

KALEN D. ZEIGER

Doctor of Philosophy in Couple and Family Therapy

Licensed Marriage and Family Therapist

Measurement and Statistics • Queer Affirming Care • Trauma • Inclusive Health Care

Email: [therapy@kalenzeiger.com](mailto:therapy@kalenzeiger.com)

Phone: (319)448-0003

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EDUCATION

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ACADEMIC CREDENTIALS

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| December 2024   | <b>Doctor of Philosophy</b> , Couple and Family Therapy<br>Major in Psychological and Quantitative Foundations<br>University of Iowa, Iowa City, IA<br>Dissertation: <i>Trans Inclusive and Competent Clinical Practices: Improving Clinical Intakes and Settings</i><br>Chair: Dr. Jacob B. Priest              |
| December 2025<br><i>MA In Progress</i><br><i>All Coursework Completed</i> | <b>Master of Arts</b> Candidate,<br>Educational Measurement and Statistics<br>University of Iowa, Iowa City, IA<br>Thesis ( <i>in progress</i> ): <i>Factor Analysis of Modified LGBT Minority Stress Scale for BIPOC LGBTQ+ American Population</i><br>Chair: Dr. Lesa Hoffman                                  |
| May 2022  | <b>Graduate Certificate</b> , College Teaching<br>University of Iowa, Iowa City, IA  |
| May 2020  | <b>Master of Science</b> , Human Development and Family Science<br>Specialization: Marriage and Family Therapy<br>University of Central Missouri, Warrensburg, MO<br>Thesis: <i>A Narrative Inquiry into Trans and Gender Variant Identities and Adverse Stress Experiences</i><br>Chair: Dr. Jaimee Hartenstein |
| April 2018  | <b>Bachelor of Arts</b> , Psychology<br>Minors: Anthropology, Sociology, Women's Studies<br><i>Summa Cum Laude</i><br>Columbia College, Columbia, MO   |

## PROFESSIONAL CREDENTIALS

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|--------------------------|--|
| January 2025 — Present   | <b>Licensed Marriage and Family Therapist (LMFT) in Colorado.</b> Colorado Department of Regulatory Agencies, Division of Professions and Occupations, State Board of Marriage and Family Therapist Examiners, License Number: MFT.0002784 |
| September 2024 — Present | <b>Licensed Marriage and Family Therapist (LMFT) in Wisconsin.</b> The State of Wisconsin, Department of Safety and Professional Services, MPSW Joint Board, License Number: 2244 - 124  |
| July 2024 — Present      | <b>Licensed Marital and Family Therapist (LMFT) in Iowa.</b> Board of Behavioral Science, IDPH/Bureau of Professional Licensure, Iowa Department of Public Health, License Number: 112891  |
| May 2019 — Present       | <b>Certified Clinical Trauma Professional (CCTP)</b><br>International Association of Trauma Professionals, Evergreen Certifications, Certification Number: 496816  |
| May 2019 — Present       | <b>Certified Family Trauma Professional (CFTP)</b><br>International Association of Trauma Professionals, Evergreen Certifications, Certification Number: 952552  |
| January 2023 — Present   | <b>Supervisor Candidate</b><br>American Association for Marriage and Family Therapy (AAMFT), AAMFT ID Number: 181908   |

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## FACULTY APPOINTMENTS

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### FULL-TIME

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|                       |  |
|-----------------------|--|
| August 2025 — Present | Core Faculty (Remote), Couple and Family Therapy Program, School of Counseling, Therapy, and Psychology, Division of Relational Therapies, Antioch University, Seattle, WA |
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## PART-TIME

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|-----------------------|--|
| August 2025 — Present | Adjunct Faculty (Remote), Teaching Instructor, Couple and Family Therapy Program, California School of Professional Psychology, Alliant International University, Alhambra, CA |
| June 2025 — Present   | Affiliate Faculty, Clinical Supervisor, Marriage and Family Therapy Program, Denver Family Institute, Denver, CO   |

