

Karen Quek, Ph.D

School of Psychology, Family and Community
Seattle Pacific University
Seattle, Washington 98119 U.S.A.
Telephone: (206) 281-2251
Fax: (206) 281-2695
Email: quekk@spu.edu

PRESENT POSITION

Assistant Professor of Marriage & Family Therapy
Director of Clinical Training

ACADEMIC TRAINING

Doctor of Philosophy (2004)
Loma Linda University, California
Major: Marital and Family Therapy

Master of Science degree in Counselling (1993)
California State University, Fullerton, California
Major: Marriage, Family & Child Counseling

Master of Arts in Christian Education (1990)
Biola University, La Mirada, California
Major: Curriculum Development

PROFESSIONAL LICENSE & CERTIFICATION

Licensed Marital & Family Therapist LF00002251 (WA)
Licensed Marriage & Family Therapist MFC#40805 (CA)
AAMFT Approved Supervisor, January 2006
Certification in Family Mediation (2005)
Certified Administrator for Life Innovation (ENRICH/PREPARE) (2003)
Certified Administrator for Myers-Brigg Type Indicator (MBTI) (1995)
Certified Trainer & Administrator for Taylor Johnson Temperament Analysis (TJTA) (1992)

ACADEMIC APPOINTMENTS (in chronological order)

Assistant Professor and Director of Clinical Training
Seattle Pacific University, WA
Department of Marriage and Family Therapy

July 2005-now

Teaching Responsibilities

Theories of Marriage & Family Therapy I
Becoming a Systems Therapist

Gender Perspectives & Family Therapy
 Treatment of Adolescents and Families
 Multicultural Issues in Family Therapy

University Governance

Committee of Faculty Development 2006-2008
 Committee member of Graduate Policies & Evaluation Committee (Spring 2007)
 All University Interview Committee

University and Clinical Training Responsibilities

Oversees all practicum program
 Supervises practicum students
 Academic- advisement for students
 Participates in university governance
 Develops contributions in research and scholarship

Adjunct Clinical Professor

2007-now

Seattle University, Seattle, WA
 Pastoral Counseling Program

Adjunct Instructor

2001- Fall 2004

Loma Linda University, CA
 Department of Counseling and Family Sciences

Teaching Responsibilities

Theories & Practices of Family Therapy – Graduate Class
 Case Presentation & Professional Studies – Graduate Class
 Psychological Foundations in Education – Undergraduate Class
 Case Presentation Seminars – Graduate Class

External Lecturer

1998-2000

Temasek Polytechnic, Singapore
 Specialist Diploma in Counseling

Teaching and Supervision Responsibilities

Specific skills in Counseling
 Group Processes
 Individual and Group Supervision

CLINICAL APPOINTMENTS

Licensed Marriage & Family Therapist (WA) LF2251
Approved AAMFT Clinical Supervisor

July 2005 – now

Ph.D program in Counselor Education/Supervision,
 Regent University, VA

Jan – April, 2007

Harmony Counseling Center, Beijing, China August 2006, 2007
 Executive Counseling & Training Academy, Singapore August 2007

- Conducts clinical supervision with mental health professionals, school counselors, doctoral candidate, etc.
- Uses various methods for supervision such as phone-DVD-conversations, face-to face oral presentations with groups and individuals, structured group supervision model, Live-supervision, etc.
- Provides individual, couple & family therapy to multi-ethnic clients

Licensed Marriage & Family Therapist (California) MFC#40805

Registered Intern Marriage & Family Therapy

Loma Linda University Marriage & Family Clinic 2001-Dec 2004
 Bilingual Family & Counseling Services 2003-June 2005

- Provided individual, couple & family therapy to multi-ethnic clients
- Worked with students on school-related & career-related issues
- Worked with substance-abuse, domestic violence, victim witness clients
- Conducted group therapy for anger management, substance abuse

Clinical and Field Supervisor (Singapore) 1994 - Dec, 2000

Shan You Counseling Centre
 National Technological University (National Institute of Education)
 Wesley Methodist Church Counseling Centre
 Temasek Polytechnic, Specialist Diploma in Counselling
 Care Corner Counselling Centre
 The Australian College of Applied Psychology
 National University of Singapore, Dept of Social Work
 Family Resource & Training Centre, Postgrad. Dip in Marital/ Family Therapy

- Supervised social workers, counselling interns and social work interns in their cases
- Provided different approaches (direct, verbal, audio & video) to supervision
- Guided interns in assessing, diagnosing, and intervening of cases

Marriage, Family & Child Counselor (Singapore) 1993-2000

LaSalle-SIA College of the Art
 Sefton Medical Clinic
 Vagus Specialist & Family Clinic
 Neighborhood Secondary Schools
 Ling Kwang Youth Centre
 SAGE Counseling Centre
 Anglican Welfare Services
 Raffles Counseling Centre

