

VITA

Robert J. Allan, PhD, LMFT, LPC
Associate Professor
University of Colorado Denver
School of Education & Human Development

EDUCATION

<u>Date</u>	<u>Degree</u>	<u>Institution</u>	<u>Subject</u>
2010-2014	PhD	Dalhousie University	Interdisciplinary <i>Thesis: Phenomenological exploration of couple/family therapists' experience with learning an evidence-based practice.</i>

2002-2005	M.Ed.	Acadia University	Counselling
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1980-1985	B.A.	Queen's University	Psychology
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Dates**Registrations and Certifications**

2018	Level 2 Accelerated Experiential Dynamic Psychotherapy Therapist
2018	Certified Emotionally Focused Therapy Trainer (International Center for Excellence in Emotionally Focused Therapy – ICEEFT)
2016	National Certified Counselor (National Board for Certified Counselors)
2016	Certified Prepare/Enrich Facilitator
2016	Licensed Professional Counselor - #13268 (Colorado)
2016	Level I and II EMDR
2015	Licensed Marriage and Family Therapist - #1225 (Colorado)
2014	Approved Supervisor (American Association of MFT)
2013	Canadian Certified Counsellor – Supervisor (CCPA)
	Certified Emotionally Focused Therapy Supervisor (ICEEFT)
2011	Clinical Fellow (American Association of Marriage and Family Therapy)
	Certified Emotionally Focused Therapist (ICEEFT)
2007-2015	Registered Counselling Therapist (Nova Scotia College of Counselling Therapists)

2005 Canadian Certified Counsellor (Canadian Counselling and
Psychotherapy Association)

PROFESSIONAL EXPERIENCE

<u>Dates</u>	<u>Position</u>
2021-ongoing	Associate Professor MA Couple and Family Therapy School of Education and Human Development University of Colorado
2021-ongoing	Director Colorado Center for Emotionally Focused Therapy
2021-ongoing	Clinical Therapist and Owner Lumen Consulting and Counseling Services, Denver, CO
2021-2022	Clinical Supervisor Queer Asterisk, Colorado
2021	Sex Therapist Denver Mental Health Collective, Denver, CO
2017-ongoing	Clinical Therapist and Owner Allan Counseling and Consulting, Denver, CO
2016-2018	Clinical Therapist Colorado Counseling Center, Denver, CO
2015-2016	Pro Bono Therapist Inner City Health Center, Denver, CO
2015-2020	Pro Bono Therapist Mental Health of America, Denver, CO
2014-2021	Assistant Professor MA Counselling School of Education and Human Development University of Colorado
2013-2014	Part-time Professor Behavioural Sciences Yorkville University, Canada
2012	Part-time Professor School of Health and Human Performance Dalhousie University, Halifax, Nova Scotia

2011-2013	Research Coordinator – Clinical Applications Resilience Research Centre, School of Social Work, Dalhousie University, Halifax, Nova Scotia
2009-2011 (clinical practicum)	Couple and Family Therapist Nova Scotia Rehabilitation Centre, Halifax, Nova Scotia
2009, 2013, 2014	Part-time Professor Department of Education Acadia University, Wolfville, Nova Scotia
2008-2014	Part-time Professor Department of Psychology Saint Mary's University, , Halifax, Nova Scotia
2008-2014	Clinical Therapist and Owner Allan Psychotherapy, Halifax, Nova Scotia
2008-2012	Rehabilitation Counsellor Nova Scotia Rehabilitation Centre, Halifax, Nova Scotia
2006-2008	Clinical Therapist Family Services Association, Halifax, Nova Scotia
2005-2006 (P/T) 2004-2005 (clinical practicum)	Career Counsellor Dalhousie University Counselling Services
1995-2006	Executive Director AIDS Coalition of Nova Scotia, Halifax, Nova Scotia
1989-1995	Coordinator Nova Scotia Persons with AIDS Coalition, Halifax, Nova Scotia
1987-1989	Support Coordinator Kingston AIDS Project, Kingston, Ontario
1986-1987	Senior Counsellor Transitional Living Centre for Head Injured Adults, Kingston, Ontario
1985-1985	Employment Counsellor City of Kingston, Kingston, Ontario

CONSULTING CONTRACTS

2012	Family Therapy Training The Guysborough Antigonish Strait Health Authority, Adolescent Mental Health and Addiction Services
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- 2006 MBTI and Strong Interest Inventory Training
The Atlantic Centre of Research, Access and Support
for Students with Disabilities at Saint Mary's University
- 2004 – 2005 Strategic Planning Consultant
AIDS Coalition of Nova Scotia, Halifax, Nova Scotia
- 2001 – 2002 Research/Project Coordinator
"HIV/AIDS Prevention Strategies for Sex Trade Workers"
Stepping Stone, Halifax, Nova Scotia.
- 2000 – 2001 Research Project Consultant
HIV/AIDS Partnership Initiative between MSVU and Jamaica AIDS Support
Mount Saint Vincent University
- 1997 – 1999 Research Assistant
University of New Brunswick
Grace Getty (Principal Investigator)
- 1995 Coordinator/Facilitator
3 day Atlantic HIV/AIDS Care and Support Meeting
AIDS New Brunswick
- 1992 Start-Up Consultant
Allen Vincent Smith Foundation, Hamilton, Bermuda

PEER REVIEWED PUBLICATIONS, EXHIBITIONS, PERFORMANCES, ETC.

- 2023 Edwards, C., Wittenborn, A. K., & **Allan, R.** (Under review). Developing guidelines on EFT for same-sex/gender relationships: Recommendations from a Delphi study.

Klem, P., Donovan, C., **Allan, R.**, Scull, M., & Gentile, T. (Under review). A Rasch analysis of the psychological well-being measure.

Edwards, C., **Allan, R.**, Marzo, N., Wynfield, T., & Hicks, R. (In press) The case for using Emotionally Focused Therapy with polyamorous relationships.

Edwards, C., **Allan, R.**, Estrada, D., & Wittenborn, A. K. "“Big Brother was watching me:” A preliminary exploration of discomfort and emotional vulnerability when participating in a reflecting team. *The American Journal of Family Therapy*, 51(4), 460-475.

<https://doi.org/10.1080/01926187.2021.2011472>

Allan, R., Edwards, C., & Lee, N. L. Cultural adaptations of Emotionally Focused Therapy. *Journal of Couple & Relationship Therapy*, 22(1), 43-63.

<http://dx.doi.org/10.1080/15332691.2022.2052391>

- 2022 Schafer, L., Edwards, C. P., **Allan, R.**, Johnson, S. M., Wiebe, S. A., Chyurliad, L., & Tasca, G. Development of the Emotionally Focused Individual Therapy Adherence Measure (EFIT-AM): Conceptualisation and preliminary reliability. *Counselling and Psychotherapy Research*, 22(4), 958-969. <https://doi.org/10.1002/capr.12508>

- Tapia-Fuselier Jr., J. T., Ray, D. C., **Allan, R.**, & Reyes, A. G. Emotionally focused therapists' experiences serving interabled couples in couple therapy: An interpretative phenomenological analysis. *Journal of Marital and Family Therapy*, 48(4), 1206-1225. <https://doi.org/10.1111/jmft.12594>
- Kailanko, S., Wiebe, S. A., Tasca, G. A., Laitila, A. A., & **Allan, R.** Somatic experience of emotion in Emotionally Focused Couple Therapy: Experienced trainer therapists' views and experiences. *Journal of Marital and Family Therapy*, 48(3), 677-692. <https://doi.org/10.1111/jmft.12543>
- 2021 **Allan, R.**, Wiebe, S. A., Johnson, S. M., Piaseckyj, O., & Campbell, T. L. Practicing Emotionally Focused Therapy online: Calling all relationships. *Journal of Marital and Family Therapy*, 47(2), 424-439. <https://doi.org/10.1111/jmft.12507>
- Edwards, M. A. C., & **Allan, R.** "I think it just helped me see": Incorporating attachment into reflecting teams. *International Journal of Systemic Therapy*, 32(1), 74-92. <https://doi.org/10.1080/08975353.2020.1818499>
- 2019 Ceniza, M., & **Allan, R.** Conceptual and application considerations of Emotionally Focused Therapy with white heterosexual working-class rural males. *Family Journal*, 29(2), 200-207. <https://doi.org/10.1177/1066480720966525>
- Allan, R.**, Klarenbeek-McKenna, M., & Day, D. "Somebody watching you": Impact of reflecting teams on hope in couple relationships. *Australian and New Zealand Journal of Family Therapy*, 40, 383-399. doi: 10.1177/106648071985
- Almond, K. & **Allan, R.** Incorporating MDMA as an adjunct in Emotionally Focused Couples Therapy with clients impacted by trauma or PTSD. *Family Journal*, 27(3), 293-299. doi: 10.1177/106648071985
- Allan, R.** Teaching and learning evidence-based practices: Promoting dialogue for counsellors and psychotherapists. *Counselling and Psychotherapy Research*, 18, 206-213. <https://doi.org/10.1002/capr.12223>
- 2018 Linhof, A., Y., & **Allan, R.** A narrative expansion of Emotionally Focused Therapy with intercultural couples. *Family Journal*, 27(1), 44-49. doi: 10.1177/1066480718809426
- Allan, R.** Michael Ungar. In J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of couple and family therapy*. Springer. doi:10.1007/978-3-319-15877-8_1127-1
- 2017 **Allan, R.**, Ungar, M. & Eatough, V. "Now I know the terrain": Phenomenological exploration of CFTs learning an evidence-based practice. *Contemporary Family Therapy*, 40(2), 164-175. doi: 10.1007/s10591-017-9448-4
- Allan, R.** A full primer in Emotionally Focused therapy [Review of Emotionally Focused Therapy Step by Step (4-video series)]. *PsycCRITIQUES*, 62(44). doi: 10.1037/a0041111