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## HONORS and AWARDS

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## RECOGNITIONS

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|                              |   |
|------------------------------|---|
| Fall 2024                    | NCFR Honors, NCFR Honors Student Recognition Program, National Council on Family Relations  |
| May 2022                     | Social Justice Award, Couple and Family Therapy Program, University of Iowa, Iowa City, IA. \$700.00  |
| April 2020                   | Level I Award for E-entry Research Presentation: <i>A Narrative Inquiry into Trans and Gender Variant Identities and Adverse Stress Experiences</i> , Graduate Scholars Symposium - University of Central Missouri, Warrensburg, MO. \$200.00 |
| April 2019                   | Level I Award for Research Poster and Presentation: <i>The Role of Resources and Security on Primary Caregiver Negative Parenting Behaviors</i> , Graduate Scholars Symposium - University of Central Missouri, Warrensburg, MO. \$50.00      |
| May 2018                     | The Presidential Award, Columbia College, Columbia, MO  |
| April 2018                   | Summa Cum Laude, Columbia College, Columbia, MO   |
| Spring 2016 —<br>Spring 2018 | Dean's List, Columbia College, Columbia, MO   |

## SCHOLARSHIPS

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|---|---|
| April 2021, April 2022,<br>April 2023, April 2024 | Emma E. Holmes Education Scholarship, University of Iowa, Iowa City, IA. \$8,000.00 (\$2,000.00 per year)   |
| April 2020  | Reid Hemphill Outstanding Graduate Student Scholarship: Overall University Winner, University of Central Missouri, Warrensburg, MO. \$1,000.00                                  |
| April 2020  | Reid Hemphill Outstanding Graduate Student Scholarship: Harmon College of Business and Professional Studies Winner, University of Central Missouri, Warrensburg, MO. \$2,000.00 |

## HONOR SOCIETIES

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|                         |  |
|-------------------------|--|
| Inducted September 2019 | Phi Kappa Phi, Chapter Number 135, University of Central Missouri, Warrensburg, MO |
| Inducted February 2017  | Alpha Sigma Lambda, Omega Zeta Chapter, Columbia College, Columbia, MO             |

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## PUBLICATIONS

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### REFEREED PUBLICATIONS

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- Gutierrez, D., **Zeiger, K. D.**, Rago, C., Rodriguez Jimenez, K., Schiff, B., & McGee, S. (2024). Loss of safe spaces: Ambiguous loss and minority stressors of BIPOC LGBTQ+ communities amidst the covid-19 pandemic. *Sexual and Gender Diversity in Social Services*, 1–27. <https://doi.org/10.1080/29933021.2024.2407346>
- Rochford, H. I., **Zeiger, K. D.**, & Peek-Asa, C. (2023). State-level education policies: Opportunities for secondary prevention of child maltreatment. *Child Abuse & Neglect*, 136, 106018. <https://doi.org/10.1016/j.chiabu.2022.106018>
- Zeiger, K. D.**, Ball, M.A. (2022) How the Compulsory Gender Binary Language in the DSM-5's Category of Sexual Interest Disorders Interacts Negatively with Patients' Nonbinary and Genderqueer Identities. *Sexuality & Culture* 26, 1531–1539 (2022). <https://doi.org/10.1007/s12119-022-09950-0>.

Rochford, H. I., **Zeiger, K. D.**, & Peek-Asa, C. (2022). Child Care Subsidies: Opportunities for Prevention of Child Maltreatment. *Child and Adolescent Social Work Journal*, 1-11.  
<https://doi.org/10.1007/s10560-022-00887-9>

Rochford, H., **Zeiger, K. D.**, & Peek-Asa, C. (2022). School-based policies for child maltreatment recognition & response. *Injury Prevention*.

