

Kei Skeide, MS LMFT

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EDUCATION

Antioch University New England
PhD Couple and Family Therapy

Expected 05/2027

Capella University
MS Marriage and Family Therapy, with Distinction

09/2021

St. Olaf College
BA Asian Studies, Japan Studies, Linguistics

05/2012

LICENSES, CERTIFICATIONS & TRAINING

Certified Dialectical Behavioral Therapist
Group #557861

Since 12/2023

Licensed Marriage and Family Therapist
Wisconsin #4303

Since 10/2024

Licensed Marriage and Family Therapist
Minnesota #4303

Since 11/2023

Somatic Experiencing Practitioner
In Training

Since 03/2022

Certified Facilitator, Prepare-Enrich Premarital Counseling

Since 05/2017

Psychological First Aid

Since 12/2016

PROFESSIONAL MEMBERSHIPS

American Association of Sexuality Educators, Counselors and Therapists

Since 2024

World Professional Association for Transgender Health

Since 2024

The National Council on Family Relations

Since 2024

Asian Mental Health Collective

Since 2020

American Association for Marriage and Family Therapy

Since 2016

The Minnesota Association for Marriage and Family Therapy

Since 2016

MN LGBT+ Therapists Network

Since 2016

PROFESSIONAL APPOINTMENTS

Co-Author, AAMFT Gender Affirming Guidelines Since 04/2024

- Develop gender-affirming care guidelines for Marriage and Family Therapists, focusing on systemic, intersectional approaches for trans, nonbinary, gender-expansive (TNBGE) adolescents and their families.
- Collaborate with co-authors to create accessible, practical guidelines for clinicians and students, ensuring clarity through the use of inclusive and non-technical language for supporting TNBGE individuals and families throughout the lifespan.

Owner & Consultant, KWS Consulting and Wellness LLC Since 10/2021

- Develop and lead training programs for businesses seeking to integrate social justice practices with research backed tools to enhance connectivity among employees and communities.
- Consult with businesses on trauma-informed, accessibility, trans and queer affirmative practices, and leadership coaching to improve effectiveness in team development and maintenance.

Family Therapist & Patient Coordinator, Edges Wellness Center Since 10/2021

- Conduct individual, relational, family, and group therapy using a Strategic Narrative, Dialectical Behavioral, Experiential or Solution Focused paradigm with trauma, Somatic Experiencing, and Attachment-based interventions to treat queer, trans, people of color, and vulnerable populations.
- Develop and implement patient coordination protocol to increase accessibility to therapeutic services.

Clinical Practicum Intern, Edges Wellness Center 10/2020 – 09/2021

- Conducted individual, family, and group therapy within a Narrative, Experiential, Existential, or Narrative therapy paradigm to facilitate client functionality.
- Developed and implemented psychoeducation materials to utilize in a group setting with couples who identify as either queer or trans, as well as being in an interracial relationship.

Academic Advisor, Capella University 08/2019 – 09/2021

Program: Doctoral Psychology

- Coached and advised adult Ph.D. Psychology and Psy.D. students on topics related to academic and career planning, professional relationships, and interpersonal skills using the GROW model.
- Collaborated with career counselors, professors, and program administration to assess doctoral students' educational developmental needs.
- Created and facilitated professional development sessions for graduate advisors on coaching stance and professional well-being.

Program Associate, BestPrep 08/2018 – 08/2019

Programs: eMentors & Cloud Coach

- Collaborated with teachers and school administration to assess financial literacy and career developmental and educational needs of students within underserved schools and communities.
- Acquired and maintained philanthropic relationships with Fortune 500 companies interested in community enrichment and development.

Student Representative, Minnesota Association for Marriage and Family Therapy 01/2018 – 01/2019

Elected Position

- Developed and implemented the Student Mentorship program which addresses networking and community support needs for Master's and Ph.D. Marriage and Family Therapy students in the state of Minnesota.
- Represented and empowered Master's and Ph.D. Marriage and Family Therapy students through initiatives and policy changes within the organization to improve student participation.

Administrative Assistant, St. Olaf College TRIO programs 08/2008 – 05/2012
Programs: Upward Bound, Educational Talent Search

- Compiled and wrote newsletters and mailings pertaining to program developments and student achievements.
- Conducted graduate follow-up annually through data collection using mail and email correspondence.

PROFESSIONAL SERVICES ACTIVITIES

The International Journal of Sexual and Relationship Therapy

Role: Peer Reviewer - Subject Matter Expert

2024-Current

Assist with review of works seeking publication related to the intersections of sex, gender, relationships, technology, AI, ethics, and the practice of relational therapy.

Minnesota Association for Marriage and Family Therapy

Role: Committee Member, Social Justice & Accountability

2019-2022, 2024-Current

Role: Strategic Planning Task Force

2019

Secretary to the Board, The Southeast Asian Diaspora (SEAD) Project, MN

2016-2020

Working board position. Assisted with reviewing grant applications, fundraising, and program development based on the organization's mission and community needs.

Vice-Chair, The Minnesota LGBT Therapists Network

2016-2019

President, Asian American Student Organization

2011-2012

St. Olaf College, MN

Member, Hmong Culture Outreach

2008-2012

St. Olaf College, MN

Member, Cultural Union for Black Expression

2008-2012

St. Olaf College, MN

TEACHING & TRAINING EXPERIENCE

Trainer & Mentor, Edges Wellness Center

Since 10/2022

- Train and mentor practicum students, pre-licensed and licensed mental health clinicians on the use of systemic family therapy modalities, Dialectical Behavioral Therapy, Interpersonal Neurobiology, and other somatic-based interventions to treat queer, trans, people of color, and other vulnerable populations.
- Develop and provide training related to the development of non-clinical skill sets related to private practice.