- Allan, R.,** McLuckie, A., & Hoffecker, L. (2017). Protocol: Effects of clinical supervision of mental health professionals on supervisee knowledge, skills, attitudes and behaviour, and client outcomes: protocol for a systematic review. *Campbell Systematic Reviews*, *13*, 1-44. doi:10.1002/CL2.179
- Allan, R.,** & Westhaver, A. Attachment theory and gay male relationships: A scoping review. *Journal of GLBT Family Studies*, *14*(4), 295-316. doi:10.1080/1550428X.2017.1347076
- Allan, R.,** Estrada, D., Poulsen, S. S., & Nwosu, L. Sexual orientation in counsellor supervision. *Canadian Journal of Counselling and Psychotherapy*, *51*(3), 230-245. <https://cjc-rcc.ucalgary.ca/article/view/61157>
- Allan, R.,** & Johnson, S. M. Conceptual and application issues: Emotionally Focused Therapy with gay male couples. *Journal of Couple & Relationship Therapy*, *16*(4), 286-305. doi: 10.1080/15332691.2016.1238800
- 2016 **Allan, R.** & Eatough, V. The use of Interpretive Phenomenological Analysis in couple and family therapy research. *The Family Journal*, *4*(4), 406-414. doi: 10.1177/1066480716662652
- Allan, R.** The use of Emotionally Focused Therapy with separated or divorced couples. *Canadian Journal of Counselling and Psychotherapy*, *50*(3S), S62-S79. <https://cjc-rcc.ucalgary.ca/article/view/61069>
- Allan, R.,** Ungar, M., & Eatough, V. "So I feel like I'm getting it and then sometimes I think OK, no I'm not": Couple and family therapists learning an evidence-based practice. *Australian and New Zealand Journal of Family Therapy*, *37*, 56-74. doi: 10.1002/anzf.1134
- Allan, R.,** Eatough, V., & Ungar, M. "I had no idea this shame piece was in me": Couple and family therapists' experience with learning an evidence-based practice. *Cogent Psychology* *3*(1), 1-16. doi: 10.1080/23311908.2015.1129120
- 2015 **Allan, R.,** McLuckie, A., & Hoffecker, L. *Title for a systematic review: Clinical supervision of psychotherapists: A systematic review*. Campbell Collaboration. Retrieved from <http://www.campbellcollaboration.org/lib/project/365/>
- 2014 **Allan, R.,** Eatough, V., & Ungar, M. "Oh this is what it feels like": A role for the body in learning an evidence-based practice. *Humanities*, *4*(4), 861-884. doi:10.3390/h4040861
- Allan, R.** & Ungar, M. Developing a measure of fidelity for an ecological approach to family therapy. *Journal of Family Psychotherapy*, *25*(1), 193-208. doi: 10.1080/08975353.2014.939931
- 2013 McLuckie, A., **Allan, R.,** & Ungar, M. Couple and family therapy within the current Pan-Canadian context. *Contemporary Family Therapy*, *35*(2), 329-341. doi: 10.1007/s10591-013-9264-4
- 2012 **Allan, R.** & Ungar, M. Couple and family therapy with five physical rehabilitation populations: A scoping review. *Australian Journal of Rehabilitation Counselling*, *18*(2), 107-134. doi: 10.1017/jrc.2012.13

PEER REVIEWED BOOKS & BOOK CHAPTERS

- 2023 Edwards, C., **Allan, R.**, & Wittenborn, A. (In press). Queer contextualized Emotionally Focused Therapy. *Queer contextualized family therapy*.
- Wittenborn, A. K., Edwards, C., & Allan, R. (in press). Emotionally focused couple therapy. In C. Franklin & C. Jordan (Eds.), *Social work treatment: Interlocking theoretical approaches* (7th ed.). Oxford University Press.
- 2022 Johnson, S.M., Wiebe, S. & **Allan, R.** (2021) Emotionally focused couple therapy. In Jay L. Lebow & Douglas K. Snyder (Eds.), *Clinical handbook of couple therapy* (6th ed.). Guilford Press.
- 2021 **Allan, R.** (2021). We cannot change what we cannot name for ourselves: Integrating attachment theory into couple therapy with gay men. In Murphy, M. and Harvey, R. (Eds.), *Handbook of LGBT-affirmative couple and family therapy* (2nd ed.). Routledge. <https://doi.org/10.4324/9780429274626-7>
- 2018 Poulsen, S. & **Allan, R.** (Eds.). *Cross-cultural responsiveness and systemic therapy: Personal and clinical narratives*. Springer International Publishing. <https://doi.org/10.1007/978-3-319-71395-3>
- Poulsen, S. & **Allan, R.** The future of MFT and the clinical implications of cross-cultural responsiveness and a social justice lens for the field. In S. Poulsen and R. Allan *Cross-cultural responsiveness and systemic therapy: Personal and clinical narratives*. Springer International Publishing. https://doi.org/10.1007/978-3-319-71395-3_10
- Allan, R.** Evidence based systemic treatments & cultural responsiveness. In S. Poulsen and R. Allan *Cross-cultural responsiveness and systemic therapy: Personal and clinical narratives*. Springer International Publishing. https://doi.org/10.1007/978-3-319-71395-3_3
- Poulsen, S. & **Allan, R.** Introduction. In S. Poulsen and R. Allan *Cross-cultural responsiveness and systemic therapy: Personal and clinical narratives*. Springer International Publishing . doi: 10.1007/978-3-319-71395-3
- 2017 **Allan, R.** & Poulsen, S. (Eds.). *Creating cultural safety in couple and family therapy: Supervision and training*. AFTA Springer Briefs in Family Therapy. doi: 10.1007/978-3-319-64617-6
- Allan, R.** Culture in clinical supervision: Research and evidence. In R. Allan & S. Poulsen (Eds.), *Creating cultural safety in couple and family therapy: Supervision and training* (pp. 1-10). AFTA Springer Briefs in Family Therapy. https://doi.org/10.1007/978-3-319-64617-6_1
- Allan, R.** & Poulsen, S. Preface: Cultural work in clinical supervision. In R. Allan & S. Poulsen (Eds.), *Creating cultural safety in couple and family therapy: Supervision and training* (pp. vii-xi). AFTA Springer Briefs in Family Therapy. doi: 10.1007/978-3-319-64617-6

- 2014 **Allan, R.**, Ungar, M. Resilience building interventions with children, adolescents, and their families. In S. Prince-Embury & D. H. Saklofske (Eds.), *Resilience Interventions for Youth in Diverse Populations* (pp. 447-462). Springer.
https://doi.org/10.1007/978-1-4939-0542-3_20

GRANTS FUNDED*External*

- 2019 International Centre for Excellence in Emotionally Focused Therapy Research Award (Co-investigator, Stephanie Wiebe, PI), *Emotionally Focused Individual Therapy Three City Trial*. Value: \$70 000.00. 2019-2021
- 2014 CCPA Conference Travel Grant, Canadian Counselling and Psychotherapy Association. REC: \$500.00
- 2000-2002 *Learning about HIV/AIDS in the meshwork: The nature and value of indigenous learning processes in community-based HIV/AIDS organisations*. Co-PI: Robert Allan. Canadian Institutes for Health Research. REC: \$150,000.00, funded.

Internal

- 2020 *Center for Faculty Development YUMP Grant*, Adherence measure development, Emotionally Focused Individual Therapy. Value: \$500.00, 2020
- 2019 *University of Colorado Denver Annual Award for Excellence in Research/Creative Activities, School of Education and Human Development winner*, Value: \$500.00
- Office of Research Services Grant*, Effects of clinical supervision of mental health professionals on supervisee knowledge, skills, attitudes and behaviour, and client outcomes, University of Colorado Denver, Value: \$6 993.00
- SEHD Faculty Development Grant, School of Education and Human Development*, University of Colorado Denver, Value: \$1 000.00
- 2018 *Center for Faculty Development YUMP Grant, Systematic review of supervision Research*. Value: \$500.00
- SEHD Faculty Development Grant, School of Education and Human Development*, University of Colorado Denver, Value: \$1 000.00
- President's Diversity Fund for Development and Support, An Assessment of the Stressors Facing LGBTQIA Students, Faculty, and Staff on the Auraria, Boulder, and Anschutz Medical Campus*. Value: \$600.00
- Center for Faculty Development YUMP Grant, Systematic review of supervision Research*. Value: \$500.00
- SEHD Faculty Development Grant, School of Education and Human Development*, University of Colorado Denver, Value: \$1 000.00

- 2016 Faculty Development Grant (co-PI with Shruti Singh-Poulsen) Attachment in Context: *Cultural Responsiveness in Supervision and Training of Attachment-based Therapy Models*. Center for Faculty Development, University of Colorado Denver, Value: \$5 000.00
- SEHD Faculty Development Grant, School of Education and Human Development, University of Colorado Denver, Value: \$1 000.00*
- Office of Diversity and Inclusion (co-PI with Maren Scull, Sarah Horton, Troyann Gentile) *The Impact of Proximal and Distal Stressors for LGBTQIA Students, Faculty, and Staff on CU Denver Campus*. Center for Faculty Development, University of Colorado Denver, Value: \$1 000.00
- Faculty Development Grant (co-PI with Maren Scull, Sarah Horton, Troyann Gentile) *The Impact of Proximal and Distal Stressors for LGBTQIA Students, Faculty, and Staff on CU Denver Campus*. Center for Faculty Development, University of Colorado Denver, Value: \$2 000.00
- 2015 Office of Research Services Grant (co-PI with Scott Schaeffle) *Exploring mental health clinician's interests as consumers of research*. University of Colorado Denver, Value: \$2 975.00
- Office of Research Services Grant, *Systematic review of clinical supervision*. University of Colorado Denver, Value: \$3 000.00
- SEHD Faculty Development Grant, School of Education and Human Development, University of Colorado Denver, Value: \$1 000.00*
- 2014 *YUMPS Research Award*, Center of Faculty Development, University of Colorado Denver, Value: \$495.00

GRANTS NOT FUNDED*External*

- 2021 Social Sciences and Humanities Research Council Insight Development Grants (Collaborator, Stephanie Wiebe, PI), *Attachment, emotion and interpersonal processes in the context of a therapeutic relationship*. Value: \$70 000.00 (under review)
- 2020 Social Sciences and Humanities Research Council Insight Development Grants (Collaborator, Stephanie Wiebe, PI), *The process and follow-up of attachment-based individual psychotherapy: Attachment, emotion, and interpersonal processes over time*. Value: \$25 000.00
- 2017 Family Process Institute, Systematic review of supervision research, Value: \$2878.50
- Association for Counselor Education and Supervision, *Systematic review of supervision research*, Value: \$2 878.50.

- 2016 Association for Counselor Education and Supervision, *Cultural adaptations of Emotionally Focused Therapy*. Value: \$1 800.00
- 2016 Family Process Institute, *Reflecting Teams and Hope in Couple Relationships*. Value: \$4 972.50

EDITORIAL BOARD

- 2020-ongoing *Canadian Journal of Counselling and Psychotherapy*
- 2018-ongoing *ICEEFT Newsletter*
- 2017-2020 *Journal of Counseling & Development*
- 2016-2018 *Journal of LGBT Issues in Counseling*

JOURNAL REVIEWER

- 2020-2021 *Journal of Homosexuality*
- 2019-ongoing *Sexual and Relationship Therapy*
- 2019-2019 *Psychology of Violence*
- 2018-ongoing *Journal of Couple and Relationship Therapy*
- 2018-2020 *Sexuality Research and Social Policy*
- 2017-ongoing *Journal of GLBT Family Studies*
- 2017-ongoing *Journal of Family Psychotherapy*
- 2015-ongoing *Canadian Journal of Counselling and Psychotherapy*
- 2011 *Leisure Studies*, Journal of the Leisure Studies Association
- 2011 *Acta Horticulturae*, Journal of the International Society for Horticultural Science.

OTHER INDICATORS OF SCHOLARLY AND CREATIVE ACTIVITY

WORKBOOKS

- 2019 **Allan, R.** plus 13 authors. (2019). *Emotionally Focused Individual Therapy Exercises Manual*. International Center for Excellence in Emotionally Focused Therapy.

NEWSLETTERS/POSTS

- 2022 **Allan, R.**, Stevens, S. A., & Baylon, L. *Exploring A.R.E. in Community*. International Center for Excellence in Emotionally Focused Therapy Summer Newsletter.