## BOOK CHAPTERS

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**Zeiger, K. D.** (2026). Cameras Off: Gender Dysphoria in Teletherapy. In Rebecca Cobb. (Ed), *The Therapist's Notebook for Teletherapy with Children and Adolescents: Creative Interventions for Effective Online Therapy*. Routledge

**Zeiger, K. D.** & Goslin, A. (2021). Parenting. In Priest, J. B., Williams, R. M. C., & Lee, A. (Eds), *Relate: Sex, Intimacy, and Conflict*. University of Iowa Pressbooks

## BRIEFS and WEB PUBLICATIONS

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**Zeiger, K. D.** (2025). *The Benefits of Online Psychiatry*. (Medically-Reviewed Web Article Update) Choosing Therapy

Galebovic, M., & **Zeiger, K. D.** (2024). *How to Start Therapy: 9 Tips from a Therapist*. (Medically-Reviewed Web Article Update) Choosing Therapy

Antonatos, L., & **Zeiger, K. D.** (2024). *Signs of an Emotional Affair*. (Medically-Reviewed Web Article Update) Choosing Therapy

Mimms, K., & **Zeiger, K. D.** (2024). *The 7 Stages of Emotional Affairs & How to Recover*. (Medically-Reviewed Web Article Update) Choosing Therapy

Arzt, N., & **Zeiger, K. D.** (2024). *20 Signs of a Serial Cheater & How to Spot Them*. (Medically-Reviewed Web Article Update) Choosing Therapy

Arzt, N., & **Zeiger, K. D.** (2024). *Is Sexting Cheating?* (Medically-Reviewed Web Article Update) Choosing Therapy

Gulotta, J., & **Zeiger, K. D.** (2024). *Is Texting Cheating?* (Medically-Reviewed Web Article Update) Choosing Therapy

**Zeiger, K. D.** (2023). *What Is Chronic Trauma? Symptoms, Examples, & Treatment* (Medically-Reviewed Web Article). Choosing Therapy.  
<https://www.choosingtherapy.com/chronic-trauma/>

**Zeiger, K. D.** (2023). *Post Holiday Blues: What It Is and How to Cope* (Medically-Reviewed Web Article). Choosing Therapy. <https://www.choosingtherapy.com/post-holiday-blues/>

**Zeiger, K. D.** (2023). *How to Forget Something on Purpose* (Medically-Reviewed Web Article). Choosing Therapy. <https://www.choosingtherapy.com/how-to-forget-something/>

Rochford, H., **Zeiger, K. D.**, & Peek-Asa, C. (2022) Child Maltreatment Prevention: Policies Increasing Eligibility for Child Care Subsidies (University Policy Brief). *University of Iowa Injury Prevention Research Center*.

Rochford, H., **Zeiger, K. D.**, & Peek-Asa, C. (2022) Child Maltreatment Prevention: School-based Recognition and Response Training Policies (University Policy Brief). *University of Iowa Injury Prevention Research Center*.

Rochford, H., **Zeiger, K. D.**, & Peek-Asa, C. (2022) Child Maltreatment Prevention: Accessibility of Victim Services (University Policy Brief). *University of Iowa Injury Prevention Research Center*.

## WORKS IN PROGRESS

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**Zeiger, K. D.**, Sandoval, J., & Thomas, B. (Journal Article In Progress). *Developing the T-QUIP: Trans-Inclusive Questionnaire for Updating Intake Practices*.

**Zeiger, K. D.** & Watters, E. R. (Journal Article In Progress). *Poly Affirmative, Competent, and Inclusive Couples and Partners Therapy*.

**Zeiger, K. D.** & Sandoval, J. (Journal Article In Progress). *Adverse Childhood Experiences Affect on Significant Relationships in Adolescents: Using a Family Ecological Theory and Family Stress and Resilience Theory Framework*.

**Zeiger, K. D.** & Hartenstein, J. L. (Journal Article In Progress). *“My Family Just Totally Rejected It”: A Narrative Exploration into Rural U.S. Trans and Gender Variant Identities and Adverse Stress Experiences*.

Watters, E. R., Gutierrez, D., & **Zeiger, K. D.** (Book In Progress). *Diversifying Statistical Methods for Couple and Family Therapists: A Practical, Systemic Guide to Data Analysis with SPSS & R*.