- Provided therapy for young & older adults, teens & mentally disabled clients

- Dealt with truancy, substance-abuse, schizophrenic, battered, emotional & physical abuse cases, crisis counseling including sudden death, air-crash, etc
- Conducted premarital, marriage enrichment courses, psychological evaluations and parenting & family assessment
- Facilitated therapy groups for women with depression & divorce issue
- Provided psycho educational support for clients and family
- Provided career counseling to high school and junior college students
- Provided in-house training for staff doing counseling cases
- Provided school counseling for elementary, middle & high school students

Marriage, Family and Child Counseling Intern (California) 1992

Asian American Substance Abuse Treatment Services, California
St. Anselm Cross-Cultural Community Centre, California

- Diagnosed, assessed & treated individuals, families, couples, and groups
- Counseled Asian clients with issues such as adjustment to the new culture, family problems, and adjustment to new transition
- Conducted initial screening for chemical & substance dependency

TRAINING & CONSULTANCY WORK

Trainer/Training Consultant 2006

Singapore Armed Forces Counseling Center, T-JTA Certification Training,
August 10-11, 2006

Trainer/Training Consultant (Singapore) 1994-2002

Institute of Public Administration & Management (Civil Service College)
Ministry of Education
Ling Kwang Youth Centre
Productivity Standard Board
National Council of Social Services

- Developed & wrote programme & workshops on “Basic Counselling Skills”, “Counselling Training Packet for Para-Counsellors”, “Developing Leadership Skills”, “Assertive Training”, “Enhancing Self-Esteem”, “Advanced Counselling Skills”, “Systemic Therapy”, “Team Building”, etc
- Trained & facilitated middle managers, student leaders, supervisors, professionals, volunteers, teachers, etc.

Resource Speaker (Singapore) 1993-2000

Ministry of Community Development
Ministry of Health
Non-profit Organizations & Schools
Voluntary Welfare Organizations

- Topics on issues on personal development, self-esteem, interpersonal relationship, leadership skills, team dynamic, family system, marital, communication, pre-marital, family conflict, adolescence issues, etc.

Director for Support Services (Singapore)

Association of Women for Action & Research (AWARE) 1995-1998

- Involved in the administration of the program
- Involved in promoting the organization & the counseling program
- Provided a 3- month training for all volunteer counsellors
- Selected, interviewed & maintained interest of telephone counsellors
- Oversaw all counselling cases done by professionals
- Counselling cases involved in violence, marital conflict, abuses, etc.
- Developed & facilitated group therapy for Single Again Women

PROFESSIONAL PUBLICATIONS

Dissertation

Quek, K. (2004). Gender Equality and Collectivism: A Qualitative Study on Newly-Weds in Singapore.

Published Articles

Quek, K. & Knudson-Martin, C (in press). Reshaping marital power within collectivist culture. *Journal of Social and Interpersonal Relations*, Vol. 25, pp.

Quek, K. & Knudson-Martin, C (2006). A Push toward Equality: Processes among Dual-Income Couples in a Collectivist Culture. *Journal of Marriage and the Family*, Vol. 68, pp. 56-69.

Quek, K. (1996). Traits of a Functional Family. *Families Today: A Quarterly Newsletter of the Ministry of Community Development*. Issue No. 2/96. P. 8-9

Quek, K (in press). Equality among dual-career newlyweds in collectivist culture. In Knudson-Martin & Mahoney (eds.), *Transforming Power: How couples move from gender legacy to gender equality*, (an edited volume). Chapter completed and approved by editors

Manuscripts under Review

Manuscripts in Preparation

Quek, K & Fritzpatrick, J. (2006) Social values and self-disclosure of Singaporean spouses.

Quek, K. (2006) A Qualitative Study of Contemporary Asian-American Married Couples with an oldest child aged five or younger

Quek, K., Argiropoulou, M., & Isaacson, K., (2007). A comparative study on social values and self-disclosure among married couples from Greece, Singapore & the United States.

PROFESSIONAL PRESENTATIONS

National/International

Argiropoulou, M. & Quek, K. (2007). "Conflict coping tactics between partners in marriage: The role of values, self-disclosure and satisfaction". A paper presentation at the 6th Pan-Hellenic Conference of Social Psychology, Nov 15-18, 2007, Delphos, Greece.