- 2021 **Allan, R.** *Ask an expert.* Marriage and family therapist master's degree: A complete guide. <https://mastersinsocialworkonline.org/degrees/masters-in-marriage-and-family-therapy/#expert=robert-allan>
- Goldstein, R., Nee, J., Taylor, S., **Allan, R.**, DeWitt, T., et al. *In honor of Pride month, some reflections and suggestions on LGBTQIP2SAA+ inclusivity in EFT communities.* International Center for Excellence in Emotionally Focused Therapy International listserv.
- 2018 **Allan, R., & Semmler, P.** *Harnessing the power of culture as a part of emotionally focused couple work: Part 2 of 2.* International Center for Excellence in Emotionally Focused Therapy Summer Newsletter.
- Allan, R.** *Attachment, emotions, and survival: A role for Emotionally Focused Therapy.* [Electronic mailing list message from Monday Morning Message]. University of Colorado Denver, Denver, CO.
- Allan, R., & Semmler, P.** (2018). *Harnessing the power of culture as a part of emotionally focused couple work: Part 1 of 2.* International Center for Excellence in Emotionally Focused Therapy Summer Newsletter.

BLOGS

- 2014 **Allan, R.** (2014). *Experiences of shame and couples therapy.* <http://quafeblog.wordpress.com/2014/06/14/experiences-of-shame-and-couples-therapy/>

PODCASTS

- 2021 *Let's Talk: Improving relationships through Emotionally Focused Therapy*, by Jaime D'Eredita
- 2018 *The Couch Podcast - Where marriage counselors have conversations about relationships*, by Naomi Rather and Deborah Curtis

TECHNICAL REPORTS AND OTHER PUBLICATIONS

- 2019 **Allan, R., & Zeidlhack, D.** Research supported psychological treatments: Emotionally Focused Therapy. Retrieved from <https://www.div12.org/treatment/emotionally-focused-couples-therapy/>
- 2018 Wiebe, S., Zeidlhack, D., **Allan, R.**, & Lee, N. *Evidence for the effectiveness of EFT: Application for the consideration of EFT as an effective treatment according to APA division 12.* A prospectus submitted to the Society for Clinical Psychology. (30 pages)
- 2011 **Allan, R.** *Evaluation of a couple & family therapy clinical practicum.* Capital District Health Authority, Halifax, Nova Scotia. (17 pages)
- 2006 Westhaver, R. & **Allan, R.** *The Nova Scotia Sex Now Project: An invitation.* AIDS Coalition of Nova Scotia, Halifax, Nova Scotia. (33 pages)

- 2004 Plumb, D., **Allan, R.**, Allen, J., & Porter, C. *Learning about HIV/AIDS in the meshwork: The nature and value of indigenous learning processes in community-based HIV/AIDS organisations*. Mount Saint Vincent University, Halifax, Nova Scotia. (188 pages)
- 2001 **Allan, R.** *Commercial sex workers and health issues*. Stepping Stone, Halifax, Nova Scotia. (23 pages)
- 2000 Plumb, D. & **Allan, R.** *Peer education: Jamaica AIDS Support and AIDS Coalition of Nova Scotia*. Mount Saint Vincent University, Halifax, Nova Scotia. (101 Pages)
- 1999 Getty, G., **Allan, R.**, Arnold, K., Ploem, C., & Stevenson, J. *The Atlantic community based study of the determinants of sexual risk behavior for men who have sex with men*. Final Report, NHRDP: Ottawa. (110 pages)
- 1990 MacDonald, G. & **Allan, R.** *Holding our own: Needs assessment of person living with HIV/AIDS in Nova Scotia*. Nova Scotia Persons with AIDS Coalition, Halifax, Nova Scotia. (45 pages)

PEER REVIEWED PRESENTATIONS AT MEETINGS/CONFERENCE

- 2023, Provo, Utah Edwards, C., Wittenborn, A., & Allan, R. (2023). *Delphi review for EFT with LGBTQ+ relationships*. 2023 Intervention Research in Systemic Family Therapy Conference: "Expanding our Reach: Engaging Underrepresented Groups in Systemic Research".
- 2023, New Orleans, LA Hayes, L., **Allan, R.**, Sprott, R., & Gangamma, R. *The story of polyamory: A narrative inquiry of a polycule*. 2023 Annual Conference - The Society for the Scientific Study of Sexuality.
- 2023, online **Allan, R.** *Expert review and recommendations for Emotionally Focused Therapy with LGBTQ+ relationships*. 2023 Society for Sexual, Affectional, Intersex, and Gender Expansive Identities Virtual Conference: Transforming Global LGBTGEQIAP+ Mental Health
- 2023, Dublin, Ireland Wiebe, S., Johnson, S. M., **Allan, R.**, Campbell, L., Greenman, P., Fairweather, D., & Tasca, G. *Does early therapeutic alliance predict symptom change in Emotionally Focused Individual Therapy?*. 54th International Annual Meeting of the Society for Psychotherapy Research.
- 2023, online Klem, P., **Allan, R.**, & Donovan, C. *A Rasch Analysis of the Psychological Well being Measure*. American Educational Research Association 2023 Annual Meeting, Online.
- 2023, Malaga, Spain **Allan, R.**, Wittenborn, A., & Edwards, C. *Delphi Review for EFT with LGBTQ+ Relationships*. 2023 World Family Therapy Congress.
- 2022, online **Allan, R.**, Wittenborn, A., & Edwards, C. (2022). *EFT with L or G or B or T or Q or + Relationships*. Systemic Family Therapy Conference 2022.

- 2022, Vancouver, BC Hayes, L., **Allan, R.**, Sprott, R., & Gangamma, R. *“How do you do Poly?”: A narrative inquiry of polycule*. 2022 Annual Conference - The Society for the Scientific Study of Sexuality.
- 2022, Denver, CO Kailanko, S., Wiebe, S., Tasca, G., **Allan, R.**, Laitila, A. *Research on trainer couple therapists’ views and experiences on working with somatic experience of emotion in-session*. 53rd International Annual Meeting of the Society for Psychotherapy Research.
- 2022, Denver, CO Wiebe, S., Johnson, S. M., **Allan, R.**, Campbell, L., Greenman, P., Fairweather, D., & Tasca, G. *Does attachment change relate to outcome in Emotionally Focused Individual Therapy?*. 53rd International Annual Meeting of the Society for Psychotherapy Research.
- 2022, Denver, CO Kailanko, S., Wiebe, S., Tasca, G., **Allan, R.**, Laitila, A. *Therapists’ views and experiences on own somatic experience of emotion in therapy session*. 53rd International Annual Meeting of the Society for Psychotherapy Research.
- 2022, online Edwards, C., & **Allan, R.**, *What is there and what is missing: A scoping review of attachment-related research for lesbian women*. Queer and Trans Advocacy Network – AAMFT 2022 Conference.
- 2022, San Juan, Puerto Rico Edwards, C., & **Allan, R.** *Emotional vulnerability, minoritized identities, and reflecting teams*. 2022 World Family Therapy Congress
- 2022, San Juan, Puerto Rico **Allan, R.**, & Edwards, C. *Lesbian, bi, queer women and attachment theory*. 2022 World Family Therapy Congress.
- 2021, online **Allan, R.**, Edwards, C., Schafer, L., & Wiebe, S. A. *Community collaboration and measures of adherence*. Annual Conference: Intervention Research in Systemic Family Therapy. AAMFT Intervention Research in Systemic Family Therapy Interest Network.
- 2021, online Edwards, C., & **Allan, R.** *“It just made me see”: Attachment, hope, and reflecting teams*. Annual Conference: Intervention Research in Systemic Family Therapy. AAMFT Intervention Research in Systemic Family Therapy Interest Network.
- 2021, online Edwards, C., **Allan, R.**, & Schafer, L. (2021). *The development of the Emotionally Focused Individual Therapy Adherence Measure*. Canadian Counselling and Psychotherapy Association 2021 Virtual Conference.
- 2021, online **Allan, R.**, & Edwards, C. (2021). *Reflecting teams, hope, and couple relationships*. International Family Therapy Association.
- 2020, online Natan, A., Harrington, L., **Allan, R.**, & Jonassen, A. G. *Queerbodied intimacy/sexuality and relating to self and others*. 2020 Embodiment Conference. Come Home To Your Body. Online

- 2020, online Scull, M, Gentile, T., & **Allan, R.** *Confirming LGBTQ+ minority stress theory with structural equation modeling.* Global Sex Research Virtual Conference.
- 2020, Orlando, FL Edwards, C, & **Allan, R.** *Attachment strategies impact on the systemic experience of hope.* 2020 American Association of Marriage and Family Therapy Annual Conference. (Cancelled presentation due to COVID-19 pandemic).
- 2020, online **Allan, R.**, Schafer, L., & Edwards, C. *Development of the Emotionally Focused Individual Therapy Adherence Measure (EFIT-AM).* Rocky Mountain Association for Counselor Education and Supervision Conference.
- 2019, Austin, TX **Allan, R.**, Lee, N., & Edwards, C. *Do therapists make adaptations for culture in Emotionally Focused Therapy?.* 2019 American Association of Marriage and Family Therapy Annual Conference, Austin, Texas.
- 2019, New Orleans, LA **Allan, R.** & Scull, M. *Are the kids alright? Mental health of college LGBTQ+ students, faculty, and staff.* American Counseling Association 2019 Conference & Expo.
- 2018, San Diego, CA Greiving, J., **Allan, R.**, & Atencio, A. (2018). *Family-friendly practices in graduate school programs: A scoping review.* Families and Cultural Intersections in a Global Context: Innovations in Research, Practice, and Policies.
- 2018, Park City, Utah **Allan, R.**, & Edwards, C. (2018). *Do counselors make adaptations for culture in Emotionally Focused Therapy?* Rocky Mountain Association for Counselor Education and Supervision Conference.
- 2018, Park City, Utah **Allan, R.**, & Klarenbeek-McKenna, M. (2018). *Reflecting teams and hope in couple Relationships.* Rocky Mountain Association for Counselor Education and Supervision Conference.
- 2018, Atlanta, Georgia **Allan, R.**, & Edwards, C. *How counselors make cultural adaptations in Emotionally Focused Therapy.* American Counseling Association 2018 Conference & Expo.
- 2017, San Diego, California **Allan R.**, & Seiff-Haron, J. M. *The process of cross-cultural connection in EFT: What do EFT therapists report they do and what can you do.* EFT Summit 2017: New Directions in Science and Psychotherapy.
- 2017, Atlanta, Georgia **Allan, R.**, & Poulsen, S., Flores, Q. Edwards, C. *Cultural adaptations in Emotionally Focused Therapy for couples.* American Association of Marriage and Family Therapy Annual Conference.
- 2017, Denver, CO Edwards, C., Torres Flores, Q., **Allan, R.**, & Poulsen, S. (2017). *Dancing with diversity: On adapting Emotionally Focused Couples Therapy to different cultures.* Poster presented at Colorado Mental Health Prof Conference.

