **Oseland, L. M.**, Schwerdtfeger Gallus, K. L., & Nelson Goff, B. S. (2016). Clinical application of the Couple Adaptation to Traumatic Stress (CATS) Model: A pragmatic framework for working with traumatized couples. *Journal of Couple and Relationship Therapy*, *15*(2), 83-101. doi:10.1080/15332691.2014.938284
3. **Oseland, L. M.**, Bishop, A. J., Gallus, K. L., & Randall, G. K. (2016). Early and late life exposure to trauma and biopsychosocial well-being in centenarians. *Journal of Loss and Trauma*, *21*(5), 433-443. doi:10.1080/15325024.2015.1117927

2. Jones, L. J., Gallus, K. L., Vierling, K. L., & **Oseland, L. M.** (2015). 'Are you by chance on the spectrum?' Adolescents with ASD making sense of their diagnoses. *Disability and Society*, 30(10), 1490-1504. doi:10.1080/09687599.2015.1108902
1. Jones, J. L., **Oseland, L. M.**, Morris, K. L., & Larzelere, R. E. (2014). Parent report of conversations with their adolescents with intellectual disability. *Journal of Applied Research in Intellectual Disabilities*, 27(6), 521-530. doi:10.1111/jar.12090

Book Chapters

2. Rombo, D. O., Wilson, S. M., & **Oseland, L. M.** (2014). Public policy and families in Kenya. In M. Robila (Ed.), *Handbook of family policies across the globe* (pp. 31-46). New York, NY: Springer.
1. Schwerdtfeger, K. L. & **Oseland, L. M.** (2013). The interpersonal paradox of trauma. In T. Van Leeuwen & M. Brouwer (Eds.), *Psychology of trauma* (pp. 183-196). New York, NY: Nova Science Publishers, Inc.

Book Reviews

- Schwerdtfeger, K. L. & **Oseland, L. M.** (2013). [Review of the book *Helping Traumatized Families.*] *Journal of Marital and Family Therapy*, 39(4), 538-541. doi:10.1111/jmft.12027

Invited Publications under Review

- Nelson Goff, B. S., **Ruhlmann, L. M.**, Dekel, R., & Huxman, S. (under review). Family systems approaches to trauma: Theory and techniques for working with couples and families. Invited book chapter in preparation for edited book, *Handbook of Couple, Marital, and Family Therapy*.
- Blow, A. J., Nelson Goff, B. S., Farero, A., & **Ruhlmann, L. M.** (under review). Couple-involved therapies to address individual disorders: Posttraumatic stress disorder. Invited book chapter in preparation for edited book, *Handbook of Couple, Marital, and Family Therapy*.

PROFESSIONAL PRESENTATIONS

Note: *indicates undergraduate student co-author; **indicates graduate student co-author

Refereed Presentations

- Ruhlmann, L. M.**, **Gnagi, T., **Schiferl, M., *Fuss, C., *Miller, M., *Parson, D., *Bezek, R., *Ronquillo, T., *Williams, M., *Dunn, A., *Kelly, B., *Milan, E., *Dressler, J., & *Fuss, S. J. (2018, November). Sex trafficking survivors' perspectives on transition and recovery services. Accepted paper to be presented at the annual meeting of the National Council on Family Relations, San Diego, CA.
- Ruhlmann, L. M.**, Nelson Goff, B. S., Novak, J. R., *Fuss, C., **Gnagi, T., & **Schiferl, M. (2018, November). Psychological and relational health profiles of soldiers in committed romantic relationships. In C. M. Marini (Chair), *Mental health among military couples: Innovations in theory and practice*. Accepted symposium to be presented at the annual meeting of the National Council on Family Relations, San Diego, CA.
- Nelson Goff, B. S., **Ruhlmann, L. M.**, Durtschi, J. A., Beck, A. R., & Staats, N. (2017, November). *Adverse effects of sexual assault on behavioral health intensified by couple hostility in a sample of US Army soldiers*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- Utržan, D., **Ruhlmann, L. M.**, Mooren, T., & Rosner, R. (2017, November). *International forced displacement: From legal differences to clinical practice*. Seminar presented at the annual

meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

- Ruhlmann, L. M.**, Nelson Goff, B. S., Novak, J. R., *Fuss, C., *Gnagi, T., & *Schiferl, M. (2017, November). *Identifying and predicting typologies of married soldiers: A latent profile analysis*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- Monk, J. K., **Ruhlmann, L. M.**, Nelson Goff, B. S., & Ogolsky, B. G. (2017, November). *Systemic relationship and psycho-education programs for military couples*. Paper presented at the annual conference of the National Council on Family Relations, Orlando, FL.
- Ruhlmann, L. M.**, Cless, J. C., Anderson, J. D., Goodcase, E., & Peng, Y. (2017, November). *Altering trauma survivors' romantic relationship appraisals via e-interventions*. Poster presented at the annual conference of the National Council on Family Relations, Orlando, FL.
- Ruhlmann, L. M.**, Durtschi, J. A., Beck, A. R., Nelson Goff, B. G., & Staats, N. (2017, November). *Adverse effects of sexual assault on behavioral health intensified by couple hostility*. Paper presented at the annual conference of the National Council on Family Relations, Orlando, FL.
- Ruhlmann, L. M.**, Monk, J. K., Gallus, K. L., Cless, J., & Nelson Goff, B. S. (2017, November). *"It's not herding cats": Facilitating collaborative multi-tiered research teams*. Resource exchange presented at the annual conference of the National Council on Family Relations, Orlando, FL.
- Staats, N., **Ruhlmann, L. M.**, Nelson Goff, B. S., *Fuss, C., *Parsons, D., *Mondloch, D., & *Neal, S. (2017, November). *Long-term effects of trauma exposure on couples: A 10-year follow-up*. Poster presented at the annual conference of the National Council on Family Relations, Orlando, FL.
- Utržan, D. & **Ruhlmann, L. M.** (2017, November). *Forced displacement and human trafficking: Practice and policy implications*. Seminar presented at the annual conference of the National Council on Family Relations, Orlando, FL.
- Cless, J. C., **Ruhlmann, L. M.**, & Nelson Goff, B. (2017, October). *Teaching trauma and trauma-informed teaching*. Forum presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, GA.
- Ruhlmann, L. M.** & Utržan, D. (2017, October). *Human rights in the clinical context: Refugees and human trafficking*. Seminar presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, GA.
- Nelson Goff, B. S., **Oseland, L. M.**, Gallus, K. L., Kiser, L. J., & Dekel, R. (2016, November). *The interpersonal paradox of trauma: Principles and practice of treating trauma in couple and family systems*. Pre-meeting institute presented at the annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
- Nelson Goff, B. S., **Oseland, L. M.**, & Monk, J. K. (2016, November). *Collaborating with underserved veteran couples to promote post-deployment resilience*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
- Oseland, L. M.**, Beck, A. R., Nelson Goff, B. S., *Lechtenburger, R., *Betthausen, E., & *Beneke, B. (2016, November). *The moderating role of trauma type in married couples*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
- †**Oseland, L. M.**, Gallus, K. L., Beck, A. R., & Nelson Goff, B. S. (2016, November). *PTSD as a mediator between trauma exposure and attachment behaviors in married adults: Uncovering unique gender differences*. Poster presented at the annual meeting of the International Society for

Traumatic Stress Studies, Dallas, TX.

† **Featured as the Gender and Trauma Special Interest Group endorsed poster**

† **Oseland, L. M.**, Novak, J., Nelson Goff, B. S., & *Fuss, C. (2016, November). *Relationship conflict as a mediator between trauma exposure and health outcomes in married soldiers*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.

† **Student Poster Award finalist**

† Cless, J., Nelson Goff, B. S., & **Oseland, L. M.** (2016, November). *Teaching trauma and trauma-informed teaching in the field of social sciences*. Roundtable and resource exchange presented at the annual conference of the National Council on Family Relations, Minneapolis, MN.

† **Awarded the Advancing Family Science Wesley Burr Award**

Monk, J. K., **Oseland, L. M.**, & Nelson Goff, B. S. (2016, November). Collaborating with underserved veteran couples to promote mental health. In J. K. Monk (Chair) & B. L. Letiecq (Co-Chair), *Collaborative health: Community-based action with families on the margins*. Symposium presented at the meeting of the National Council on Family Relations, Minneapolis, MN.

Oseland, L. M., Beck, A. R., Nelson Goff, B. S., *DiDio, N., *Fuss, C., & *Sunderman, A. (2016, November). *The moderating role of perpetrator type in trauma couples*. Poster presented at the annual conference of the National Council on Family Relations, Minneapolis, MN.

Novak, J. R., **Oseland, L. M.**, Anderson, J. A., & Johnson, M. D. (2016, October). *Broken dreams and empty arms: The role of parenthood expectancy on depression and marital instability after infertility*. Poster presented at the annual conference of the Collaborative Family Healthcare Association, Charlotte, NC.