Quek, K. & Fritzpatrick, J. (2007). Exploring Cultural Values and Communications in Relationship. A poster presentation at the 2007 AAMFT Annual Conference, Oct 11-14, Long Beach, CA

Quek, K., Fang, S., Kim, S.E., Xie, X.L., & Xia, Y.R. (2007). Race Notwithstanding: Asian Female Professors in Predominantly White Classrooms. A symposium at the 2007 National Council on Family Relations Annual Conference, Nov. 7-11, Pittsburgh, PA

Fritzpatrick, J. & Quek, K. (2007). The Role of Marital Conflict & Disclosure in Singaporean Wives' Satisfaction. A paper presentation at the 2007 National Council on Family Relations Annual Conference, Nov. 7-11, Pittsburgh, PA

Quek, K., Orpen, S., & Victor, J. (2007). Marital Dynamics of Relational Power among Collectivist Couples with Young Children. Part of a symposium "Gender and Power Dynamics in Asian American Families and Relationships" at the 2007 National Council on Family Relations Annual Conference, Nov. 7-11, Pittsburgh, PA

Quek, K. & Knudson-Martin, C. (2006). Reshaping marital power in a collectivist culture. Interactive Round Table Discussion presented at the 2006 National Conference on Family Relations Annual Conference, Nov. 7-11, Minneapolis, MN

Quek, K., Fang, S., Kim, S.E., Xie, X.L., & Xia, Y.R. (2006). Journeys of transformation: Stories of Asian American Professors. Paper presented at the 2006 National Council on Family Relations Annual Conference, Nov. 7-11, Minneapolis, MN

Quek, K., Shih, K., Xie, X.L., Mulsow, M., You, H.K., & Lee, S.Y. (2006). Mentoring and surviving graduate school: Asian American Perspectives. Workshop presented at the 2006 National Conference on Family Relations Annual Conference, Nov. 7-11, Minneapolis, MN

Quek, K., & Knudson-Martin, C. (2006). Processes of shift in relational power among dual-career couples. Poster presented at the 64th AAMFT Annual Conference, Austin, Texas.

Quek, K., & Knudson-Martin, C. (2006). Reshaping power relationships in dual-career couples. Paper presented at the International Association of Relationship Research (IARR) Conference, Crete, Greece.

Quek, K., Edwards, S., Grauf-Grounds, C., MacDonald, D., & Sellers, T., (2006). Marriage and family therapy: Family therapy as a vocation of reconciliation. Forum at Seattle Pacific University.

Quek, K. (2003). Marital equality in a collectivistic culture. Paper presented at the 65th National Council on Family Relations Annual Conference, 2003. Vancouver, B.C. Canada.

Quek, K. (2001). Effective counseling strategies for connecting with students. Workshop presented at the Professional Development for Teaching Staff. Singapore Polytechnic, Singapore.

Quek, K. (1998-2001). Basic & advance counseling skills: Level 1 & II. Workshops presented at Teacher-Counselor Professional Development. Ministry of Education, Singapore.

Quek, K. (1998-2001). Relating well with parents. Workshops presented at Civil Service College: Institute of Public Administration & Management, Singapore.

Quek, K. (1996-2000). Effective befriending skills. Seminars conducted for National Council of Social Services, Singapore.

Quek, K. & Lim, P. (1999). Team building in organizations. Workshop conducted for Regional Staff Retreat, MTV, Singapore.

Quek, K. (1999). Effective befriending skills. Workshops conducted at Northeast Community Development Council, Singapore.

Quek, K., Lim, P., & Tan, A. (1997). Professional development for executive staff & teachers. Yishun Town Secondary School, Singapore.

Quek, K. (1996). Systemic thinking: Issues relating to extra-marital affairs. Paper presented at Social Work Symposium, National University of Singapore. Singapore.

OTHER WORKSHOPS & PRESENTATIONS

California

- Application of Myers-Briggs Type Indicator in Couples' Therapy. Loma Linda University Marriage & Family Clinic, August 23, 2004
- Treatment Modalities and Clients' Needs. Bilingual Family Counseling Service Inc., August 9, 2004.
- Know Self, Know Others, University Church, Loma Linda, May 12, 2002

- Conflict Resolution. University Church, Loma Linda. October 5, 2002
- Loving the Unlovely. University Church, Loma Linda. May 24, 2003

