

Stephanie E. Armes, PhD, LMFT
Curriculum Vitae
December 2020

Marriage and Family Therapy Department
School of Psychology, Family, and Community
Seattle Pacific University
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Seattle, WA 98119
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I. ACADEMIC HISTORY

a. Current Position

Assistant Professor of Marriage and Family Therapy and Director of Internships
Department of Marriage and Family Therapy
Seattle Pacific University, Seattle, WA, 2019- present

b. Academic Degrees

Ph.D. in Human Development and Family Science
Emphasis in Marriage and Family Therapy
University of Georgia, Athens, GA, 2019
Dissertation chair: Dr. Desiree Seponski

Dissertation: Re-examining the cost of caring: A mixed methods exploration of secondary trauma in Marriage and Family Therapists

Certificate in Interdisciplinary Qualitative Studies
University of Georgia, Athens, GA, 2019

Certificate in Quantitative Research Methods in Family Science
University of Georgia, Athens, GA, 2017

M.S. in Family Science
Emphasis in Couple and Family Therapy
University of Kentucky, Lexington, KY, 2014

Thesis: The mindfully attached therapist: Factors that predict and prevent the development of compassion fatigue

B.A. in Psychology
Minor in European Studies: Spanish
Seattle Pacific University, Seattle, WA 2007

c. Teaching Experience

Courses taught at Seattle Pacific University

MFT 6200 History, Systems, and Christian Perspectives
MFT 6310 Solution Focused Brief Family Therapy
MFT 6600 Psychopathology and Family Systems
MFT 6641 Treatment of Young Children and Their Families

MFT 6810 Issues, Ethics, and Law
 MFT 6933 Practicum I
 MFT 6934 Practicum II
 MFT 6935 Practicum III
 MFT 6936 Practicum IV
 MFT 6937 Practicum V

Guest Lectures provided at Seattle Pacific University

- 2020 Guest Lecture, *How do communities heal from mass trauma?* Provided for HIS 3445: Genocide: A comparative study (course of Dr. Rebecca Hughes)
- 2019 Guest Lecture, *Qualitative Research: An introduction* Provided for HHP 2195: Philosophy and research in health and physical activity (course of Dr. Katie Butte)

Courses taught and Guest Lectures provided at the University of Georgia

- 2019 Guest Lecture, *Qualitative Coding, Open coding, a priori coding, oh my!* Cambodian-Laotian Community Strength & Resilience Project
- 2019 Guest Lecture, *Diagnosing PTSD: Trauma, PTSD, and Diagnostic Criteria* Doctoral level systemic trauma-informed interventions course, HDFS 8950
- 2019 Guest Lecture, *Recognizing and preventing Secondary Trauma* Doctoral level systemic trauma-informed interventions course, HDFS 8950
- 2018 Guest Lecture, *Putting together your CV* Doctoral level professional seminar course, HDFS 8910
- 2017 Co-Instructor of Record, Development within the Family (HDFS 2100) (Teaching mentor: Dr. Chalandra Bryant, co-instructor of record)
- 2017 Guest Lecture, *Putting together your CV* Doctoral level professional seminar course, HDFS 8910
- 2017 Guest Lecture, *Using a genogram to assess families* Masters level School of Social Work direct practice course
- 2016 Supervisor in training, Mercer University Marriage and Family Therapy clinic Mercer University, Macon, GA (Supervision mentor: Dr. Maria Bermúdez)
- 2015 Guest Lecture, *Careers within the helping professions* Undergraduate Professional Development in HDFS, 201

d. Research Experience

- 2019 Qualitative Methodologist, Cambodian-Laotian Community Strength & Resilience Project, \$3 million interdisciplinary research grant, National

Academies of Sciences, Engineering, and Medicine Gulf Research Program and Robert Wood Johnson Foundation. Principal Investigator: Dr. Denise Lewis. Coordinated graduate and undergraduate research assistants in qualitative coding project from Cambodian and Laotian refugee interviews. Provided instruction and oversight to improve inter-coding fidelity and reliability.