Watters, E. R., Reed-Fitzke, K., & **Zeiger, K. D.** (Journal Article In Progress). *Abuse and Adolescent Internalizing and Externalizing Behaviors: A Stress Process Approach to Examining the Role of Parental-Child Relationships*.

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## PRESENTATIONS

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### REFEREED CONFERENCE PRESENTATIONS

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Gutierrez, D., **Zeiger, K. D.**, Watters, E. R., Rago, C., & Price, A., (November, 2025) *In the Midst of Chaos: A Path Analysis of Minority Stressors and the Loss of Safe Spaces for LGBTQ+ Communities During COVID* [Oral Presentation]. 9th Global Summit on Feminist and LGBTQ+ Studies (Feminist & LGBTQ+ Studies 2025). Vancouver, Canada

**Zeiger, K. D.** (November, 2024) *Cameras Off: Collaborating With Genderqueer Clients in Teletherapy* [Research Poster]. National Council on Family Relations Annual Conference. Bellevue, WA

Zaman, H. A., Hamilton, A. M., **Zeiger, K. D.**, & Sandoval, J. A. (November, 2024) *Wild Tactics: A Conversation Discussing Potential Practices and Education For Acknowledging, Honoring, and Engaging With Queer and Trans of Color Life During COVID-19* [Research Poster]. National Council on Family Relations Annual Conference. Bellevue, WA

Gutierrez, D., Rago, C., **Zeiger, K. D.**, Rodriguez Jimenez, K., Schiff, B., & McGee, S. (August, 2024) *Loss of Safe Spaces: Ambiguous Loss and Minority Stressors of BIPOC LGBTQ+ Communities Amidst the Covid-19 Pandemic* [Research Poster]. National LGBTQ Health Conference. Atlanta, GA

Watters, E. R., Reed-Fitzke, K., & **Zeiger, K. D.** (November, 2023) *Abuse and Adolescent Internalizing and Externalizing Behaviors: A Stress Process Approach to Examining the Role of Parent-Child Relationships* [Research Poster]. National Council on Family Relations Annual Conference. Orlando, FL

Rochford, H., **Zeiger, K. D.**, & Peek-Asa, C. (April, 2023) *Parent Medicaid Eligibility: Opportunities for Prevention of Child Maltreatment* [Oral Presentation]. Society for the Advancement of Violence and Injury Research Annual Conference. Denver, CO

Gutierrez, D., **Zeiger, K. D.**, McGee, S., Rago, C., Schiff, B., Rodriguez Jimenez, K. (November, 2022). *Loss of Safe Spaces: Ambiguous Loss and Minority Stressors of BIPOC LGBTQ+ Communities Amidst the COVID-19 Pandemic* [Lightning Paper]. National Council on Family Relations Annual Conference. Minneapolis, MN

- Rochford, H., **Zeiger, K. D.**, & Peek-Asa, C. (April, 2022) *State-Level Education Policies: Opportunities for Secondary Prevention of Child Maltreatment* [Oral Presentation]. Society for the Advancement of Violence and Injury Research Annual Conference. Washington, D.C.
- Zeiger, K. D.** (August, 2021). *Working Towards Trans Inclusive Intake Paperwork and Processes* [Research Poster]. Transgender Professional Association for Transgender Health. Toronto, Ontario, Canada
- Zeiger, K. D.** (June, 2021). *The Need for Constructing Trans-Specific Milestones for Trans Identity Development Research and Literature: Age of Realization, Coming Out, and Transition* [Research Poster]. AAMFT Queer and Trans Advocacy Network Conference.
- Zeiger, K. D.**, & Hartenstein, J. L. (May, 2021). *Trans and Gender Variant, Identity Development and Adverse Childhood Experiences* [Oral Presentation]. Missouri Department of Mental Health - Spring Training Institute. St. Louis, MO
- Zeiger, K. D.** & Hartenstein J. L. (April, 2020). *A Narrative Inquiry into Trans and Gender Variant Identities and Adverse Stress Experiences* [Oral Presentation]. University of Central Missouri - Graduate Scholars Symposium, Warrensburg, MO.
- Zeiger, K. D.**, Edwards, E., Sanon, S., & Huff, S. (April, 2019). *The Role of Resources and Security on Primary Caregiver Negative Parenting Behaviors* [Research Poster]. University of Central Missouri Graduate Scholars Symposium, Warrensburg, MO.

