

Andrea K. Wittenborn, Ph.D.

Human Development and Family Studies
Michigan State University
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East Lansing, Michigan 48824
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I. Degrees Awarded

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| Ph.D.
2007 | Human Development and Family Studies with a Specialization in Marriage and Family Therapy, Purdue University, West Lafayette, Indiana |
| M.S.
2004 | Human Development and Family Studies with a Specialization in Marriage and Family Therapy, Purdue University, West Lafayette, Indiana |
| B.S.
2001 | Psychology, Southeast Missouri State University, Cape Girardeau, Missouri
<i>Graduated Summa Cum Laude and with Academic Distinction</i> |

II. Clinical Credentials

Licensed Marriage and Family Therapist (Michigan 4101006623)
Approved Supervisor, American Association for Marriage and Family Therapy

III. Research Interests

Dissemination and Implementation of Interventions for Depression
Emotionally Focused Couple Therapy
Personalized Intervention
Adult Attachment

IV. Professional Appointments

A. Academic and Research Positions

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| 2015-2017 | Graduate Director, Department of Human Development and Family Studies, Michigan State University |
| 2017- | Associate Professor, Division of Psychiatry and Behavioral Medicine, Michigan State University |
| 2014- | Associate Professor, Couple and Family Therapy Doctoral Program, Department of Human Development and Family Studies, Michigan State University |
| 2013-2014 | Acting Program Director Marriage and Family Therapy Master's Program, Department of Human Development, Virginia Tech |
| 2014 | Assistant Professor, Health Sciences, Virginia Tech |

2007-2014	Assistant Professor, Marriage and Family Therapy Master's Program, Department of Human Development, Virginia Tech
2006-2007	Doctoral Intern, Department of Psychiatry, University of Pennsylvania-Children's Hospital of Philadelphia

B. Clinical Positions

2014-	Couple and Family Therapist, East Lansing, Michigan
2007-2014	Couple and Family Therapist, Falls Church, Virginia
2006-2007	Couple and Family Therapist, Department of Psychiatry, Children's Hospital of Philadelphia, Philadelphia, Pennsylvania
2003-2006	Couple and Family Therapist, Purdue University Individual, Couple, and Family Therapy Clinic, West Lafayette, Indiana
2001-2002	Caseworker, Regency Management, Cape Girardeau, Missouri
2001	Applied Behavior Analysis Therapist, Public School System, Cape Girardeau, Missouri
1999-2002	In-Home Therapist, Community Counseling Center, Cape Girardeau, Missouri

C. Program Evaluation

2003-2004	Consultant, Maximus Consulting, Indianapolis, Indiana Program Evaluation for the State of Indiana Division of Family and Children Community-Based Family Resource and Support Grant
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V. Funded Research

A. Federal Grants

2013-2016	Wittenborn (PI)	\$421,046
National Institutes of Health (NIH/NIMH) R21MH100515		
<i>Modeling the dynamics of adult depression</i>		
Investigators: A. Wittenborn (PI), H. Rahmandad (Co-PI), and S. Hollon (Co-I)		
2009-2010	Huebner (PI)	\$161,843
United States Department of Agriculture (USDA/NIFA)		
<i>The military family needs assessment</i>		
Investigators: A. Huebner (PI) and Wittenborn (Consultant, 25% effort)		

B. Foundation Grant

2010-2012	Wittenborn (PI)	\$20,000
Faahs-Beck Fund for Research and Experimentation		
<i>Stage II randomized clinical trial of emotionally focused therapy for comorbid depression and</i>		

marital distress

Investigator: A. Wittenborn (PI)