- 2017, Malaga, Spain **Allan, R.**, & Klarenbeek-McKenna, M. *Reflecting teams and couples' hope*. 25th World Family Therapy Congress and the 30th Anniversary of IFTA.
- 2017, Malaga, Spain Poulsen, S., & **Allan, R.** *Attachment in context: Cultural responsiveness and training of attached-based therapy models*. 25th World Family Therapy Congress and the 30th Anniversary of IFTA.
- 2016, Indianapolis, Indiana **Allan, R.**, & Klarenbeek-McKenna, M. *The Impact of a reflecting team on hope in couple relationships*. American Association of Marriage and Family Therapy Annual Conference.
- 2016, Montreal, Quebec **Allan, R.**, Gentile, T., & Cannon, E. *Proven strategies for triadic supervision*. American Counseling Association-Canadian Counselling and Psychotherapy Association Conference.
- 2015, Philadelphia, Pennsylvania **Allan, R.**, & Poulsen, S. *Multicultural competencies in couple and family therapy supervision*. Association for Counselor Education and Supervision Conference.
- 2015, Vancouver, Washington Poulsen, S., **Allan, R.**, & Estrada, D. *Experiences & perceptions of supervisees & supervisors: Diverse perspectives on diversity conversations*. American Family Therapy Academy 2015 Conference, Vancouver, Washington.
- 2015, Denver, Colorado **Allan, R.**, Poulsen, S., & Estrada, D. *"Tapping into this feeling of shame": Working with the experience shame in supervision*. Colorado Counseling Association Annual Conference, Denver, Colorado.
- 2014, Vancouver, British Columbia MacLeod, S. Y., Pye-Strowbridge, S., Hunt, M., Eid, M., Hogg, L., Smith, S. M., & **Allan, R.** *Finding the key to succeed: Evaluating predictors of undergraduate student well-being*. Poster presented at the 75th Annual Convention of the Canadian Psychological Association, Vancouver, British Columbia.
- 2014, Moncton, New Brunswick **Allan, R.** *"So I feel like I'm getting it and then sometimes I think OK, no I'm not": Experiences of counsellors learning a couple or family therapy approach*. **Keynote**, Canadian Counselling and Psychotherapy 2014 Research Conference.
- 2014, Victoria, British Columbia **Allan, R.**, & Westhaver, R. *Couples counselling with gay men: Attachment and shame in context*. 2014 Canadian Counselling and Psychotherapy Conference.
- 2014, Victoria, British Columbia **Allan, R.** *Couple and family counsellors learning and using an evidence-based practice*. International Association for Counselling 2014 Conference.
- 2014, Moncton, New Brunswick **Allan, R.** *Couple and family counsellors experience of shame while learning*. Canadian Counselling and Psychotherapy 2014 Research Conference.
- 2013, Halifax, Nova Scotia **Allan, R.** *"I had no idea that this shame piece was in me": Experiences of couple and family therapists learning an evidence-based practice*. 19th Qualitative Health Research Conference.

- 2013, Chicago, IL **Allan, R.**, Westhaver, R., & McGill, E. *Hold Me Tight or Held Tightly: Exploring the experiences of shame for gay men in relationships*. American Family Therapy Academy Conference.
- 2013, Halifax Nova Scotia **Allan, R.** *Social Ecological Approach- Fidelity Measure*. Canadian Counselling and Psychotherapy Association 2013 Annual Conference.
- 2012, San Francisco, CA **Allan, R.** *The ABC's and some Q's about Evidence Based Practices in Couple and Family Therapy*. American Family Therapy Academy Conference.
- 2011, Halifax, Nova Scotia **Allan, R.** *Research challenges and findings for couple and family therapy with physical medical rehabilitation populations*. Crossing Boundaries: Moving Among, Between, and Around Disciplines.
- 2011, Sydney, Australia **Allan, R.** *Couple and family therapy with physical medical rehabilitation patients*. Australian Society for Rehabilitation Counsellors National Conference.
- 2011, Philadelphia, PA **Allan, R.** *Evaluation of a clinical practicum at the Nova Scotia Rehabilitation Centre*, Collaborative Family Health Care Association 13th Annual Conference, Philadelphia, Pennsylvania.
- 2011, Baltimore, MD **Allan R.** *Evaluation of couple and family therapy at a physical medical rehabilitation centre*. American Family Therapy Academy Annual General Meeting.
- 2011, Halifax, Nova Scotia **Allan, R.** *Couple and family therapy with physical medical rehabilitation populations*. Crossroads: 9th Annual Interdisciplinary Student Health Research Conference, Dalhousie University.
- 2010, Halifax, Nova Scotia **Allan, R.** *Substantive and methodological review of couple and family therapy with physical rehabilitation patients*. IWK Interdisciplinary Research Conference: Changes, challenges & future directions of health research.
- 2010, Halifax, Nova Scotia **Allan, R.** *Couple and family therapy considerations with physical rehabilitation populations*. Rehabilitation Research Day.
- 2010, Halifax, Nova Scotia **Allan, R.** *The role of couple and family therapy with physical rehabilitation patients*. Atlantic Canada Stroke Conference.
- 2003, Halifax, Nova Scotia Plumb, D., **Allan, R.**, Allen, J., & Porter, C. *Learning about HIV/AIDS in the meshwork: The nature and value of indigenous learning processes in community-based HIV/AIDS organisations*. 12th Annual Canadian Conference on HIV/AIDS Research.
- 2003, Halifax, Nova Scotia Plumb, D., **Allan, R.**, Allen, J., & Porter, C. *Connecting with diverse communities: Learning about HIV/AIDS in the meshwork*. 12th Annual Canadian Conference on HIV/AIDS Research.

1999, Toronto, Ontario **Allan, R.** & Perreault, Y. *Project Sustain-One organisation's experience.*
Canadian HIV/AIDS Skills Building Conference.

NON-PEER REVIEWED PRESENTATIONS AT MEETINGS/CONFERENCES

INVITED PRESENTATIONS AT MEETINGS/CONFERENCES

- 2022, online, Colorado *LGBTQ+ Centered Attachment History*, Colorado LGBTQ+ EFT Group.
- 2016, Denver, Colorado *An Assessment of the Stressors Facing LGBTQIA Students, Faculty, and Staff at CU Denver*, Center for Faculty Development Teaching Enhancement Grants Lunch & Learn
- 2016, Denver, Colorado *Culture and Emotionally Focused Therapy*, Denver EFT Community.
- 2015, Denver, Colorado *"So I feel like I'm getting it and then sometimes I think OK, no I'm not": Experiences of therapists learning a couple or family therapy approach.*
Denver Community for Emotionally Focused Therapists, Denver, Colorado.
- 2013, London, England *Exploring the experiences of couple and family therapists learning and using an evidence-based practice.* London Interpretive Phenomenological Analysis group, Tavistock Clinic, London, England.
- 2013, Halifax, Nova Scotia *Phenomenological research with couple and family therapists.* Scholars, School of Nursing, Dalhousie University.

SEMINARS/WORKSHOPS PRESENTED

- 2021, Online/Atlantic Canada *Emotionally Focused Individual Therapy Level 2 Workshop*, November 7/8 and 14/15.
- Online/Boulder, CO *EFIT Challenges: An exploration of the model*, October 28
- 2022 London, England *LGBTQ+ Centered EFT Externship*, June 27-30
- 2022 Online/Colorado Springs, CO *EFT LGBTQ+: So Many Identities, So Many Connections to Make*, Colorado Spring EFT Consultation Group, February 8
- 2023-ongoing *LGBTQ+ Centered EFT Core Skills (9 days) that I have co-led:*
Online. 2023-2024
- 2022-ongoing *LGBTQ+ Centered Externships (4 days) in Emotionally Focused Therapy that I have co-led:*
London, England, June 26-29, 2022
Online, June 13/14 & 20/21 2023
Online, Sept. 8, 15, 22, 29, Oct. 6, 2023
- 2019-ongoing *Externships (4 days) in Emotionally Focused Therapy that I have led:*
Colorado Springs, Colorado, February 20-23, 2019
Halifax, Nova Scotia, May 22-25, 2019
Boulder, CO, November 6-9, 2019

Colorado Springs, CO, February 26-29, 2020
 Atlantic Canada/Online, November 13-14 & 27-28, 2020
 New Mexico/Online, March 18-21, 2020
 Fort Collins, CO/Online, Feb 5-6 & 19-20, 2021
 Queer Asterisk, CO/Online, Oct 18-19, 25-26 & Nov 2, 2021
 Atlantic Canada/Online, January 21-22 & February 4-5, 2022
 Colorado Springs, CO, February 23-26, 2022
 Boulder, CO, September 14-17, 2022
 ICEEFT Courses/Online, April 26-29, 2023
 Denver, CO, May 10-13, 2023

2019-ongoing	<p><i>Core Skills (9 days) in Emotionally Focused Therapy that I have led:</i> Denver, CO, 2018-2019 Halifax Nova Scotia, 2019-2020 Lone Tree, CO, 2020 Boulder, CO, 2020 Colorado Springs, CO, 2020 Boulder, CO, 2021 Atlantic Canada/online, 2021 Fort Collins, CO, 2021 Atlantic Canada/online, 2022 Boulder, CO, 2022-2023 Colorado Springs, CO, 2022-2023 Denver, CO, 2023-2024 Denver, CO/Online, 2023-2024</p>
2021 Online/Colorado	<i>EFT LGBTQ+: What "parts" get accessed in stage 2?</i> , Colorado LGBTQ+ EFT Group, September 22
2021, Online/Colorado Springs, CO	<i>Emotionally Focused Individual Therapy Level 2 Workshop</i> , September 16-18
2021 Online/Nashville, TN	<i>EFT LGBTQ+: So Many Identities, So Many Connections to Make</i> , Red Therapy Group, August 20
2021, Online/Colorado Springs, CO.	<i>Emotionally Focused Individual Therapy Level 1 Workshop</i> , February 26/27
2021, Iran EFT Community, online	<i>Introduction to Emotionally Focused Individual Therapy</i>
2020, Arizona, online	<i>Introduction to Emotionally Focused Individual Therapy</i>
2019 Fort Collins, CO	<i>Introduction to Emotionally Focused Couple Therapy</i> , October 18.
2018, Colorado Springs, Colorado	<i>Introduction to Emotionally Focused Couple Therapy</i> , June 16.