## GUEST LECTURES

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|---------------|--|
| February 2025 | <i>Psychopathology: Posttraumatic Stress Disorder</i> , Behavioral and Social Sciences Department, Western Colorado University, Gunnison, CO                             |
| November 2023 | <i>Competency and Working Towards Trans, Nonbinary, and Genderqueer Inclusive Practices</i> , Multiculturalism in Helping Professions, University of Iowa, Iowa City, IA |
| March 2023    | <i>What is Couple and Family Therapy?</i> , Introduction to Counseling Psychology, University of Iowa, Iowa City, IA   |
| November 2022 | <i>Cultural Competency With the Trans and Nonbinary Population</i> , Multiculturalism in Helping Professions, University of Iowa, Iowa City, IA                          |



April 2022                      *Cultural Competency With Transition Uncertainty and Ambivalence*, Internship in Rehabilitation Counseling, University of Iowa, Iowa City, IA

## SPEAKING ENGAGEMENTS

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July 2025                      Guest Interviewee, Intersectional Module, LGBTQIA+ Affirming Therapy Systemic Therapy Certificate, American Association for Marriage and Family Therapy

April 2025                      Panel Speaker, *LGBTQ Counseling, Advocacy, and Keeping Up with Policy*, Counselors for Social Justice, University of Iowa, Iowa City, IA

November 2024              Guest Speaker and Host, *Transgender Day of Remembrance Vigil*, Alliant International University, Alhambra, CA

October 2024                Panel Speaker, *Mental Health Considerations for Allies and Those Wondering About Coming Out*, National Coming Out Day Event, Counselors for Social Justice, University of Iowa, Iowa City, IA - *Originally Scheduled for October 2024, Postponed*

April 2024                      Speaker and Trainer, *Queer Competencies and Inclusive Mental Health Care Practices*, Staff Training, Prism Therapy Group, Hiawatha, IA

November 2023              Guest Speaker and Host, *Transgender Day of Remembrance Vigil*, Alliant International University, Alhambra, CA

June 2023                      Panel Speaker, *Meeting the Needs of Transgender and Gender Expansive Youth*, Justice Resource Institute, Needham, MA

November 2022              Guest Speaker and Co-Host, *Transgender Day of Remembrance Vigil*, Alliant International University, Alhambra, CA

June 2021                      Speaker, *#PrideMonth Research Series*, College of Education, University of Iowa, Iowa City, IA

- April 2021 Speaker and Host, *LGBTQ+ Resources*, University of Iowa LGBTQ Counseling Clinic - LGBTQ+ Outreach Group, Iowa City, IA.
- April 2021 Guest Speaker, Topics: *The Importance of Safe LGBTQ+ Virtual Spaces; LGBTQ+ Minority Stress, Adverse Stress, & Resilience; LGBTQ+ Identity Development & Milestones; Local & National LGBTQ+ Resources*, Mount Pleasant School District - Healthy You Day, Mount Pleasant, Iowa.
- December 2020 Future Leader, *Remarks*, Graduate Commencement Ceremony, University of Central Missouri, Warrensburg, MO
- October 2019 Panel Speaker, *Grad Student Panel*, Graduate Education & Research, University of Central Missouri, Warrensburg, MO

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## RESEARCH

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### STATISTICAL PACKAGES

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❖ R                      ❖ SAS                      ❖ SPSS                      ❖ STATA                      ❖ Mplus