Beck, A. R., **Oseland, L. M.**, Durtschi, J. A., & Brown, C. C. (2016, September). *Hostility linked with forgiveness: Moderated by attachment*. Research discussion presented at the annual meeting of the American Association for Marriage and Family Therapy, Indianapolis, IA.

†† Monk, J. K., **Oseland, L. M.**, Nelson Goff, B. S., & Ogolsky, B. (2016, September). *Mental health disclosure and responsiveness in military couples*. Research discussion presented at the annual meeting of the American Association for Marriage and Family Therapy, Indianapolis, IA.

† **Selected as a “Cutting Edge Research” discussion**

† **Selected for re-printing to be featured at the 2017 AAMFT International Institutes Program, Dublin, Ireland**

Beck, A. R., **Oseland, L. M.**, Durtschi, J. A., & Brown, C. C. (2016, March). *Hostility, attachment, and forgiveness: A pathway to strength in relationships*. Poster presented at the Kansas State University Graduate Research, Arts, and Discovery Forum, Manhattan, KS.

† **Oseland, L. M.**, Gallus, K. L., Beck, A. R., & Nelson Goff, B. S. (2016, March). *An exploration of PTSD as a mediator between trauma exposure and attachment behaviors in married adults*. Poster presented at the Kansas State University Graduate Research, Arts, and Discovery Forum, Manhattan, KS.

† **Awarded 3rd place Social Sciences/Humanities/Education Poster**

† **Oseland, L. M.** & Schwerdtfeger Gallus K. L. (2015, November). *Exploring dynamics and attachment behaviors in single- and dual-trauma couples*. Poster presented at the annual conference of the International Society for Traumatic Stress Studies, New Orleans, LA.

† **Featured as the Theory and Traumatic Stress Studies Special Interest Group endorsed poster**

Oseland, L. M., Schwerdtfeger, K. L., & Larzelere, R. E. (2013, November). Mothers' interpersonal

trauma history and authoritarian parenting of toddlers. In R. E. Larzelere (Chair), *Parenting of toddlers: Measures, modeling, and effects of trauma histories*. Symposium at the annual conference of the National Council on Family Relations, San Antonio, TX.

Schwerdtfeger, K. L., Miller, B., Brimhall, A., Engblom-Deglmann, M., Wilson, G., & **Oseland, L. M.** (2012, September). *Dealing with empty arms: Women and infertility*. Pre-conference institute presented at the annual meeting of the American Association for Marriage and Family Therapy, Charlotte, NC.

Oseland, L. M., Jones, J. L., Linn, J., & Vierling, K. (2012, June). *Parenting styles and the self-development of adolescents with intellectual and developmental disabilities*. Poster presented at the annual meeting of the American Association on Intellectual and Developmental Disabilities, Charlotte, NC.

Morris, K. L., **Oseland, L. M.**, & Jones, J. L. (2011, June). "We told him his brain works different." *The relationship between parenting and adolescent well-being*. Poster presented at the annual meeting of the American Association on Intellectual and Developmental Disabilities, Twin Cities, MN.

Invited Presentations

Ruhlmann, L. M. (2018, May). *Sex trafficking in the United States: A review of results from a national survey on survivor experiences*. Invited presentation for the Oklahoma P.E.O. state conference, Tulsa, OK.

Ruhlmann, L. M. (2017, December). *A community-based socioecological approach to clinical interventions with survivors of human trafficking*. Invited keynote presentation for the Human trafficking 101: What can Minnesota do? summit, University of Minnesota, Minneapolis, MN.

Ruhlmann, L. M. (2017, September). *Systemic trauma therapy for marginalized populations*. Invited keynote address presented at the Oklahoma Association for Marriage and Family Therapy Student and New Professionals state conference, Stillwater, OK.

Ruhlmann, L. M. (2017, September). *Introduction to human trafficking: A guide for clinical practitioners*. Invited workshop presented at the Oklahoma Association for Marriage and Family Therapy Student and New Professionals state conference, Stillwater, OK.

Ruhlmann, L. M. (2017, June). *Hiding in plain sight: Human trafficking in the Midwest*. Invited presentation at the Oklahoma P.E.O. state convention, Tulsa, OK.

Ruhlmann, L. M. (2016, May). *Supporting college students coping with mental illness*. Invited presentation to Kanakuk Family Camp, Kanakuk Ministries, Branson, MO.