- 2018, Webinar *EFT Therapists Across Cultures and Around the World: The Cultural Adaptation of EFT*. International Center for Excellence in Emotionally Focused Therapy, July 10.
- 2018, Denver, Colorado *Working with Shame in Emotionally Focused Therapy*, Denver Community for Emotionally Focused Therapists, Denver Community for Emotionally Focused Therapists, February 9
- 2018, Glenwood Springs, Colorado *Introduction to Emotionally Focused Couple Therapy*, January 19.
- 2018, Webinar *Cultural Adaptations and Emotionally Focused Therapy*, Ontario Association for Marriage and Family Therapy, January 26.
- 2017, Denver, Colorado *Highlights from the EFT Summit*, Denver Community for Emotionally Focused Therapists, November 10.
- 2017, Denver, Colorado *Emotionally Focused Therapy & Culture, Gender, Ethnicity, and Sexual Orientation*, Denver Community for Emotionally Focused Therapists, April 29.
- 2016, Halifax, Nova Scotia *Advanced Externship in Emotionally Focused Therapy*, March 28-29.
- 2015, Denver, Colorado *Triadic Supervision*, CU Counseling Center.
- 2014, Halifax, Nova Scotia *Structural Family Therapy*, Level II Family Therapy Training: IWK Family Therapy Team, Halifax, Nova Scotia, February 21.
- 2012-2018, various locations *Core Skills in Emotionally Focused Therapy* where I assisted Gail Palmer:
Bournemouth, England, Core Skills 1-2, 2012
Leeds, England, Core Skills 3-4, 2014
Halifax, Nova Scotia, Core Skills 1-4, 2014
- 2012-2018, various locations *Externships in Emotionally Focused Therapy* where I assisted Gail Palmer:
London, England, March 13-16, 2018
Oxford University, England. March 27-30, 2017
Halifax, Nova Scotia. January 5-8, 2017
Milton Keynes, England, September 29-October 2, 2016
Oxford University, Oxford England, April 4-7, 2016
Glasgow, Scotland, January 25-28, 2014
Milton Keynes, England. November 28-December 1, 2013
Halifax, Nova Scotia. September 20-23, 2013
Liverpool, England. October 13-16, 2012
- 2013, Kitchener, Ontario *Social Ecological Approach- Day 1 follow-up training*, kidsLINK, Kitchener, Ontario, May 27 (with Dr. Michael Ungar).

- 2013, Antigonish, Nova Scotia *Social Ecological Approach- Day 3 follow-up training*, Guysborough Antigonish Strait Health Authority, Antigonish, Nova Scotia. April 5 (with Dr. Michael Ungar).
- 2013, Kitchener, Ontario *Integrating theory into practice: Counseling children and families with complex needs, a Social Ecological Approach to nurturing resilience across cultures and contexts*, Kitchener, Ontario, February 27-28 (with Dr. Michael Ungar).
- 2012, Halifax, Nova Scotia *Social Ecological Approach- Day 2 follow-up training*, Halifax, Nova Scotia. December 4 (with Dr. Michael Ungar).
- 2012, Antigonish, Nova Scotia *Social Ecological Approach- Day 2 follow-up training*, Guysborough Antigonish Strait Health Authority, Antigonish, Nova Scotia. October 9 (with Dr. Michael Ungar).
- 2012, Halifax, Nova Scotia *Social Ecological Approach and family therapy*, Halifax, Nova Scotia. September 18 (with Dr. Michael Ungar).
- 2012, Antigonish, Nova Scotia *Social Ecological Approach and family therapy*, Guysborough Antigonish Strait Health Authority, Antigonish, Nova Scotia. June 27, 2012 (with Dr. Michael Ungar).
- 2012, Antigonish, Nova Scotia *Integrating theory into practice: Counseling children and families with complex needs: A Social Ecological Approach (S.E.A.) to nurturing resilience across cultures and contexts*, Guysborough Antigonish Strait Health Authority, Antigonish, Nova Scotia. April 18-19 (with Dr. Michael Ungar).
- 2012, Antigonish, Nova Scotia *Family therapy*. Guysborough Antigonish Strait Health Authority, Antigonish, Nova Scotia. March 8-9.
- 2009, Halifax, Nova Scotia *Role of vocational counselling in addiction services*. Addiction Prevention and Treatment Services, Halifax, Nova Scotia. May 22.
- 2009, Halifax, Nova Scotia *Developing vocational counselling services in an addictions setting*. Addiction Prevention and Treatment Services, Halifax, Nova Scotia. July 24.
- 2006, Halifax, Nova Scotia *Career counselling assessments*. The Atlantic Centre of Research, Access and Support for Students with Disabilities at Saint Mary's University, June.

COMMUNITY AND PUBLIC PRESENTATIONS

2021, Denver, CO/Online	<i>EFT LGBTQ+: What “parts” get accessed in stage 2?</i> , Colorado LGBTQ+ EFT Group (September 22)
2021, Canada/Online	<i>EFT LGBTQ+: So Many Identities, So Many Connections to Make</i> , EFT Canada Talks Series (May 25, 2021)
2018, Denver, Colorado	<i>Cultural adaptations of EFT</i> . Boulder Center for Emotionally Focused Therapy (July 27)
2018, Aurora, CO	<i>Issues for migrants and therapists in couple therapy</i> , Refugee Mental Health Consortium, Asian Pacific Development Center, Aurora, CO (August 16)
2018, Boulder, CO	<i>Cultural adaptations of EFT</i> . Boulder Center for Emotionally Focused Therapy (July 27)
2014, Denver, Colorado	<i>Systems approach to counselling</i> . Co-presenter with Dr. Shruti Poulsen, CU Denver Counseling Center (December 1)
2011, Halifax, Nova Scotia	<i>Overview of the role of vocational counselling</i> . Nova Scotia Rehabilitation Centre Halifax, Nova Scotia (October 14).
2011, Halifax, Nova Scotia	<i>From rehab to community</i> . Nova Scotia Rehabilitation Centre Halifax, Nova Scotia (October 21).
2011, Halifax, Nova Scotia	<i>Impact of an acquired brain injury on spousal/partner relationships</i> . Acquired Brain Injury Program, Nova Scotia Rehabilitation Centre (September 12).
2011, Halifax, Nova Scotia	<i>Impact of brain injury on couple and family relationships</i> . Acquired Brain Injury Program, Nova Scotia Rehabilitation Centre (April 20).
1990, Halifax, Nova Scotia	<i>Mental health and HIV/AIDS</i> . National Advisory Committee.
1990, Halifax, Nova Scotia	<i>History of and need for coordinated needle exchange programs in Halifax</i> . National Advisory Committee- Injection Drug Use Sub-Committee.
1987 – 2004, various locations	<i>AIDS 101, HIV/AIDS related issues</i> . Numerous presentations each year to community groups, schools, hospitals, service organisations.

PROFESSIONAL ORGANIZATIONS

- American Association for Marriage and Family Therapy (AAMFT)
- American Association of Sexuality Educators, Counselors and Therapists (AASECT)
- American Counseling Association
 - International Association of Marriage and Family Counselors
- American Psychological Association
 - Society for the Advancement of Psychotherapy (Division 29)
 - Society for Family Psychology (Division 43)
 - Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender Issues (Division 44)

- Canadian Counselling and Psychotherapy Association (CCPA)
- International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)
- International Family Therapy Association (IFTA)

COURSES TAUGHT

<u>Course and Number</u>	<u>Level</u>	<u>Department</u>	<u>Institution</u>
CMFT 5151 Contemporary Family Therapy Theories	Masters	Couple and Family Therapy	University of Colorado-Denver
Foundational Family Therapy Theories, CMFT 5150	Masters	Couple and Family Therapy	University of Colorado-Denver
Therapy with Couples/Relationships, CMFT 5180	Masters	Couple and Family Therapy	University of Colorado-Denver
Issues in Family Studies, COUN 7170	PhD	Human Development and Family Relations	University of Colorado-Denver
Advanced Assessment & Treatment in Family Systems, COUN 6160	Masters	Counseling	University of Colorado-Denver
Counseling Couples, COUN 5180	Masters	Counseling	University of Colorado-Denver
Counselling Families, EDUC 5233	Masters	Counselling	Acadia University
Family Therapy Theories, COUN 5150	Masters	Counseling	University of Colorado-Denver
Internship in Counseling, COUN 5930	Masters	Counseling	University of Colorado-Denver
Issues in Family Studies, COUN 5170	Masters	Counseling	University of Colorado-Denver
Master's Thesis, COUN 6950	Masters	Counseling	University of Colorado-Denver
Mental Health Promotion, HPRO 3325	Undergraduate	Health Promotions	Dalhousie University
Practicum, PSYC 7106	Masters	Counselling Psychology	Yorkville University
Practicum in Counseling COUN 5910	Masters	Counseling	University of Colorado-Denver

Special Topics: Family Psychology, PSYC 4830	Undergraduate	Psychology	Saint Mary's University
Techniques in Family Therapy, COUN 5160	Masters	Counseling	University of Colorado- Denver
Vocational Psychology, PSYC 4424	Undergraduate	Psychology	Saint Mary's University
Work and Life Planning Counselling, EDUC 5543	Masters	Counselling	Acadia University

MASTERS THESIS SUPERVISED

Hayes, L. *"How do you do Poly?": A narrative inquiry of polyamorous individuals*. Master of Arts (Counseling), University of Colorado Denver, 2020-2023.

Edwards, Caitlin: *Impact of reflecting teams on hope in couple relationships*. Master of Arts (Counseling), University of Colorado Denver, 2015-2018.

Keelan, Markie: *Gay men - Adoptive fathers: A phenomenological study*. Master of Arts (Counseling), University of Colorado Denver, 2015-2017.

BACHELORS THESIS SUPERVISED

MacLeod, Samantha: *Finding the key to succeed: Attachment as a moderator of psychological well-being and adjustment in university*. Bachelor of Science (Psychology), Saint Mary's University, 2012/2013.

Whynot, Christopher: *An investigation of the stress levels of industrial workers: The influence of co-worker trust on workplace stress in an industrial setting*. Bachelor of Science (Psychology), Saint Mary's University, 2009/2010.

PHD THESIS COMMITTEES

Agundez, Juan Carlos: PhD, Human Development and Family Studies, Michigan State University, 2021-ongoing.

Edwards, Caitlin: *Recommendations for the use of Emotionally Focused Therapy with same-sex/same-gender relationships*. PhD, Human Development and Family Studies, Michigan State University, 2020-ongoing.

Keller, Matthew: *Combining EFT and Sex Therapy*. Ph.D., Clinical Sexology, Modern Sex Therapy Institutes, 2022.

Tapia-Fuselier, Jose: *How do EFT Therapists make sense of their lived experience with working with interabled couples in couple therapy?*. PhD, Department of Counseling and Higher Education University of North Texas, 2019-2021.

MASTERS THESIS COMMITTEES

Sanford, Virginia: *The role of the wilderness in the wilderness therapy process: An Interpretative Phenomenological Analysis*. Master of Arts (Counseling), University of Colorado Denver, 2015-2017.