C. Intramural Grants

2018-2019	Blow (PI)	\$10,000
Center for Advanced Study of International Development		
<i>Dissemination of the Hold me Tight Intervention in South Africa</i>		
Investigators: A. Blow (PI), A. Wittenborn (Co-I), T. Timm (Co-I), Kathryn de Bruin (Co-I), Elmien Lesch (Co-I), and Colleen Anderson (Co-I)		
2017-2018	Hampton Wray (PI)	\$5,000
Trifecta Initiative for Interdisciplinary Health Research		
<i>A targeted social media-based intervention for young mothers: Improving child outcomes by developing artificial intelligence and intervention to support adolescent mothers from lower SES backgrounds</i>		
Investigators: A. Hampton Wray (PI), D. Meshi (Co-I), M. Zhang (Co-I), K. Brittain (Co-I), K. Silk (Co-I), A. Wittenborn (Co-I), K. Holtrop (Co-I), J. Tang (Co-I), K. Moyses (Co-I), and J. Chapin (Co-I)		
2017	Wittenborn & Romain (PI)	\$49,934
Sparrow/MSU Center for Innovation and Research		
<i>Implementing a collaborative care model for perinatal depression</i>		
Investigators: A. Wittenborn (PI), A. Romain (PI), and J. Olsen (Co-I)		
2016-2017	Wittenborn (PI)	\$49,841
Sparrow/MSU Center for Innovation and Research		
<i>A virtual agent to screen for mental health in pregnant and postpartum women</i>		
Investigators: A. Wittenborn (PI), H. McCauley (C-I), Amy Bonomi (Co-I), M. Zhang (Co-I), and Kathy Marble (Co-I)		
2017	Wittenborn & Pearson (PI)	\$2,000
MSU Provost Undergraduate Research Initiative		
<i>What type of communities have higher than expected rates of online depression support-seeking behaviors?</i>		
Investigators: A. Wittenborn (PI) and A. Pearson (PI)		
2015-2016	Zhang (PI)	\$10,000
Science and Society @ State (S3)		
<i>Development of an intelligent audio journal smartphone application for depression detection</i>		
Investigators: M. Zhang (PI), A. Wittenborn (Co-I), and S. Cotten (Co-I)		
2012	Wittenborn (PI)	\$4,200
Virginia Tech College of Liberal Arts and Human Sciences Grant Writing Incentive Grant		
<i>Couple treatment for adult depression and relational discord</i>		
Investigator: A. Wittenborn (PI)		
2011	Wittenborn (PI)	\$12,960
Virginia Tech Institute for Society, Culture, and Environment		
<i>A mathematical model of adult depression: Intervention and policy implications</i>		
Investigators: A. Wittenborn (PI) and H. Rahmandad (Co-PI)		

2009-2010 **Wittenborn (PI)** \$14,926
 Virginia Tech College of Liberal Arts and Human Sciences Niles Dean's Faculty Fellowship
Stage I clinical trials of emotionally focused therapy for couples with comorbid depression and marital distress
 Investigator: A. Wittenborn (PI)

2008-2009 **Wittenborn (PI)** \$1,150
 Department of Human Development Special Projects Support
The impact of therapists' attachment security and affect regulation strategies on their treatment of depressed couples
 Role: PI

D. Other Awards

2010 **Wittenborn** \$1,800
 Virginia Tech International Travel Grant
 Funded to present research at the World Congress of the International Family Therapy Association, Buenos Aires, Argentina

2003 **Wittenborn** \$600
 Purdue University Research Travel Grant
 Funded to present research at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana

VI. Scholarly Contributions (*denotes student co-author)

A. Publications

1. Refereed journal articles

Wittenborn, A. K., Liu, T., Ridenour, T. A., *Lachmar, E. M., *Rouleau, E. & Seedall, R. B. (in press). Randomized controlled trial of emotionally focused couple therapy compared to treatment as usual for depression: Outcomes and mechanisms of change. *Journal of Marital and Family Therapy*.

Wittenborn, A. K., Blow, A. J., Holtrop, K., & Parra-Cardona, J. R. (in press). Strengthening clinical research in marriage and family therapy: Challenges and multi-level solutions. *Journal of Marital and Family Therapy*.

*Welch, T., *Rouleau, E., *Farero, A., *Lachmar, M., & **Wittenborn, A. K.** (in press). Maintaining relationship quality during the transition to parenthood: The need for next generation interventions. *Contemporary Family Therapy*.

Hosseinichimeh, N., **Wittenborn, A. K.**, *Rick, J., Jalali, M. S., & Rahmandad, H. (2018). Modeling and estimating the feedback mechanisms among depression, rumination, and stressors in adolescents. *PLoS ONE*, 13(9), e0204389.