- 2018- 2019 Graduate Research Assistant, Cambodian-Laotian Community Strength & Resilience Project. Principal Investigator: Dr. Denise Lewis. Co- Investigator and direct supervisor: Dr. Desiree Seponski
- 2015-2018 Graduate Research Assistant, Project F.R.E.E. (Fostering Relationship and Economic Enrichment), \$8.2 million interdisciplinary research grant through Department of Health and Human Services, Administration on Children and Families. Principal Investigator/direct supervisor: Dr. Ted Futris.
- 2014-2016 Graduate Research Assistant, Supervisor: Dr. Chalandra Bryant, University of Georgia, Athens, GA.
- 2012-2014 Graduate Research Assistant, Family Interaction Research Lab, University of Kentucky, Lexington, Kentucky.
- 2007 Undergraduate Research Assistant, Early Educational Enrichment Program, Seattle Pacific University, Seattle, WA.
- 2006 Undergraduate Research Assistant, Eating Disorders Yoga Intervention Study, Seattle Children's Hospital, Seattle, WA.
- 2005-2006 Undergraduate Research Assistant, Behavioral Research and Therapy Clinic, University of Washington, Seattle, WA

e. Relevant Clinical Experience & Credentials

- 2020- present Licensed Marriage and Family Therapist (WA state LF61028811)
- 2018- 2020 Associate license (GA state AMFT0000554)
- 2018- 2019 Marriage and Family Therapy Intern, Project Family Georgia, LLC, Athens, GA
- 2014-2017 Marriage and Family Therapy Intern, Aspire Clinic, University of Georgia, Athens, GA
- 2013-2014 Intern Therapist, E.J. Hayes Middle School & Cardinal Valley Elementary School, Lexington, KY
- 2012-2014 Intern Therapist, University of Kentucky Family Center, Lexington, KY

- 2007-2012 Regional Manager (2011-2012), Community Outreach Coordinator (2009-2011), Street Outreach Case Manager (2008-2009), Outreach Intern (2007-2008), People Assisting the Homeless (PATH), Los Angeles, CA
- 2006 Inpatient Psychiatric Unit Intern, Seattle Children's Hospital, Seattle, WA

II. SCHOLARLY ACTIVITIES

a. Publications

1. Peer Reviewed Journal Articles

- Armes, S. E.**, Lee, J.J., Bride, B. E., & Seponski, D. M. (in press, May 2020). Secondary trauma and impairment in clinical social workers. *Child Abuse & Neglect* special issue *Research to promote a healthy and resilient child abuse & neglect workforce*. Impact Factor (2.899)
- Armes, S. E.**, Seponski, D. M., Koa, S., Khann, S., Lahar, C. J., Bryant, C. M., Bride, B. E., Wickrama, K. S., Bunnak, P., & Schunert, T. (2019). Exploring contextual trauma in Cambodia: A socio-interpersonal perspective of PTSD. *Journal of Traumatic Stress*. <https://doi.org/10.1002/jts.22365> Impact Factor (2.721)
- Armes, S. E.**, Muruthi, J. R., Milroy, W. H., & Mancini, J. A. (2019). Getting sorted out in East London: Vulnerability and resilience of homeless ex-Servicemen. *European Journal of Homelessness*. https://www.feantsaresearch.org/public/user/Observatory/2019/EJH/EJH_13_1/Feantsa-2019_13-1_Research-Note-2.pdf
- Hinton, D., Seponski, D. M., Khann, S., **Armes, S. E.**, Lahar, C., Kao, S., & Schunert, T. (2019). Culturally sensitive assessment of anxious-depressive distress in Cambodia: Avoiding category truncation. *Transcultural Psychiatry*. Impact Factor (2.28) <https://doi.org/10.1177/1363461519851609>
- Jordan, L. S., Seponski, D. M., & **Armes, S. E.** (2019). "Oh it is a special gift": A phenomenological analysis of therapists in Cambodia. *Asia Pacific Journal of Counselling and Psychotherapy*. <https://doi.org/10.1080/21507686.2019.1629470>
- Armes, S. E.**, Somo, C. M., Khann, S., Seponski, D. M., Lahar, C. J., Kao, S., & Schunert, T. (2018). Mental health indicators of suicide in Cambodian women. *Asia Pacific Journal of Public Health*, 30, 7-18. Impact Factor (1.459)

2. Encyclopedia Entries

- Armes, S.**, & Hans, J. D. (2014). Christmas. In L. Ganong & M. Coleman (Eds.), *Social history of American families* (Vol. 1, pp. 234-236). Thousand Oaks, CA: Sage Publications.
- Armes, S.**, & Hans, J. D. (2014). Easter. In L. Ganong & M. Coleman (Eds.), *Social history of American families* (Vol. 1, pp. 399-400). Thousand Oaks, CA: Sage Publications.