### PROJECT and GRANT INVOLVEMENT

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Project Name: National Gender and Sexuality Minority Stress Lab  
Primary Investigators: Dumayi Gutierrez, Ph.D., LMFT, LMHP and Nat Roberts, MA  
Institute Association: Multi-site  
Role: Co-Investigator  
Date: 2024 — Present  
Grant Source: In Progress  
Award Amount: In Progress

Project Name: Measuring TAPE: A Study of Trans-Affirming Providers' Experiences  
Primary Investigator: Nat Roberts, MA  
Institute Association: Gender and Family Project, Ackerman Institute for the Family  
Role: Co-Investigator  
Date: 2023 — Present

Project Name: Loss of Safe Spaces: How Ethnically and Sexually Marginalized Communities Utilize Resiliency to Combat Minority Stressors and Adverse Mental Health Outcomes During COVID-19

Primary Investigator: Dumayi Gutierrez, Ph.D., LMFT, LMHP

Institute Association: Alliant International University

Role: Co-Investigator

Date: 2022 — Present

Grant Source: Early Career Research Grant - Alliant International University

Award Amount: \$8,500.00

Project Name: State Education, Economic & Victim Services Policies: Opportunities for Child Maltreatment Mitigation across the Prevention Continuum

Primary Investigator: Hannah Rochford, PhD

Institute Association: University of Iowa

Role: Co-Investigator

Date: 2021 — 2022

Grant Source: Pilot Grant Program - Injury Prevention Research Center

Award Amount: \$22,000.00

## RESEARCH and ANALYST POSITIONS

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|                        |  |
|------------------------|--|
| August 2020 — May 2024 | Research Assistant, Dr. Jacob B. Priest, College of Education / Carver College of Medicine, University of Iowa, Iowa City, IA  |
| August 2021 — May 2022 | Research Assistant, Dr. Hannah Rochford, College of Public Health, University of Iowa, Iowa City, IA   |
| Fall 2019              | Spreadsheet Developer, Dynamic MFT Hours Sheets, Central Missouri Clinic for Individual, Couple, and Family Therapy, University of Central Missouri, Warrensburg, MO |

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## SUPERVISING

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## TRAINING

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| September, 2024 | Documentation and Risk Management in Behavioral Health: Top Ethical Challenges, 6.25 clock hours, Dr. Frederic G. Reamer, PESI Inc. |
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| Spring 2023   | Supervision in Couple and Family Therapy, 3 graduate-level credit hours, Couple and Family Therapy Program, University of Iowa                                  |
| February 2023 | Culturally Responsive Clinical Supervision: Ethical and Trauma-Informed Multicultural Supervision Strategies, 6.25 clock hours, Dr. Sonja Sutherland, PESI Inc. |
| January 2023  | Approved Supervision Fundamentals Course, 30 clock hours, Dr. Toni Zimmerman, American Association for Marriage and Family Therapy (AAMFT)                      |

#### SUPERVISING, COORDINATING, and TRAINING POSITIONS

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|                          |   |
|--------------------------|---|
| June 2025 — Present      | Clinical Supervising Faculty, Denver Family Institute, Denver, CO   |
| September 2024 — Present | Director of Clinical Development and Outreach, Radiant Pathways Counseling and Wellness, Littleton, CO                  |
| August 2020 — May 2024   | Associate Clinic Director, LGBTQ Counseling Clinic, University of Iowa, Iowa City, IA                                   |
| January 2023 — May 2023  | Assistant Clinical Supervisor of Practicum in Marriage and Family Therapy III, Mount Mercy University, Cedar Rapids, IA |

#### AAMFT APPROVED SUPERVISOR MENTORS

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|                          |                              |
|--------------------------|------------------------------|
| December 2024 — Present  | Neal Sheeley, LMFT, LICSW    |
| May 2023 — December 2024 | Jacob B. Priest, PhD, LMFT   |
| January 2023 — May 2023  | Kayla Reed Fitzke, PhD, LMFT |

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### TEACHING

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## KEY EDUCATIONAL and DEVELOPMENTAL THEORIES