Trainer & Consultant - National Alliance for Mental Illness – Minnesota

05/2022

- Trained the general public on ways to improve the effectiveness of trauma-informed, trans and queer affirmative practices within organizational settings.
- Educated the general public on health disparities affecting trans and queer communities.

Trainer & Healer - Ramsey County, Minnesota

03/2021-04/2021

- Trained the general public on ways to improve the effectiveness of trauma-informed practices to address the needs of Asian American staff within organizational settings.

- Facilitated community conversations with the Asian Descent Employee Resource Group to determine resources to address mental health concerns related to community-based violence targeting Asian Pacific Islander Americans.

Coaching Quality Assurance Lead - Doctoral Advising, Capella University 02/2020-09/2021

- Trained and coached doctoral academic advisors on ways to improve the effectiveness of advising skills pertaining to the dissertation process based on institution data related to student performance and the GROW coaching model.

PRESENTATIONS - PROFESSIONAL CONFERENCES

Twist, M., Iantaffi, A., Schoenike, C. & **Skeide, K.** (Scheduled for June 2025). *Human-Technology Relationships: Advanced SAR on Digisexuality, Digital Attachment, and Digital Health*. AASECT Annual Conference, Las Vegas, NV.

Skeide, K., (Scheduled for May 2025). *On the Necessity of Tech Pessimism: Philosophy in Systemic Therapy*. 47th Annual Virtual Annual Conference: Systemic Therapy, Research, and Education in the Age of Technology and AI, Online.

Skeide, K. & Williams, B. W.. (Scheduled for April 2025). *The Role of Advocacy in Therapy: Power, Ethics and the Law*. 4th Annual Antioch University Relational Therapy Division Virtual Research and Professional Conference, Online.

Craft, S. **Skeide, K.** & Xiong, L. (2023). *Experiences of MFTs of Color*. Annual conference of the Minnesota Association for Marriage and Family Therapy, Edina, MN.

Skeide, C.¹, Phaengdara-Potter C., & Her, L. (2020). *Are you ok?* A series of virtual gatherings with Pollen Midwest, Minneapolis, MN.

Skeide, C. & Phaengdara-Potter C. (2019). *Fermented Feelings: The Healing Power of Storytelling*. Asian Student Association at the University of Minnesota - Twin Cities, Minneapolis, MN.

Utržan, D.S., Curry, C.R., Horowitz, V.L., & **Skeide, C.** (2019). *Effects of parental incarceration on family and child wellbeing*. Annual conference of the American Association for Marriage and Family Therapy, Austin, TX.

Skeide, C. (2019). *At the Intersections of Self: An introduction to Intersectionality*. The Midwest Asian American Student Union Annual Conference at the University of Minnesota - Twin Cities, Minneapolis, MN.

Skeide, C. & Volini, L (2018). *Dialogue at the Intersections of (In)Justice*. Annual conference of the Minnesota Association for Marriage and Family Therapy, Edina, MN.

Skeide, C. (2018). *Implementing Intersectionality*. Thursday Sessions of the Minnesota LGBTQ+ Therapists' Network.

Mielke, A. & **Skeide, C.** (2017). *Identifying and Addressing Destructive Masculine Ideology in Couple's Therapy*. Sex and Relationships Conference of the Minnesota Association for Marriage and Family Therapy, Duluth, MN.

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Skeide, C. (2016). *Transient Identity Anxiety Theory*. Annual conference of the Minnesota Association for Family Therapy, Brooklyn Park, MN.

RESEARCH EXPERIENCE

Volunteer Research Assistant, University of Minnesota, Twin Cities 2018-2019
 Department of Family Social Science
 Advisor: Damir Utrzan, Ph.D. LMFT
 Assisted with transcribing and coding interviews of individuals impacted by the incarceration of a parental figure.

Undergraduate Researcher, St. Olaf College 2011
 Department of Asian Studies and Japanese
 Advisor: Tomoko Hoogenboom, Ph.D.
 Studied the use of repetition by bilingual Japanese-English speakers to indicate cultural identity.
 Funded through the McNair Scholars Program.

HONORS AND AWARDS

Chi Sigma Iota 2019

The President's List, Capella University 2019-2021

FELLOWSHIPS & SCHOLARSHIPS

AUNE President's Doctoral Fellow 2024

Pfund Scholar 2024
 Role: Somatic Experiencing Practitioner in Training

Somatic Experiencing International 2022
 Role: Somatic Experiencing Practitioner in Training

American Association for Marriage & Family Therapy 2017-2018
 Role: Graduate Fellow

Ronald E. McNair Scholars Program 2009-2012
 Role: Undergraduate Fellow

Christenson Music Scholar 2008-2012
 Role: Undergraduate

STUDY ABROAD

Japanese and International Relations 08/2010-02/2011
 Nagasaki School of Foreign Language

SKILLS

Microsoft Word, Access, Excel, PowerPoint, Google Suite
Adobe Photoshop, Adobe Final Cut Pro
Instagram, X, Facebook
Wordpress, Squarespace, Canva
Conversational Japanese