*DeJohn, A. D., *Schulz, E. E., Pearson, A. L., *Lachmar, E. M., & **Wittenborn, A. K.** (2018). Identifying and understanding communities using Twitter to connect about

depression: Cross-Sectional Study. *Journal of Medical Internet Research: Mental Health*, 5(4), e61.

*Lachmar, E. M., **Wittenborn, A. K.**, Bogen, K. W., & McCauley, H. L. (2017). #MyDepressionLooksLike: Examining public discourse of depression on Twitter. *Journal of Medical Internet Research: Mental Health*, 4(4), e43. doi: 10.2196/mental.8141

*Rick, J. L., Falconier, M. K., & **Wittenborn, A. K.** (2017). Emotion regulation dimensions and relationship satisfaction in clinical couples. *Personal Relationships*, 24, 790-803. doi: 10.1111/pere.12213

Hosseinihimeh, N., Rahmandad, H., Jalali, M. S., & **Wittenborn, A. K.** (2016). Estimating the parameters of system dynamics models using indirect inference. *System Dynamics Review*, 32, 156-180. doi: 10.1002/sdr.1558

Wittenborn, A. K., Rahmandad, H., *Rick, J., & Hosseinihimeh, N. (2016). Depression as a systemic syndrome: Mapping the feedback loops of major depressive disorder. *Psychological Medicine*, 46, 551-562. doi: 10.1017/S0033291715002044

Received 2017 AAMFT Outstanding Research Publication Award

Ridenour, T. A., **Wittenborn, A. K.**, Raiff, B. R., Benedict, N., & Kane-Gill, S. (2016). Illustrating idiographic methods for translation research: Moderation effects, natural clinical experiments, and complex treatment-by-subgroup interactions. Special issue of *Translational Behavioral Medicine*, 6, 125-134. doi: 10.1007/s13142-015-0357-5

*Katz, M., & **Wittenborn, A. K.** (2016). Emotionally focused family therapy and play therapy for young children whose parents are divorced. *Journal of Divorce and Remarriage*, 57, 133-150. doi: 10.1080/10502556.2015.1127878

Hosseinihimeh, N., Rahmandad, H., & **Wittenborn, A. K.** (2015). Modeling the hypothalamus-pituitary-adrenal axis: A review and extension. *Mathematical Biosciences*, 268, 52-65. doi: 10.1016/j.mbs.2015.08.004

Blow, A. J., *Fraser Curtis, A., **Wittenborn, A. K.**, & Gorman, L. (2015). Relationship problems and military related PTSD: The case for using emotionally focused therapy for couples. Special issue of *Contemporary Family Therapy*, 37, 261-270. doi: 10.1007/s10591-015-9345-7

Wittenborn, A. K., Dolbin-MacNab, M. L., & Keiley, M. K. (2013). Dyadic research in marriage and family therapy: Methodological considerations. *Journal of Marital and Family Therapy*, 39, 5-16. doi: 10.1111/j.1752-0606.2012.00306.x

Received Journal of Marital and Family Therapy Best Article of 2013 Award

*Swank, L. E., & **Wittenborn, A. K.** (2013). Repairing alliance ruptures in emotionally focused couple therapy: A preliminary task analysis. *American Journal of Family Therapy*, 41, 389-402. doi: 10.1080/01926187.2012.726595

