

Stephanie E. Armes, PhD, LAMFT
Curriculum Vitae
September 2019

Marriage and Family Therapy Department
Seattle Pacific University
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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

i. Undergraduate Instruction

2017 Co-Instructor of Record, Development within the Family (HDFS 2100)

(Teaching mentor: Dr. Chalandra Bryant, co-instructor of record)

2015 Guest Lecture, *Careers within the helping professions*
Undergraduate Professional Development in HDFS, 201, University of Georgia

2006- 2007 Teaching Assistant, General Psychology, Seattle Pacific University
(Dr. Amanda Stewart, instructor of record)

ii. Graduate Instruction

2019 Guest Lecture, *Qualitative Coding, Open coding, a priori coding, oh my!*
Cambodian-Laotian Community Strength & Resilience Project, University of Georgia

2019 Guest Lecture, *Diagnosing PTSD: Trauma, PTSD, and Diagnostic Criteria*
Doctoral level systemic trauma-informed interventions course, HDFS 8950,
University of Georgia

2019 Guest Lecture, *Recognizing and preventing Secondary Trauma*
Doctoral level systemic trauma-informed interventions course, HDFS 8950,
University of Georgia

2018 Guest Lecture, *Putting together your CV*
Doctoral level professional seminar course, HDFS 8910, University of Georgia

2017 Guest Lecture, *Putting together your CV*
Doctoral level professional seminar course, HDFS 8910, University of Georgia

2017 Guest Lecture, *Using a genogram to assess families*
Masters level School of Social Work direct practice course, University of Georgia

2016 Supervisor in training, Mercer University Marriage and Family Therapy clinic
Mercer University, Macon, GA (Supervision mentor: Dr. Maria Bermúdez)

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

*Denotes equal authorship

- 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

- 2018- present Associate license (Georgia) #AMFT0000554, issued November 8, 2018
- 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

*Denotes equal authorship

1. Journal Articles

- 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. Under Review

- Armes, S. E.**, Lee, J., Bride, B. E., & Seponski, D. M. (submitted June 2019). Secondary trauma and impairment in clinical social workers. Manuscript abstract accepted for *Child Abuse & Neglect* special issue *Research to promote a healthy and resilient child abuse & neglect workforce*. Impact Factor (2.899)

3. 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.

4. Research areas

Secondary Traumatic Stress
Trauma development and maintenance in communities, families, and individuals

Culturally responsive therapy and intervention practices

5. Editorial Service

2015- present Apprentice Reviewer, *Journal of Marital and Family Therapy*

2015- present Apprentice Reviewer, *Journal of Feminist Family Therapy*

6. Convention Presentations**International Presentations**

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

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.

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.

National Presentations

Phal, M., Seponski, D. M., Khann, S., **Armes, S. E.**, Lahar, C. J., Kao, S., & Schunert, T. (accepted). Parental PTSD and child aggression: The moderating role of family income. Paper accepted for presentation at the 2019 National Council on Family Relations annual conference, Ft.Worth, TX.

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.

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- 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.**, 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.

Local Presentations

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. Funding for Research Presentations

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| 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 |

8. Honors and Awards

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| 2018 | Graduate Student Research Award, American Association of Marriage and Family Therapy Research & Education Foundation (\$2,500) |
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- 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

III. PUBLIC AND PROFESSIONAL SERVICE

a. National Professional Organizations

International Society of Traumatic Stress Studies, 2018- present
 National Council on Family Relations, 2014-present
 Georgia Association of Marriage and Family Therapy, 2014- present
 American Association of Marriage and Family Therapy, 2012- present
 Kentucky Association of Marriage and Family Therapy, 2012-2014

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

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Volunteer, National Council on Family Relations Annual Conference, Baltimore, MD 2014

d. Departmental Services

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.

e. Local Community Services and Relations

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.