Singapore

- Basic Counseling Skills, In-House Training, LaSalle-SIA College of the Arts, 2000
- A Theological Basis for Family Relationship, Mt. Hebron Presbyterian Church, 2000
- Money Matters - Pre-Marital Preparation, Wesley Methodist Church, 1999
- Family Therapy with Elderly Folks, In-House Training, SAGE Counseling Center, 1998
- How to Promote Intergeneration Care & Communication, DayBreak Family Service Centre, December 1998
- Myths & Facts about Aging, Pei Chun Public School, November 1998
- Effective Communication with the Elderly, Anglo Chinese School, October, 1998
- Family Communication with Older Persons, Kampong Kapor Methodist Church, October, 1998
- Crisis Management & Intervention, Association of Women for Action & Research, 1997
- Effective Ways of Parenting Teens in a Competitive Society, Mt. Hebron Presbyterian Church, 1997
- Ensuring Effective Communication with my Child, Toa Payoh Polyclinic, March 1996
- Defiance: What is the Message? Tampines Polyclinic, June 1996.
- Time Management, Hua Yi Secondary School, May 1996
- Preparing for a Fulfilling Marriage, Dayspring In-Style Private Ltd., July 1995
- Marriage Enrichment 1-Day Seminar, The Singapore Planned Parenthood Association, January 1995
- Developing a God-Centered Family, Weekend Retreat, New Hope Community Church, June 1994
- Guiding Your Family in a Misguided World, Mt. Hebron West Zone, April 1994
- God's Design for a Happy Family, Kay Poh Road Baptist Church, 1993

AWARDS & GRANTS

2008-2009	SPU Faculty Research Grant: “ <i>Dynamics of Marital Power among Singaporean Collectivist Couples with Young Children</i> ” \$4,200
2006-2007	SPU Faculty Research Grant: “ <i>A Qualitative Study of Contemporary Asian-American Married Couples with an Oldest Child aged Five and Younger</i> ” \$3,500
2005	American Association for Marriage and Family Therapy Minority Supervision Award
2004	American Association for Marriage and Family Therapy Minority Fellowship Award

- 2003-2004 Who's Who in American Universities & Colleges
 2000 Educational Foundation Scholarship Award CAMFT
 1990 Evangelical Teacher Training Assoc. Graduate Teacher Diploma Award
 1990 Talbot Christian Education Department's Baker Award
 1990-1991 Who's Who in American Universities & Colleges
 1993 Award for Outstanding Personal Growth, California State Uni. Fullerton

PROFESSIONAL MEMBERSHIPS

- Clinical Member of AAMFT since 2004
 Member of National Council of Family Relations since 2003
 Student Member of AAMFT 2000
 Member of California Association of Marriage & Family Therapists 2000-2005
 Member of Association of Marriage & Family Therapy (Singapore) 1996
 Student Member of California Association of Marriage & Family Therapists 1990

PROFESSIONAL ENRICHMENT COURSES

- 2008 Mindfulness - Break Through - Difficult Emotions, Pain and Compulsive Behavior, Seattle, WA. Jan 25- Jan 26, 2008.
 2007 Advancing Systemic Thinking and Practices: Past, Present, and Future, June 20-23, Vancouver, BC. AFTA 30th Anniversary 2007.
 2007 The Couples Conference: Love & Intimacy, April 27-29, 2007, Anaheim, CA. Sponsored by the Milton H. Erikson Foundation, Inc.
 2006 WSPA 2006 Fall Convention: Fact-to-Face: Psychologist as a Force in the Family Ecology: Development Perspectives to Integrating Sexual & Marital Therapy (by Gail Wyatt, PhD); Resolving Emotional Gridlocks: Helping Clients grow through Conflict (by David Schnarch, PhD); Resurrecting Sex: Helping clients turn sexual difficulties into a Passionate Marriage (by David Schnarch, PhD); Custody Evaluations and Parenting Plans; Legal & Ethical aspects of Supervision.
 2006 "How Can I Forgive You? A Radical Approach to Healing Intimate Wounds" – Janis Abrahms Springs, Ph.D – WAMFT 2006 Annual Conference, Seattle Pacific University
 2004 31st Annual Children's Conference, "Collaborating –to stay on Track for the Children, Riverside, CA.
 2004 The California Addiction Training & Education Series: Methamphetamine, CA.
 2003 Solution Focused Brief Therapy Conference, Loma Linda, CA
 2001 Narrative Therapy by Michael White, Loma Linda, CA.
 1999 Transgenerational Stories about Men & Women in Marital & Family Therapy
 1998 Brief Solution Focused Therapy, Singapore
 1997 Structural Family Therapy in the Age of Integration, New York
 1996 Neuro-Linguistic Programme Therapy, Singapore

PROFESSIONAL INVOLVEMENT

- Reviewer for Journal of Social & Personal Relationships 2006, 2007, 2008
 Reviewer for NCFR annual conferences 2005, 2006, 2007, 2008

Election Committee Member, WAMFT 2006-2008

Member of Strauss Award Committee 2006

Volunteer, AAMFT conference 2002

Volunteer Facilitator for Family Conferencing (Juvenile Court) 1998-2000

Professional Practice Committee Member for Kampong Kapor Family Service Centre

Professional Practice Committee Member for Pasir Ris Family Service Centre

RESEARCH and TEACHING INTERESTS

Theory & Practice of Family Therapy

Multiculturalism

Self-, Group-, One-to-One Supervision

Gender Issues in Therapy

Individualism vs. Collectivism

Family Mediation