Kluttz, D. & **Ruhlmann, L. M.** (2017, April). *Holistic recovery services for sex trafficking survivors*. Invited presentation at the Kansas Governor's Behavioral Health Services Planning Council, Topeka, KS.

Ruhlmann, L. M. (2017, March). *The neurobiology of trauma*. Invited presentation at The Homestead training meeting, Manhattan, KS.

Ruhlmann, L. M. (2017, February). *Identifying and working with victims of human trafficking*. Invited presentation at the Riley County Health Department, Wamego, KS.

Oseland, L. M. (2016, September). *Combating human trafficking*. Invited presentation at the "Social Justice: Finding a Voice in Culture" conference, Manhattan Christian College, Manhattan, KS.

Oseland, L. M. (2016, May). *Supporting college students coping with mental illness*. Invited presentation to Kanakuk Family Camp, Kanakuk Ministries, Branson, MO.

Oseland, L. M. (2016, April). *Supporting victims of human trafficking in residential recovery*. Invited presentation at The Homestead training meeting, Manhattan, KS.

Oseland, L. M. (2016, February). *Responding to trauma disclosure*. Invited workshop at K-Life Ministries, Stillwater, OK.

Oseland, L. M. (2014, May). *Families and trauma*. Invited presentation at the Center for Family Resilience, OSU-Tulsa and OSU Center for Health Sciences Journal Club, Tulsa, OK.

TEACHING AND MENTORING

Graduate Course Instruction

- HDFS 7600: MFT Theories, Auburn University
- HDFS 7610: Marriage and Family Therapy Theory II (trauma treatment module), Auburn University
- CFT 885: Practicum in Couple and Family Therapy, *Instructor*, Kansas State University Couple and Family Therapy program
- HDFS 5543: Coping with Family Crisis, *Instructor*, Oklahoma State University Marriage and Family Therapy Program
- CFT 910: Advanced MFT Research Methods: Structural Equation Modeling I, *Graduate Teaching Assistant*, Kansas State University Couple and Family Therapy Ph.D. Program

Undergraduate Course Instruction

- FSHS 700: Advanced Trauma and Traumatic Stress, *Instructor*, Kansas State University
- CNRES 533: Prevention and Intervention of Violence, *Instructor*, Kansas State University
- HDFS 4423: Family Risk and Resilience, *Instructor*, Oklahoma State University

Guest Lectures/Presentations

- Utah State University Marriage & Family Therapy Program, *Basics of Systemic Trauma Therapy*, 2018
- Oklahoma Baptist University Marriage & Family Therapy Program, *Identifying and Engaging Survivors of Human Trafficking in Therapy*, 2018
- *FSHS 302: Introduction to Human Sexuality*, Hiding in Plain Sight: An Introduction to Sex Trafficking, Kansas State University, 2017
- *CFT 867: Pre-Practicum*, Introduction to the Fundamentals of Systemic Trauma Therapy, Kansas State University, 2017
- HDFS 1112: *Introduction to Human Development and Family Science*, Hiding in Plain Sight: An Introduction to Human Trafficking, Oklahoma State University, 2017
- *CNRES 533: Prevention and Intervention of Violence*, Introduction to Commercial Sexual Exploitation in the United States, Kansas State University, 2017
- *MFT 524: Human Sexuality and Treatment*, Understanding the Unique Needs of Sex Trafficking Survivors, Oklahoma Baptist University, 2017
- *FSHS 305: Family Violence*, Introduction to Human Trafficking, Kansas State University, 2017
- *HDFS 5583: Human Sexuality*, Working with Human Trafficking Survivors in a Clinical Context, Oklahoma State University, 2016
- *FSHS 603/763: Coping with Life Crisis*, Infertility and Miscarriage, Divorce and Remarriage, Kansas State University, 2016
- *School of Family Studies and Human Services Student Group*, The Importance of Undergraduate Research Experience, Kansas State University, 2016
- *Personal Financial Planning Doctoral Student Orientation*, The TRECK Team: How to Conduct Research with Undergraduate Students, Kansas State University, 2016

- *CNRES 529: Understanding Trauma and Traumatic Stress, The Impact of Trauma on Couple Dyads*, Kansas State University, 2015
- *HDFS 5603: Pre-Practicum: Basic Counseling Skills, Suicidality, Self-Harm, and Risk Assessments*, Oklahoma State University, 2014

Graduate Thesis/Dissertation Committee Chair

- Michael Schiferl (in progress). Thesis – *Sex Trafficking Survivor Reports of Shame and Psychological Distress*
- Shelby Murtagh (in progress). Thesis – *Associations Between Parental Loss in Childhood and Adult Depression*