3. Manuscripts Under Review

Armes, S. E., Seponski, D. M., Bride, B. E., & Bryant, C. M. (under review). It takes a village: Marriage and family therapists' exposure to trauma, access to support, and intention to leave. Submitted to *Journal of Marital and Family Therapy*.

4. Research areas

Secondary Traumatic Stress
 Trauma development and maintenance in communities, families, and individuals
 Culturally responsive therapy and intervention practices

5. Editorial Service

2019- present Statistical/Methodological Reviewer, *Journal of Traumatic Stress*
 2015- present Reviewer, *Journal of Feminist Family Therapy*
 2015- 2019 Apprentice Reviewer, *Journal of Marital and Family Therapy*

6. Convention Presentations (peer reviewed; *Denotes student co-authors)

Armes, S. E., Hoyum, G. E. *, Mackey, M. A. *, & Hudson, A. M. K. * (2020 September). Recognizing secondary trauma amidst crisis work. Symposium session presented at the 2020 Washington Association of Marriage and Family Therapy conference.

Hudson, A. M. K. *, Mackey, M. A. *, & **Armes, S. E.** (2020 May). Utilizing evidence-based trauma trainings in the prevention of secondary trauma. Poster presented at the 2020 School of Psychology, Family, and Community Research Conference, Seattle Pacific University, Seattle, WA.

Hoyum, G. E. *, & **Armes, S. E.** (2020 May). Couple relationships, secondary traumatic stress, and burnout in a sample of marriage and family therapists. Poster presented at the 2020 School of Psychology, Family, and Community Research Conference, Seattle Pacific University, Seattle, WA.

Rivera, P., **Armes, S. E.**, Cheon, H., & Edwards, S. A. (2020, February). The ORCA stance: A practice beyond cultural humility for working in cross-cultural relationships. Symposium presented at the 2020 Society for Cross Cultural Research annual meeting, Seattle, WA.

Armes, S. E., & Jordan, L. S. (accepted). Creating a beloved community: Considerations for maximizing effectiveness of mixed methods research. Symposium accepted for presentation at the 2020 Qualitative Research on Mental Health 8 conference in Valletta, Malta. Due to COVID-19, conference has been rescheduled for 2021.

Armes, S.E., Seponski, D. M., Bride, B. E., & Bryant, C. M. (2019, November). Measuring secondary traumatic stress in a national sample of marriage and family therapists. Poster

presentation at the 2019 International Society for Traumatic Stress Studies annual meeting, Boston, MA.

Armes, S. E., Seponski, D. M., Bride, B. E., & Bryant, C. M. (2019, November). It takes a village: Marriage and family therapists' exposure to trauma, access to support, and intention to leave. Poster presentation at the 2019 International Society for Traumatic Stress Studies annual meeting, Boston, MA.

Phal, M., Seponski, Dm. M., Khann, S., **Armes, S. E.**, Lahar, C. J., Kao, S., & Schunert, T. (2019, November). Parental PTSD and child aggression: The moderating role of family income. Paper presented at the 2019 National Council on Family Relations annual conference, Fort Worth, Texas.

Jordan, L. S., Anderson, L. A., Curtis, M. G., Krpo, N., & **Armes, S. E.** (2019, November). The journey alongside: Ally development in and for family therapy. Roundtable presented the 2019 National Council for Family Relations Annual Conference, Fort Worth, Texas.

Armes, S.E., Bride, B., Lee, J., & Seponski, D.M. (2018 November). Secondary trauma and impairment in clinicians. Paper accepted for presentation at the American Association of Marriage and Family Therapy Annual Conference, Louisville, KY.

Armes, S. E., Somo, C., Khann, S., Seponski, D. M., Lahar, C. J., & Schunert, T. (2018, November). Mental health indicators of suicide in Cambodian women. Research discussion presented at the 2018 annual meeting of the American Association for Marriage and Family Therapy, Louisville, KY.

Armes, S. E., Jordan, L. S., Seponski, D. M., & Phal, M. (2018, September). Confronting myopia in cross-cultural research: A case for the integration of dual analytic frameworks. Paper presented at the 7th Qualitative Research on Mental Health Conference, Berlin, Germany. Note: Shared first authorship between first and second author.