SERVICE

- 2020-ongoing *Co-founder and Co-lead* of Colorado LGBTQ+ Emotionally Focused Therapy group.
- 2020 *Co-facilitate* Boulder Community for EFT Town Hall on the experience of racism and development of the community to be more inclusive, June 29.
- Lead and moderate* Colorado Springs EFT community discussion of the experience of and how racism impacts our therapy work, June 6.
- Coordinate* workshops for Colorado EFT communities on The Black Experience and Emotionally Focused Therapy, July 17, 19, 22 2020.
- Coordinate* workshops for Colorado EFT communities on The Latinx Experience and Emotionally Focused Therapy, October 5, 9, 10 2020.
- Coordinate and Lead*, 12-week EFT Summer Book Club online, Denver, CO.
- EFT Consultation*, half day consults in Colorado Springs to assist a developing EFT community, January 4.
- EFT Consultation*, half day consults in Colorado Springs to assist a developing EFT community, May 4, July 20, October 26.
- 2019 *Clinical Helper*. Externship in Emotionally Focused Therapy, Toronto, ON, May 29-June 1.
- Trainer-in-training helper*. *Emotionally Focused Therapy Core Skills training*, Aug 10-11, Dec 8-9, 2017, Feb 3-4, 2018, Denver, CO
- 2017 *Trainer-in-training helper*. *Emotionally Focused Therapy Core Skills training*, Oct 27-28, 2017, Greensboro, NC.
- Coordinator*. EFT Supervisors workshop with Alison Lee, Denver. CO.
- Session Chair*. 25th World Family Therapy Congress and the 30th Anniversary of IFTA, Malaga, Spain.
- Clinical Helper*. Emotionally Focused Therapy Core Skills training, Feb 24-25, April 14-15, June 2-3, 2017.
- Volunteer EFT Therapist*. Hold Me Tight Workshop. San Francisco, CA, Dr. Sam Jinich and Dr. Michelle Gannon.

- 2016 *Clinical Helper*. Externship in Emotionally Focused Therapy, Denver, CO, May 4-7.
Conference Coordinator, American Family Therapy Academy 2016 Conference.
Scientific Committee, International Association for Counselling 2014 Conference.
- 2013 *National Program Selection Committee*, Canadian Counselling and Psychotherapy Association 2014 Annual Conference.
Coordinator, Externship in Emotionally Focused Therapy, Halifax, Nova Scotia.
- 2012 *Abstract Reviewer*, American Association of Marriage and Family Therapy Annual Conference.
National Program Selection Committee, Canadian Counselling and Psychotherapy Association 2013 Annual Conference.
- 2011 *Reviewer*, Abstract Selection Committee, 2011 Interdisciplinary Conference: Crossing Boundaries: Moving Among, Between, and Around Disciplines, Dalhousie University.
Moderator, Interdisciplinary PhD Research Roundtable. Dalhousie University, Halifax, Nova Scotia.
Abstract Selection Committee, Crossing Boundaries: Moving Among, Between, and Around Disciplines, Halifax, Nova Scotia.
Moderator, Crossing Boundaries: Moving Among, Between, and Around Disciplines, Halifax, Nova Scotia.
- 2010 – 2011 *Conference Planning Committee*, Crossing Boundaries: Moving Among, Between, and Around Disciplines, Halifax, Nova Scotia.
- 2010 *Moderator*, Interdisciplinary PhD Research Roundtable. Dalhousie University, Halifax, Nova Scotia.
- 2005 *Steering Committee*, 2nd National Canadian Rainbow Health Conference, Halifax, Nova Scotia.
- 2004 *Steering Committee*, “Improving Access to Care”, national conference for health professionals, administrators, health policy analysts and health activists to explore ways to partner to better address the range of health issues endemic to GLBT communities.
- 2001 *Steering Committee*, A Health Odyssey: National GLBT Health Conference.
- 1990 - 1993 *Co-Chairperson*, Two Atlantic Sexuality Conferences, Mount Saint Vincent University.

- 2022-2025 *Merit Review Committee*, School of Education and Human Development, University of Colorado - Denver.
- 2022 *Search and Interview Committee – Couple and Family Therapy Program Lead*. School of Education and Human Development, University of Colorado - Denver.
- 2021-2022 *Search and Interview Committee – Clinical Teaching Track (Two positions)*. School of Education and Human Development, University of Colorado - Denver.
- 2020-2021 *Search and Interview Committee - MFT Postdoc*. School of Education and Human Development, University of Colorado - Denver.
- 2018 – 2019 *Climate Survey Working Group*. University of Colorado- Denver.
- 2018 - 2019 *External Reviewer*. Invited by Strauss Health Sciences Library, University of Colorado Anschutz Medical Campus to review a faculty member as external reviewer for promotion.
- 2018 - 2021 *Leadership & Finance Team*. School of Education and Human Development, University of Colorado - Denver.
- 2017 - 2018 *Member*. Exit Survey Committee, School of Education Human Development, University of Colorado- Denver.
- 2017 - 2018 *Chair*. Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) Accreditation Committee, School of Education and Human Development, University of Colorado- Denver.
- 2017 - 2018 *Counseling Program Lead for Couple & Family Counseling Track*. School of Education and Human Development, University of Colorado- Denver.
- 2016 - 2020 *Faculty Mentor*. LGBT+ Counseling Student Group.
- 2016 - 2019 *Supervision Mentoring*. Pro bono supervision of two university counselling center clinicians working towards AAMFT Approved Supervisor designation.
- 2015- ongoing *COAMFTE Accreditation Committee*. Member of working group to develop graduate program to be approved by the Commission on Accreditation for Marriage and Family Therapy Education.
- 2015 - 2018 *Student Committee*. School of Education and Human Development, University of Colorado Denver.
- 2014 *Hiring Committee*, for a part-time professor, University of Colorado Denver.
- 2014- ongoing *Member*, Denver Downtown campus Faculty Assembly GLBTI Committee, University of Colorado.

- 2012 *Co-Chair*, Interdisciplinary research series with Dr. Julie Klein, Dalhousie University.
- 2011 – 2013 *Co-Chair*, Interdisciplinary PhD Society, Dalhousie University.
- 2011 *Panel Member*, PhD Student Appeal Hearing, Faculty of Graduate Studies, Dalhousie University.
- 2010 – 2011 *Treasurer*, Interdisciplinary PhD Society, Dalhousie University.
- 2010 – 2013 *Executive Committee*, Interdisciplinary PhD Society, Dalhousie University.

PROFESSIONAL

- 2022 *Steering Committee*, ICEEFT Trainers Working Group for Online Core Trainings.
- 2020-ongoing *Steering Committee*, EFT Canada Talks: Canadian Diversity Speaker Series.
- 2019-2020 *External Reviewer* (2019-2020). Social Sciences and Humanities Research Council, Ottawa, Canada.
- 2018-2020 *Co-Chair*, International Center for Excellence in EFT Diversity Working Group.
- 2018-ongoing *Emotionally Focused Individual Therapy Exercise Working Group*, International Center for Excellence in EFT.
- 2017-2021 *Steering Committee*. Denver Community for Emotionally Focused Therapists.
- 2016-2018 *President-Elect*. Colorado Association of Marriage and Family Therapy.
- 2015-2016 *Chairperson*. Canadian Counselling and Psychotherapy Association Master's Thesis Award.
- 2015-2018 *Legislative Committee*, Colorado Association of Marriage and Family Therapy.
- 2015-2017 *Professional Training and Programs Committee*, American Family Therapy Academy.
- 2014 – 2017 *Awards Selection Committee*, Canadian Counselling and Psychotherapy Association.
- 2014-2015 *Co-organizer* of Denver American Family Therapy Academy local events:
 - o *Doug Sprenkle, January, 2015*
 - o *Sue Johnson Webinar, March 2015*
- 2013 – 2014 *Representative for the Nova Scotia College of Counselling Therapists*, Nova Scotia Health Regulatory Network.
- 2012 – 2014 *Complaints Committee*, Nova Scotia College of Counselling Therapists.
- 2012 – 2016 *Membership Committee*, American Family Therapy Academy.
- 2011 - 2014 *Research Committee*, American Family Therapy Academy.

- 2011 – 2013 *Student Committee*, American Family Therapy Academy.
- 2010 - 2011 *Board Member*, Nova Scotia Rainbow Action Project.
- 2009 – 2011 *Regional Planning Committee*, Canadian Paraplegic Association.
- Chairperson*, Employment Committee, Nova Scotia Association of Counselling Therapists.
- Consultant*, Amputee Coalition of Canada.
- 2008 – 2012 *Musculo-Skeletal Program Committee*, Nova Scotia Rehabilitation Centre, Capital District Health Authority.
- Neurological/ Spinal Cord Injury Program Committee*, Nova Scotia Rehabilitation Centre, Capital District Health Authority.
- 2008 – 2011 *Healthy Workplace Committee*, Capital District Health Authority.
- 2008 – 2009 *Chairperson*, Regulations Development Committee, Nova Scotia Association of Counselling Therapists.
- 2007 – 2009 *Chairperson*, Ethics Committee, Nova Scotia Association of Counselling Therapists.
Board Member, Nova Scotia Association of Counselling Therapists.
- 2002 *Member*, Pan-Canadian HIV/AIDS Strategy Development, Montreal, QC.
- 2000 *Member*, Pan-Canadian HIV/AIDS Strategy Development, Gray Rocks, QC.
- 2000 – 2005 *Steering Committee*, Advisory Team for national social marketing campaign targeting HIV prevention.
- 1998 – 2002 *Steering Committee*, Project Sustain, national care for caregiver demonstration project for community-based HIV/AIDS organisations.

OTHER PROFESSIONAL ACTIVITIES

INVITED GUEST LECTURES

- 2019 *Introduction to Emotionally Focused Therapy*, University of Colorado, Colorado Springs, April 22, 2019.
- 2019 *Introduction to Emotionally Focused Therapy*, University of Colorado, Colorado Springs, April 15, 2019.
- 2018 *Cultural Adaptations of EFT*, Denver Family Institute, February 20, 2018.
- 2015 *Benefits, Challenges and Social Justice Considerations of Evidence-Based Couple Therapy*. CPCE 5180: Couples Counseling, University of Colorado- Denver, March 4.
- 2014 *Counseling LGBT*. CPCE 5810: Multicultural & Diversity Issues in Counseling Individuals and Families, University of Colorado- Denver, November 13.

- 2013 *Phenomenological approaches to social work research*. SLWK 7001: Social Work Practice Research, Dalhousie University, February 19.
- 2013 *Interpretive phenomenological analysis*. NURS 5100: Qualitative Research Methods, Dalhousie University, January 24.
- 2012 *Introduction to the Certificate in University Teaching and Learning*. Teaching Assistant Professional Development Days, Dalhousie University, September 11.
- 2012 *A role for continuing education and training for counselling therapists in Nova Scotia*, Family Counselling; Child and Adolescent Counselling, Acadia University, Wolfville, Nova Scotia, July 19.
- 2011 *Incorporating student assessments in course development*, CNLT 5000: Learning and Teaching in Higher Education, March.
- 2010 *"Unspeakable": Trauma, Heidegger, and Stolorow*. PHIL 5450: Philosophy of Emotions, December 1.
- 2010 *Narrative Inquiry*. INTE 7120: Qualitative Research, Dalhousie University, March 10.
- 1996 *Social work and HIV/AIDS*. Maritime School of Social Work, March 13.
- 1995 *Social work and HIV/AIDS*. Maritime School of Social Work, March 22.
- 1993 *Social work and HIV/AIDS*. Maritime School of Social Work, March 17.