Graduate Thesis/Dissertation Committee Member

- Clairee Peterson (in progress). Thesis – *Partners' Ability to Accept Influence From One Another and Associations with Family Outcomes Among Military Couples*

Mentoring for Undergraduate Student Research Award Projects

- Caroline Fuss (Fall 2017). OURCI Research Award, The Office of Undergraduate Research and Creative Inquiry at Kansas State University – *The Moderating Effect of Stress Management on the Association Between Posttraumatic Stress and Health Outcomes Among Army Soldiers*
- Bridgett Kelly (Spring 2017). OURCI Research Award, The Office of Undergraduate Research and Creative Inquiry at Kansas State University – *Informed by the Experts: Investigating What Sex Trafficking Survivors Believe about Transition and Recovery Support Services*
- Michael Schiferl (Spring 2017). Undergraduate Research Award, College of Human Ecology, Kansas State University – *Exploring the Heterogeneity Among Married Army Soldiers' Psychological and Relational Functioning*
- Taylor Gnagi (Spring 2017). Undergraduate Research Award, College of Human Ecology, Kansas State University – *Exploring the Heterogeneity Among Married Army Soldiers' Psychological and Relational Functioning*
- Kathryn Crimm (Spring 2017). Undergraduate Research Award, College of Human Ecology, Kansas State University – *One Size Does Not Fit All: Exploring the Biopsychosocial Well-being of Sex Trafficking Survivors in the United States*

CLINICAL POSITIONS AND EXPERIENCE

Clinical Positions

- 2015 – 2018 **Director of Trauma Services and Systemic Trauma Therapist**, *The Homestead*, Manhattan, Kansas
- 2015 – 2018 **Marriage and Family Therapy Intern**, *Kansas State University Family Center*, Manhattan, KS
- 2012 – 2014 **Marriage and Family Therapy Intern**, *Oklahoma State University Center for Family Services*, Stillwater, Oklahoma
- 2012 – 2014 **Marriage and Family Therapy Clinical Intern**, *The Warren Alexander Group*, Stillwater, Oklahoma
- 2013 – 2014 **Co-Parenting for Resilience Program Facilitator**, *Oklahoma State University Extension*, Oklahoma City, Oklahoma

Supervisory Experience

2016 – 2018 **Clinical Supervisor (in-training)**, *Kansas State University Family Center*, Manhattan, KS

Advanced Clinical Training

In process Eye Movement Desensitization and Reprocessing Certification (*basic training courses completed, July 2017*)
 2017 International Society for Traumatic Stress Studies Advanced Training Certificate
 2014 Received advanced training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
 2014 Received advanced training in Parent-Child Interaction Therapy (PCIT)
 2014 Received advanced training in Filial Therapy
 2012 Certified PREPARE/ENRICH Facilitator

PROFESSIONAL SERVICE AND ENGAGEMENT

Professional Organizations

American Association of Marriage and Family Therapy	2012 – present
International Society for Traumatic Stress Studies	2014 – present
National Council on Family Relations	2015 – present

Ad Hoc Reviewer

<i>Journal of Social and Personal Relationships</i>	2018
<i>Journal of Marriage and Family Therapy</i>	2015, 2016

Department Service and Engagement

Marriage & Family Therapy Faculty Search Committee Member	2018 – 2019
---	-------------

University Service and Engagement

New Faculty Scholars Program Participant	2018 – 2019
--	-------------

International Service

Homecare Department Social Work Intern, Nyumbani Village, Kitui, Kenya	2011
--	------

COMMUNITY ENGAGEMENT

RESTORE (*Research and Education with Sex Trafficking Survivors on Resilience and Empowerment*), www.therestorecoalition.com, 2017 – present

RESTORE is a community-based participatory research program that I established in 2017. This program is based on collaborative partnerships with sex trafficking survivors, representatives from community organizations that facilitate recovery services for survivors, state and federal law enforcement officials actively engaged in combatting sex trafficking, as well as interdisciplinary undergraduate, graduate, and faculty researchers. The RESTORE team's goals include:

- Mobilizing community-researcher partnerships to conduct research on the biopsychosocial effects of sex trafficking
- Developing effective systemic and socio-ecologically-based intervention programs that promote resilience among survivors of sex trafficking
- Empowering survivor-leaders/advocates and providing education to community organizations,

policymakers, and researchers on commercial sexual exploitation