Khann, S., **Armes, S. E.**, Somo, C., Seponski, D. M., Lahar, C.J., Kao, S. & Schunert, T. (2018, April). Factors related to suicide attempts in a sample of Cambodian women. Poster presentation at the Chinese Academy of Sciences Institute of Psychology's Workshop in Frontiers of Psychology Conference, Beijing, China.

Jordan, L.S., **Armes, S.E.**, & Seponski, D. M. (2017, November). Family Therapists in Cambodia: A Phenomenological Inquiry. Poster presented at the 4th Asian Academy of Family Therapy Conference, Tsukuba, Japan.

Armes, S. E., Muruthi, J. R., Milroy, W. H., & Mancini, J. A. (2017 November). Homeless men in London: Relationship contexts and resilient vulnerability. Paper presented at the National Council on Family Relations Annual Conference, Orlando, FL.

- Armes, S. E.**, Jordan, L. S., Seponski, D. M., Phal, M., & Peclat-Begin, A. C. (2017 November). Meeting of spirits: Strengths and challenges of therapy practice in Cambodia. Paper presented at the National Council on Family Relations Annual Conference, Orlando, FL.
- Armes, S. E.**, Carlson, M. W., & Bryant, C. M. (2016 November). Racial discrimination, marital processes, and marital quality over time. Paper presented as part of the symposium *Human Rights and Relationships of African Americans: Exploring Health and Well-Being* at the National Council on Family Relations Annual conference, Minneapolis, MN.
- Walsdorf, A., **Armes, S. E.**, & Seponski, D. M. (2016 November). Speaking the client's language: Practicing language switching as social justice in therapy. Paper presented at the National Council on Family Relations Annual conference, Minneapolis, MN.
- Jordan, L.S., **Armes, S.E.**, & Seponski, D. M. (2016 September). Developing a Polyamorous Affirmative Family Therapy Practice. Seminar presented at the American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.
- Armes, S. E.**, Seponski, D. M., Jordan, L.S., Somo, C. M., Lahar, C., Sareth, K., Sovandara, K., Sisokhom, S., & Schunert, T. (2016 September). Investigating contextual trauma using multilevel modeling. Poster presented at the American Association of Marriage and Family Therapy Conference, Indianapolis, IN.
- Seponski, D. M., **Armes, S. E.**, Jordan, L.S., Somo, C. M., Lahar, C., Sareth, K., Sovandara, K., Sisokhom, S., & Schunert, T. (2016 September). Mental health issues and psychotherapy support for Cambodian women. Poster presented at the American Association of Marriage and Family Therapy Conference, Indianapolis, IN.
- Armes, S. E.** & Bryant, C. M. (2015 November). Depressive Symptoms and Marital Happiness: What's Problem-Solving Got to Do with It? Poster presentation at the National Council of Family Relations National Conference, Vancouver, British Columbia.
- Armes, S. E.** & Bryant, C. M. (2015 September). Premarital counseling and problem solving in newlyweds. Poster presented at the American Association of Marriage and Family Therapy National Conference, Austin, TX.
- Armes, S. E.** & Bryant, C. M. (2015 February). Depressive symptoms among newlyweds: An examination of problem-solving and age. Poster presentation at the Southeastern Symposium on Family and Child Sciences, Athens, GA.
- Armes, S. E.** (2014 April). Ethical implications of the homeless vulnerability index. Poster presented at the University of Kentucky Human Environmental Sciences Graduate Research Day, Lexington, KY.