CLINICAL SUPERVISION

- Canadian Certified Counsellor – Supervisor, Canadian Counselling and Psychotherapy Association.
- Approved Supervisor, American Association of Marriage and Family Therapy.
- Certified Supervisor, International Centre for Excellence in Emotionally Focused Therapy.
- Supervision of Licensed Marriage and Family Therapists- Candidates (Colorado).
- Supervision of Licensed Professional Counselor- Candidates (Colorado).
- Mentorship of supervisor-candidates seeking approved supervisor status with the International Centre for Excellence in Emotionally Focused Therapy.
- Supervision of supervisor-candidates seeking approved supervisor status with the American Association of Marriage and Family Therapy.
- Supervision of Registered Counselling Therapist- Candidates (Nova Scotia).
- Supervision of therapists seeking certification in Emotionally Focused Therapy.

ADDITIONAL GRADUATE COURSES COMPLETED POST MASTER'S

Courses completed to meet part of the requirements to become a Clinical Fellow with the American Association of Marriage and Family Therapy

- 2011 *Ethics in Family Therapy,*
Philadelphia Child & Family Therapy Training Centre.
- Assessment and Treatment of Trauma,*
Philadelphia Child & Family Therapy Training Centre.
- Couples and Couple Therapy,*
Philadelphia Child & Family Therapy Training Centre.
- 2010 *Theoretical and Historical Development of Family Therapy: Part 1,*
Philadelphia Child & Family Therapy Training Centre.
- Theoretical and Historical Development of Family Therapy: Part 2,*
Philadelphia Child & Family Therapy Training Centre.
- 2009 *Ecosystemic Structural Family Therapy,* Philadelphia Child & Family Therapy Training Centre.
- 2007 *Psychopathology,* Philadelphia Child & Family Therapy Training Centre.
- Counselling Children & Adolescents,* EDUC 50E3, Acadia University.

ADDITIONAL PROFESSIONAL TRAINING**SEX THERAPY**

- 2022 *Erotophobia: Cultural Impacts,* Institute for Sexuality Education & Enlightenment, Online.
- Basics of the AASECT Ethics Code,* Institute for Sexuality Education & Enlightenment, Online.
- Revolution: New Ideas in Gender & Orientation,* Institute for Sexuality Education & Enlightenment, Online.
- Sexological Anatomy,* Institute for Sexuality Education & Enlightenment, Online.
- Common Issues in Couples and Partners Sex Therapy.* Institute for Sexuality Education & Enlightenment, Online.
- Sensate Focus Intensive,* Paula Leech, ASECT Approved Supervisor, Online.
- 2021 *Exceptional Therapist: Theory and Methods of Holistic Sex Therapy,* Institute for Sexuality Education & Enlightenment, Online.

Sexuality & Trauma: Healing Through Embodiment, Institute for Sexuality Education & Enlightenment, Online.

Sexuality, Ritual, & Healing, Institute for Sexuality Education & Enlightenment, Online.

Embodied Homework for Sexual Partners, Institute for Sexuality Education & Enlightenment, Online.

Sacred Sexuality: Sex in 4 Dimensions, Institute for Sexuality Education & Enlightenment, Online.

Sex & Power: BDSM 101, Institute for Sexuality Education & Enlightenment, Online.

Joy of Intimacy - Communication & Relationship Skills, Institute for Sexuality Education & Enlightenment, Online.

Pleasure: Everything you need to know, Institute for Sexuality Education & Enlightenment, Online.

Sex & culture: Exploring intersectionality in the practice of sex education & sex therapy, Institute for Sexuality Education & Enlightenment, Online.

Sexual Attitude Reassessment, Institute for Sexuality Education & Enlightenment, Online.

COUPLE AND FAMILY THERAPY

- 2023 *2023 World Family Therapy Congress*. Malaga, Spain
- 2022 *2022 World Family Therapy Congress*. San Juan, Puerto Rico.
- 2020 *Working with the Echoes of Trauma in Emotionally Focused Couple Therapy: How Sharing Emotions Soothes the Brain and the Heart*. Leanne Campbell, Ph.D., Nashville, Tennessee.
- 2019 *American Association of Marriage and Family Therapy Annual Conference*, Austin, Texas.
- Sex as a Safe Adventure: Helping Couples Connect Sexually and Emotionally Through Emotionally Focused*, Zoya Simakhodskaya, Ph.D. & Michael Moran, Denver, CO.
- 2017 *Emotionally Focused Therapy Summit 2017: New Directions in Science and Psychotherapy*, San Diego, CA
- American Association of Marriage and Family Therapy Annual Conference*, Atlanta, GA.
- Commission on Accreditation for Marriage and Family Therapy Education Accreditation Workshop*, 2017 AAMFT Annual Conference, Atlanta, GA.
- XXV World Family Therapy Congress and XXXth IFTA Anniversary International Family Therapy: 30 Years of Change*, Malaga, Spain.

- 2016 *Prepare/Enrich Training Seminar: Approved Facilitator Certification*, Noeticus Counseling Center and Training Institute, Denver, Colorado.
- American Association of Marriage and Family Therapy Annual Conference*, Indianapolis, IN.
- Commission on Accreditation for Marriage and Family Therapy Education Accreditation Workshop*, 2016 AAMFT Annual Conference in Indianapolis, IN.
- Forgiveness Training*, Dr. Michelle Gannon, Dr. Sam Jinich, San Francisco, CA.
- Creating a Context for Change in Couple and Family Life: Collaboration in Clinical Practice*. American Family Therapy Academy Annual Conference, Denver, Colorado.
- 2015 *Secrets, Cybersex, Infidelity, Addiction, Trauma — and Forgiveness?*, Dr. Janis Abrahms Spring, Denver, Colorado.
- 2014 *Beyond Mindfulness: The Internal Family Systems Approach*, Dr. Richard Schwartz, Denver, Colorado.
- 2013 *Dyadic Developmental Psychotherapy Level One Certified Training*, Dr. Daniel Hughes, Quittie Glen Center for Mental Health, Annville, Pennsylvania.
- Coupling Today: Love, Parenting, Community*, American Family Therapy Academy Annual Meeting, Chicago, Illinois.
- 2012 *Emotionally Focused Therapy: Dig-In*, International Centre for Excellence in Emotionally Focused Therapy, Ottawa, Ontario.
- Emotionally Focused Therapy Summit: The Power of Emotions*, New York, New York.
- Family Resilience*, American Family Therapy Academy Annual Meeting, San Francisco, California.
- 2011 *Brain Injury Family Intervention (BIFI/BIFI-A): An Evidence-Based Approach*, Dr. J. S. Kreutzer, VCU Health System, Halifax, Nova Scotia.
- 2010 *Summer Practicum: Intensive three-week family therapy clinical training*, Philadelphia Child & Family Therapy Training Centre.
- Assessment, Intervention, and Co-morbidities: Gottman Couples Therapy, Level 2*, The Gottman Institute, Seattle, Washington.
- Bridging the Couple Chasm: Gottman Couples Therapy, Level 1*, The Gottman Institute, Seattle, Washington.
- Clinical Standards of Trauma Care: Attachment Systems and Context*, Dr. Anna Baranowsky, Traumatology Institute, Toronto, Ontario.

EFT for Couples and the Science of Love: Emotionally Focused Therapy Summit, International Centre for Excellence in Emotionally Focused Therapy, San Diego, California.

Advanced Externship in Emotionally Focused Therapy, Dr. Rebecca Jorgensen, San Diego Centre for Emotionally Focused Therapy, San Diego, California.

2009 *Four-Day Externship in Emotionally Focused Couples Therapy*, Dr. Sue Johnson, Ackerman Institute for the Family, New York, New York.

2008 *Forgiveness And Letting Go: An Emotion Focused Approach to Helping Clients Resolve Emotional Injuries*, Dr. Les Greenberg, Dalhousie School of Social Work Continuing Education, Halifax, Nova Scotia.

2007 *Interpersonal Patterns of Interaction that Influence Mental Health*, Dr. Karl Tomm, Dalhousie School of Social Work Continuing Education.

Interviewing the Internalized Other, Dr. Karl Tomm, Dalhousie School of Social Work Continuing Education, Halifax, Nova Scotia.

Couple Counselling: An Introduction to Imago Therapy, Nova Scotia Association of Counselling Therapists, Halifax, Nova Scotia.

PSYCHOTHERAPY (VARIOUS)

2021 - 2022 *Becoming a Racially Conscious Therapist*, Dr. Bukky Kolawole & Shawnee Benton Gibson, Online.

2020 *Working with Trauma in EFIT (Emotionally Focused Individual Therapy): Level 2 Training*, Dr. Leanne Campbell, Ph.D., Online.

Emotionally Focused Individual Therapy (EFIT): An Attachment-Based Approach to Understanding and Working with Trauma, Leanne Campbell, Ph.D., Nashville, Tennessee.

2019 *Emotionally Focused individual Therapy*, Dr. S. M. Johnson, Ottawa Couple and Family Institute, Ottawa, Canada.

Emotionally Focused individual Therapy, Dr. S. M. Johnson, Vancouver Island Centre for Emotionally Focused therapy, Victoria, Canada.

Accelerated Experiential-Dynamic Psychotherapy Essential Skills (ES1) Retreat-Style Course, Dr. Karen Kranz, London, England.

American Counseling Association Annual Conference. New Orleans, LA.

2018 *Accelerated Experiential-Dynamic Psychotherapy Essential Skills (ES1) Retreat-Style Course*, Dr. Karen Kranz, London, England.

Emotionally Focused Individual Therapy: Extending an Attachment-Based Model to Therapy with Individuals, Lorrie Brubacher, Denver, CO.

Accelerated Experiential-Dynamic Psychotherapy 5 Day Immersion Course, Dr. Diana Fosha, London, England.

American Counseling Association Annual Conference. Atlanta, Georgia.

2016 *American Counseling Association-Canadian Counselling and Psychotherapy Association Annual Conference*. Montreal, Quebec.

2015 *Undoing Aloneness: The Transformation of Emotional Suffering*, Dr. Diana Fosha, Denver, CO.

A Critical Moment: Sex/Gender Research at the Intersection of Culture, Brain, & Behavior, The Foundation for Psychocultural Research and UCLA, Los Angeles, CA.

Multicultural Social Justice Counseling Competencies, Association for Multicultural Counseling and Development Webinar.

Eye Movement Desensitization and Reprocessing, Part 2, Donald deGraffenried, EMDR Humanitarian Assistance Program, Lakewood, CO.

Eye Movement Desensitization and Reprocessing, Part 1, Donald deGraffenried, EMDR Humanitarian Assistance Program, Lakewood, CO.

Emotionally Focused Therapy with Individuals, Denver EFT Community, Yolanda von Hockauf, Denver, Colorado.

2014 *Advanced Assessments: Complex Cases*, Institute for Sexual Minority Health, Françoise Susset, Halifax, Nova Scotia.

DSM-5: Diagnosing Children and Adolescents, Dr. Diane Gehart, American Association for Marriage and Family Therapy Webinar.

Diagnosing Substance, Somatic, and Related Disorders with the DSM-5, Dr. Diane Gehart, American Association for Marriage and Family Therapy Webinar.

2013 *DSM-5: Bipolar, Depression, Anxiety, and Trauma-Related Disorders*, Dr. Diane Gehart, American Association for Marriage and Family Therapy Webinar.