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| ❖ Piaget's Theory of Cognitive Development | ❖ Wittrock's Generative Learning Approach |
| ❖ Vygotsky's Sociocultural Theory          | ❖ Bruner's Constructivist Theory          |

## TEACHING EXPERIENCE

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|            |  |
|------------|--|
| CFT 7930   | Core Faculty Instructor (Fall 2025) - Advanced Statistics, Antioch University                                      |
| CFT 6480   | Core Faculty Instructor (Fall 2025) - Intro to Couples Therapy, Antioch University                                 |
| CFT 6301   | Core Faculty Instructor (Fall 2025) - Sexual Attitudes Reassessment, Antioch University                            |
| PSY 602100 | Adjunct Instructor (Fall 2025) - Advanced Statistics I, Alliant International University                           |
| PSQF 4106  | Primary Instructor (Spring 2024) - Child Development, University of Iowa   |
| MF 692     | Assistant Clinical Supervisor (Spring 2023) - Practicum in Marriage and Family Therapy III, Mount Mercy University |
| PSQF 4106  | Primary Instructor (Spring 2023) - Child Development, University of Iowa   |
| PSQF 4143  | Teaching Assistant (Fall 2021) - Introduction to Statistical Methods, University of Iowa                           |
| PSQF 4145  | Teaching Assistant (Summer 2021) - Marriage and Family Interaction, University of Iowa                             |
| CFD 4260   | Substitute Lecturer (Fall 2019) - Adulthood, University of Central Missouri  |
| CFD 3230   | Exam Proctor (May 2019) - Family Systems and Lifespan Development, University of Central Missouri                  |
| CFD 1010   | Substitute Lecturer (Spring 2019) - Individual and Family Relationships, University of Central Missouri            |

CFD 3260

Substitute Lecturer (Fall 2018 - Spring 2019) - Youth  
Development and Culture Studies, University of Central Missouri

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## CLINICAL

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### CORE THERAPY MODELS

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| ❖ Collaborative Therapy                                | ❖ Narrative Therapy                     |
| ❖ Eye Movement Desensitization and Reprocessing (EMDR) | ❖ Solution Focused Brief Therapy (SFBT) |
| ❖ Emotionally Focused Therapy (EFT)                    | ❖ Integrative Sex and Couples Therapy   |

### CLINICAL and COACHING EXPERIENCE

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|--------------------------|--|
| September 2024 — Present | Psychotherapist, Teletherapy, Radiant Pathways Counseling and Wellness, Littleton, CO  |
| Sept 2023 — August 2025  | Psychotherapist, In-person & Teletherapy, Prism Therapy Group, Hiawatha, IA  |
| August 2020 — May 2024   | Psychotherapist and Group Facilitator, Teletherapy and In-person, LGBTQ Counseling Clinic, University of Iowa, Iowa City, IA<br><br>Tele Groups: <ul style="list-style-type: none"><li>• LGBTQ+, Founder and Facilitator</li><li>• LGBTQ+ Parenting, Facilitator</li></ul>   |
| July 2019 — March 2020   | Marriage and Family Therapist Intern and Group Facilitator, In-Person, Survival Adult Abuse Center, Warrensburg, MO<br><br>Solution-focused, In-residence, Outpatient Groups: <ul style="list-style-type: none"><li>• Goal Group, Designer and Therapist</li><li>• House Group, Designer and Therapist</li><li>• Mindfulness Group, Designer and Therapist</li></ul> |

Community-Based, Outreach Groups:

- LGBTQ+, Founder and Facilitator
- Domestic and Sexual Violence, Co-Facilitator
- Parenting, Co-Facilitator

May 2019 — March 2020

Marriage and Family Student Therapist, In-Person, Central Missouri Clinic for Individual, Couple, and Family Therapy, University of Central Missouri, Warrensburg, MO

February 2008 — March 2012

Trainer and Coach, In-Person, Connecting for Children, joint initiative through Central Missouri Community Action and University of Missouri Extension, Columbia, MO

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**SERVICE**

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UNIVERSITY

August 2022 — April 2023

Member, Student Advisory Committee on Sexual Misconduct, University of Iowa, Iowa City, IA.