7. Research Honors and Awards

- 2020 Dissertation Award, American Association of Marriage and Family Therapy Research & Education Foundation
- 2018 Graduate Student Research Award, American Association of Marriage and Family Therapy Research & Education Foundation (\$2,500)
- 2018 Price Coker Excellence in Research Award, Department of Human Development and Family Sciences, University of Georgia (\$2,000)
- 2018 Elizabeth T. Sheerer Graduate Scholarship, College of Family and Consumer Sciences, University of Georgia. (\$1,550)
- 2018 Wampler Marriage and Family Therapy award, Department of Human Development and Family Science, College of Family and Consumer Sciences, University of Georgia (\$500)
- 2016 Wampler Marriage and Family Therapy award, Department of Human Development and Family Science, College of Family and Consumer Sciences, University of Georgia (\$350)
- 2016 2nd Place, American Association of Marriage and Family Therapy Ethics Competition
- 2015 Iris Price Dover Scholarship Award, College of Family and Consumer Sciences, University of Georgia. (\$1,000)
- 2014 Graduate Student of Excellence, Department of Family Sciences, University of Kentucky
- 2014 Alice P. Killpatrick Fellowship for graduate students, University of Kentucky, (\$5,000)
- 2009 Official Commendation, West Hollywood City Council, outstanding work with the homeless
- 2009 Official Commendation, Los Angeles County City Council, outstanding work on Homeless Connect Day

8. Funding for Research Presentations

- 10/2018 University of Georgia, Graduate School, travel award for travel to 2018 American Association of Marriage and Family Therapy, Louisville, KY, \$250
- 9/2018 University of Georgia, Office of Research, Office of Internal Grants & Awards, Foreign Travel Assistance Award for 2018 Qualitative Research on Mental Health conference, Berlin, Germany, \$1,156
- 11/2017 College of Family and Consumer Sciences, University of Georgia, travel award to present at the National Council on Family Relations conference, Orlando, FL, \$250

- 11/2017 Department of Human Development and Family Science, College of Family and Consumer Sciences, University of Georgia, travel award to present at the National Council on Family Relations conference, Orlando, FL, \$250
- 9/2016 College of Family and Consumer Sciences, University of Georgia, travel award to present at the American Association of Marriage and Family Therapy annual conference, Indianapolis, IN, \$300
- 9/2016 Department of Human Development and Family Science, College of Family and Consumer Sciences, University of Georgia, travel award to present at the American Association of Marriage and Family Therapy conference, Indianapolis, IN, \$225
- 11/2014 Jim and Lynda Walters Student Support Fund, College of Family and Consumer Sciences, University of Georgia, travel grant to present at the National Council on Family Relations annual conference, Baltimore, MD, \$200
- 11/2014 Department of Human Development and Family Sciences, College of Family and Consumer Sciences, University of Georgia, travel grant to present at the National Council on Family Relations annual conference, Baltimore, MD, \$300

III. PUBLIC AND PROFESSIONAL SERVICE

a. National Professional Organizations

International Society of Traumatic Stress Studies (ISTSS), 2018- present
 American Association of Marriage and Family Therapy (AAMFT), 2012- present
 Washington Association of Marriage and Family Therapy (WAMFT), 2019-present
 Georgia Association of Marriage and Family Therapy (GAMFT), 2014- 2019
 Kentucky Association of Marriage and Family Therapy (KAMFT), 2012-2014
 National Council on Family Relations (NCFR), 2014-2019

b. Program Reviewer

Proposal Reviewer, National Council on Family Relations Annual Conference, 2017

c. Conference Volunteer

Volunteer, National Council on Family Relations Annual Conference, Minneapolis, MN 2016
 Volunteer, Graduate Student Organization Night of Service, 2016
 Volunteer, Southeastern Symposium on Children and Families, Athens, GA, 2015
 Volunteer, National Council on Family Relations Annual Conference, Baltimore, MD 2014

d. Service to the Profession

2020- Present Member, Elections Committee, Washington Association of Marriage and Family Therapy (WAMFT; Elected Position)

e. University Services

2020- Present Member, Search Advocates Committee, Seattle Pacific University

2019- Present Member, Engaging Homelessness committee, Seattle Pacific University

f. Departmental Services

2019-2020 Search committee member, open position in Department of Marriage and Family Therapy

MFT Student Faculty Representative, Department of Human Development and Family Science, College of Family and Consumer Sciences, University of Georgia, 2015-2017.

President, Graduate Student Organization, Department of Human Development and Family Science, College of Family and Consumer Sciences, University of Georgia, 2015-2016.

g. Local Community Services and Relations

Volunteer, Point in Time Homeless Count 2020, King County, WA

Presenter, *Pursuing a Career in Marriage and Family Therapy*. Human Development and Family Science Student Association, University of Georgia, Athens, GA, 2015 March.

Volunteer, year of intentional service work with inner-city Latino youth, Discovering Opportunities for Outreach and Reflection (DOOR), Hollywood, CA, 2007-2008.