An Interpersonal Neurobiology Perspective On Trauma, Child Development and Well-being Integrating "Me" with "We", Dr. Daniel Siegel, Charlottetown, Prince Edward Island.

DSM-5 Introduction for Marriage and Family Therapists, Dr. Diane Gehart, American Association for Marriage and Family Therapy Webinar.

Community- Based Approach to Navigating Treatment Protocols, Assessments and Standards of Care for Transgender Patients, Françoise Susset, Canadian Professional Association for Transgender Health, Halifax, Nova Scotia.

2012 *Healing Shame: A Workshop for Therapists*, Bret Lyon and Sheila Rubin, Ottawa, Ontario.

2011 *Trans Competent Sexuality*, Bear Bergman, IWK Health Centre, Halifax, Nova Scotia.

Assessing Eligibility and Readiness for Endocrine Therapy and Gender Confirming Surgery, Dr. Gail Knudson and Jim Oulton, Capital District Health Authority & IWK Health Centre, Halifax, Nova Scotia.

Group Approaches with Trauma Survivors: Clinical, Dr. Anna B. Baranowsky, Traumatology Institute, Toronto, Canada.

Tools for Trauma: A Cognitive Behavioural Therapy Approach, Dr. Anna B. Baranowsky, Traumatology Institute, Toronto, Canada.

2009 *Overview of Assessment & Interventions for Trauma*, Dr. Anna B. Baranowsky, Traumatology Institute, Toronto, Ontario.

Fundamentals of Transactional Analysis, Dr. Mary Goodman & Dr. Nancy Porter-Steele, Dalhousie University Dept. of Psychiatry, Halifax, Nova Scotia.

Early Intervention Field Trauma Comprehensive Training, Dr. Anna B. Baranowsky, Traumatology Institute, Toronto, Ontario.

Understanding Trauma: Long Term Adjustment to Spinal Cord Injury, Dr. Clarke Sloan, Canadian Paraplegic Association-NS, Halifax, Nova Scotia.

Broken Bonds: Attachment, Trauma and the Body, Dr. Janina Fisher, Dalhousie School of Social Work Continuing Education.

2008 *Motivational Interviewing- Level 2*, Mary Crompton, M.S.W., Nova Scotia Association of Counselling Therapists.

Ethical Decision Making, Dr. Terry Lane, Nova Scotia Association of Counselling Therapists, Halifax, Nova Scotia.

Non-Violent Crisis Intervention, Capital District Health Authority.

2006 *Brief Treatment of the Anxiety Disorders*, Dr. Reid Wilson, Dalhousie School of Social Work Continuing Education, Halifax, Nova Scotia.

Brief Treatment of Obsessive-Compulsive Disorder, Dr. Reid Wilson, Dalhousie School of Social Work Continuing Education, Halifax, Nova Scotia.

2005 *Applied Suicide Intervention Skills Training (A.S.I.S.T.)*, Halifax, Nova Scotia.

Cognitive Behavior Therapy: An Advanced Training Experience, Dr. Donald Meichenbaum, Dalhousie School of Social Work Continuing Education.

SUPERVISION

- 2023 *AAMFT Approved Supervision Refresher Course*, Online.
- 2019 *AAMFT Approved Supervisors Refresher Course*, online.
- 2018 *2018 Rocky Mountain Association for Counselor Education and Supervision Conference*, Park City, Utah
- 2017 *Emotionally Focused Therapy Supervision*, Alison Lee, Denver, CO
- 2016 *The pulsating heart of therapy: Person of the Therapist Training Model*, Dr. Harry Aponte, Denver, CO
- 2013 *EDU7000 WB Counselling Supervision: Theory and Practice* [3 credit graduate course], Dr. Pavna Sodhi, University of Ottawa.
- 2012 *American Association of Marriage and Family Therapy Supervision Fundamentals Course* [30 hour course], Dr. Sharon Duffy, Pleasant Hill, California.
- Emotionally Focused Therapy Experiential Group Supervision of Supervision*, Debi Scimeca-Diaz, New York, New York.
- Supervision of the Registered Counselling Therapist Candidate*, Dr. Beth Robinson, Wolfville, Nova Scotia.

UNIVERSITY TEACHING

- 2021 *Faculty Diversity and Equity Workshop*, Dr. Dwinita Mosby-Tyler, University of Colorado Denver.
- 2018-2019 *ACUE Course in Effective Teaching Practices*, Center for Faculty Development, University of Colorado Denver.
- 2016 *Effective Teaching Practices*, Association of College and University Educators, Center for Faculty Development, University of Colorado Denver.
- 2015 *Conversations That Matter: 3rd Annual GLBTI Symposium*, University of Colorado.
- 2014 *The 2014 University of Colorado Diversity Summit: Developing our Capacities as Inclusive Campuses*, University of Colorado.
- 2013 *University Copyright Regulations*, Marie DeYoung, University Librarian, Saint Mary's University.
- International Students: Student Engagement in the Classroom*, Kathi Thompson, Coordinator International Student Success, Saint Mary's University.
- 2012 *International Student Success*, Kathi Thompson, Coordinator International Student Success, Saint Mary's University.

Creative Teaching (and Learning): Dalhousie Conference on Teaching and Learning, Dalhousie University.

2011 *Interdisciplinary Teaching and Learning*, Dr. Fiona McDonald, Centre for Learning and Teaching, Dalhousie University.

Teaching Interdisciplinary Research Practice, Dr. Rick Szostak, *Crossing Boundaries: Moving Among, Between, and Around Disciplines*, Dalhousie University.

Partnerships in Learning: Dalhousie Conference on University Teaching and Learning and the Canadian eLearning Conference, Dalhousie University.

Making the Connections: Creativity and innovation in teaching online, Patricia Farry, Carolyn Campbell, Judy MacDonald, Wanda Thomas Bernard, School of Social Work, Dalhousie University.

Steps for Online Course Design and Development. Stefani Woods, Program Director, Distance Education, St. Mary's University.

Addressing Incivility in the Classroom. Gaye Wishart and Janice MacInnis, Centre for Learning and Teaching, Dalhousie University.

From Lecture Planning to Classroom Engagement: Lecturing tips for small and large classes. Dr. Kim Brooks, Dr. Neil Burford, Dr. Jerry Bannister, Centre for Learning and Teaching, Dalhousie University.

Building Bridges: Teaching International Students in a Canadian Classroom, Kathi Thompson, Centre for Learning and Teaching, Dalhousie University.

2010 *CNLT 5000: Teaching and Learning in Higher Education* [3 credit graduate course], Dr. Suzanne Sheffield, Dalhousie University, Halifax, Nova Scotia.

Multiculturalism in the Classroom: Faculty concern or university responsibility? Abu Kamara, Graduate Teaching Associate for the Center for Learning and Teaching, Dalhousie University.

Linking Classroom Learning with Practical Experiences: Promoting reflection and learning, Heidi Laukner, Occupational Therapy, Centre for Learning and Teaching, Dalhousie University.

Academic Integrity at Dalhousie: Policy, Procedure, and Process. Bob Mann, Chris Helland, and Anita Unruh, Centre for Learning and Teaching, Dalhousie University.

Supporting International Students: Effective practices and lessons learned at the University of Adelaide, Dr. Chad Habel, Centre for Learning and Teaching, Dalhousie University.

Engaging Students: Practical strategies for success, Dr. Joy Mighty, Centre for Learning and Teaching, Dalhousie University.

RESEARCH

- 2023 *Patient Attachment Coding System*, Dr. Alessandro Talia, Online.
- 2022 *Reflective Functioning on Adult Attachment Interviews*, Dr. Tobias Nolte & Dr. Hannah Katznelson, Anna Freud Centre, London, UK
- 2013 *Adult Attachment Interviewing Training*, Dr. Sonia Gojman de Millan, Sydney, Australia.
- 2012 *19th Qualitative Health Research Conference*, Halifax, Nova Scotia.
Doing Interdisciplinary Research, Dr. Julie Klein, Wayne State University.
- 2011 *Interpretative Phenomenological Analysis - Master Class*, Dr. Pnina Shinebourne, Bournemouth University, Bournemouth, United Kingdom.

CERTIFICATE PROGRAMS

- 2018-2019 *ACUE Course in Effective Teaching Practices*, Center for Faculty Development, University of Colorado Denver.
- 2011 *Certificate in University Learning and Teaching*, Centre for University and Learning [one year program], Dalhousie University, Halifax, Nova Scotia.
- 2009 *APTS Certified Motivational Interviewing* [nine-month program], Nancy Snow, MSW & Scott Jansen, MSW, Addiction Prevention and Treatment Services, Capital District Health Authority, Halifax, Nova Scotia.
- Certificate in Promoting Recovery: Psychosocial Rehabilitation in Practise* [seven-month program], Registered Nurses Professional Development Centre, Halifax, Nova Scotia.
- 2005 *Myers-Briggs Type Indicator, Qualifying Training Program* [four-day program], Psychometrics Canada, Toronto, Ontario.
- PLAR Practitioner-Portfolio Development* [one year program], PLA Centre, Halifax, Nova Scotia.
- 2000 *Certificate in Non-Profit Management* [six course program], Henson College, Dalhousie University, Halifax, Nova Scotia.
- 1996 *Certificate in Community Based Development* [nine-month program], St. Francis Xavier Extension Department, Sydney, Nova Scotia.

AWARDS/HONORS

- 2019 **University of Colorado Denver Annual Award for Excellence in Research/Creative Activities**, School of Education and Human Development winner, Value: \$500.00
- 2013-2014 **Graduate Student Award**, Dalhousie University, Faculty of Graduate Studies. Value: \$6,000.00.

- 2013 **CCPA's Practice-Based Counselling and Psychotherapy Research Award**, Canadian Counselling and Psychotherapy Association. Value: \$2 000.00.
- 2012 – 2014 **Scotia Scholarship - Doctorate Level**, Nova Scotia Health Research Foundation. Value: \$20 000.00.
- 2012 - 2013 **Graduate Student Award**, Dalhousie University, Faculty of Graduate Studies. Value: \$5,000.00.
- 2012 **New Writers Fellowship**, Family Process Institute, Denver, Colorado. Value: \$750.00.
- 2012 **The Duffy Award: Interdisciplinary PhD Student Leadership**, Dalhousie University. Value: \$500.00.
- 2012 **Cheryl Morton Memorial Bursary**, Nova Scotia Government Employee's Union. Value: \$750.00.
- 2011 – 2012 **Graduate Student Award**, Dalhousie University, Faculty of Graduate Studies. Value: \$5,000.00.
- 2011 **Faculty of Graduate Studies Travel Award**, Dalhousie University. Value: \$400.00.
- 2010 – 2011 **Student Research Award - Doctorate**, Nova Scotia Health Research Foundation. Value: \$19,030.00.
- 2010 – 2011 **Graduate Student Award**, Dalhousie University, Faculty of Graduate Studies. Value: \$2,000.00.
- 2010 **Cheryl Morton Memorial Bursary**, Nova Scotia Government Employee's Union. Value: \$750.00.