August 2022 — April 2023

Member, Campus Education Subcommittee, Student Advisory Committee on Sexual Misconduct, University of Iowa, Iowa City, IA.

COLLEGE

January 2022 — December 2022

Co-Chair, Graduate Student Executive Committee, College of Education, University of Iowa, Iowa City, IA.

February 2022 — December 2022

Co-Chair and Co-Founder, Diversity Equity & Inclusion Subcommittee, Graduate Student Executive Committee, College of Education, University of Iowa, Iowa City, IA.

PROGRAM

March 2021 — May 2024

Founder and Facilitator, LGBTQ+ Support Group, LGBTQ Counseling Clinic, Couple and Family Therapy Program, University of Iowa, Iowa City, IA

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| July 2021 — May 2023   | Facilitator, LGBTQ+ Parenting Support Group, LGBTQ Counseling Clinic, Couple and Family Therapy Program, University of Iowa, Iowa City, IA   |
| August 2018 — May 2020 | Co-President, Central Council for Human Development and Family Science, Graduate Student Organization, Human Development and Family Science Program, University of Central Missouri, Warrensburg, MO |
| August 2019 — May 2020 | Member, Recovery Central, Graduate Student Organization, Human Development and Family Science Program, University of Central Missouri, Warrensburg, MO   |
| August 2018 — May 2020 | Member, Central Council for Marriage and Family Therapy, Graduate Student Organization, Human Development and Family Science Program, University of Central Missouri, Warrensburg, MO                |

## FIELD

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|                           |   |
|---------------------------|---|
| 2023 — Present            | Peer Reviewer, Common Ground Research Networks  |
| July 2019 — March 2020    | Member, Sexual Assault Response Team, Survival Adult Abuse Center, Warrensburg, MO  |
| October 2019 — March 2020 | Founder and Co-facilitator, LGBTQ+ Outreach Group, Survival Adult Abuse Center, Warrensburg, MO   |
| July 2019 — March 2020    | Co-facilitator, Domestic and Sexual Violence Outreach Group, Survival Adult Abuse Center, Warrensburg, MO   |
| July 2019 — March 2020    | Co-facilitator, Parenting Outreach Group, Survival Adult Abuse Center, Warrensburg, MO  |
| September 2019            | Volunteer, Community Prayer Breakfast, Recovery Lighthouse, Warrensburg, MO   |
| June 2019                 | Volunteer, Family Fun Day, Recovery Lighthouse, Warrensburg, MO   |
| March 2019                | Volunteer, Addressing Suicide: Systems and The Self, MO/KAN 2019 Annual Conference, American Association of Marriage and Family Therapists, Kansas City, KS |



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## ADDITIONAL

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### ADDITIONAL EXPERIENCE

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| August 2018 — May 2019 | Communication Graduate Assistant, University of Central Missouri, Warrensburg, MO |
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### ORGANIZATION MEMBERSHIP

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|--------------------------|--|
| July 2024 — Present      | GLMA: Health Professionals Advancing LGBTQ+ Equality   |
| June 2019 — Present      | PACEs (Positive and Adverse Childhood Experiences) Connection  |
| September 2018 — Present | American Association of Marriage and Family Therapy<br>AAMFT Networks: MFTs Working in Trauma<br>Queer and Trans Advocacy<br>Family Team<br>MO/KAN (2018-2020) |
| September 2018 — Present | National Council on Family Relations   |
| August 2018 — May 2020   | Central Council for Human Development and Family Science, Graduate Student Organization, University of Central Missouri, Warrensburg, MO                       |
| August 2019 — May 2020   | Recovery Central - Graduate Student Organization, University of Central Missouri, Warrensburg, MO  |
| August 2018 — May 2020   | Central Council for Marriage and Family Therapy, Graduate Student Organization, University of Central Missouri, Warrensburg, MO                                |