- *Wolfe, C., & **Wittenborn, A. K.** (2012). Resident and counselor relationships in a court affiliated residential treatment setting for adolescents: Role of attachment. *Journal of Family Psychotherapy*, 23, 255-272. doi: 10.1080/08975353.2012.735587
- Johnson, S. M., & **Wittenborn, A. K.** (2012). New research findings on emotionally focused therapy: Introduction to special section. Special section of *Journal of Marital and Family Therapy*, 38, 18-22. doi: 10.1111/j.1752-0606.2012.00292.x
- Wittenborn, A. K.** (2012). Exploring the influence of the attachment organizations of novice therapists on their delivery of emotionally focused therapy for couples. Special section of *Journal of Marital and Family Therapy*, 38, 50-62. doi: 10.1111/j.1752-0606.2012.00290.x
- Denton, W. H., **Wittenborn, A. K.**, & Golden, R. N. (2012). Augmenting antidepressant medication treatment of women with emotionally focused therapy for couples: A randomized pilot study. *Journal of Marital and Family Therapy*, 38, 23-38. doi: 10.1111/j.1752-0606.2012.00291.x
- Wittenborn, A. K.**, *Culpeper, B., & Liu, T. (2012). Treating depression in men: The role of emotionally focused couple therapy. *Contemporary Family Therapy*, 34, 89-103. doi: 10.1007/s10591-012-9176-8
- Wittenborn, A. K.**, Keiley, M. K., & Sprenkle, D. H. (2012). The evaluation of a multiple couple group intervention for couples transitioning to marriage: A mixed-methods pilot project. *Journal of Couple and Relationship Therapy*, 11, 130-148. doi: 10.1080/15332691.2012.666499
- Wittenborn, A. K.**, Faber, A. J., & Keiley, M. K. (2012). An attachment and affect regulation based multiple-couple group intervention for couples transitioning to marriage/commitment. *Journal of Couple and Relationship Therapy*, 11, 189-204. doi: 10.1080/15332691.2012.692941
- Christiansen, A., Thomas, V., Lowe, W., Kafescioglu, N., Karakurt, G., Smith, W., & **Wittenborn, A.** (2011). Multicultural supervision: Lessons learned about an ongoing struggle. *Journal of Marital and Family Therapy*, 37, 109-119. doi: 10.1111/j.1752-0606.2009.00138.x
- Faber, A. J., & **Wittenborn, A. K.** (2010). The role of attachment in children's adjustment to divorce and remarriage. *Journal of Family Psychotherapy*, 21, 89-104. doi: 10.1080/08975353.2010.483625
- MacDermid, S. M., & **Wittenborn, A. K.** (2007). Lessons from work-life research for developing human resources. *Special Issue of Advances in Developing Human Resources*, 9, 556-568. doi: 10.1177/1523422307305493
- Wittenborn, A. K.**, Faber, A. J., Harvey, A. M., & Thomas, V. K. (2006). Emotionally focused family therapy and play therapy techniques. *American Journal of Family Therapy*, 34, 333-342. doi: 10.1080/01926180600553472

2. Book chapters

Wittenborn, A. K., Baucom, B. R. W., Leifker, F. R., & *Lachmar, E. M. (in press). Couple-based interventions for the treatment of depressive and anxiety disorders. In K. S. Wampler, R. B. Miller, R. B. Seedall, L. M. McWey, A. J. Blow, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy*. New York, NY: Wiley.

Wittenborn, A. K., *Lachmar, E. M., *Huerta, P., *Mitchell, E., & *Tseng, C. (in press). Global epidemiology, etiology, and treatment: Depressive and anxiety disorders across the lifespan. In K. S. Wampler, R. B. Miller, R. B. Seedall, L. M. McWey, A. J. Blow, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy*. New York, NY: Wiley.

Wittenborn, A. K., Hosseinichimeh, N., *Rick, J. L., & *Tseng, C. (in press). Systems theory and methodologies: Advancing the science of systemic family therapy. In K. S. Wampler, R. B. Miller, R. B. Seedall, L. M. McWey, A. J. Blow, M. Rastogi, & R. Singh (Eds.), *The Handbook of Systemic Family Therapy*. New York, NY: Wiley.

Wittenborn, A. K., & Faber, A. J. (2013). Parent-child attachment. In R. E. Emery (Ed.), *Cultural Sociology of Divorce* (pp. 99-103). Thousand Oaks, CA: Sage.

Liu, T., & **Wittenborn, A. K.** (2011). Culturally diverse couples. In J. Furrow, S. Johnson, & B. Bradley (Eds.), *The emotionally focused casebook: New directions in treating couples* (pp. 295-316). New York, NY: Routledge.

Christiansen, A. T., **Wittenborn, A. K.**, Karakurt, G., Abdullah, S., & Zhang, C. (2007). Exploring relationships activity for adult incest survivors. In L. Hecker & S. Deacon (Eds.), *Therapist's Notebook II: Homework, Handouts & Activities for Use in Psychotherapy* (pp. 159-168). New York, NY: Haworth Press.

3. Refereed book reviews

*Subramaniam, S., & **Wittenborn, A.K.** (2015). Review of the book *An emotionally focused workbook for couples*, by V. Kallos-Lilly & J. Fitzgerald. *Journal of Marital and Family Therapy*, 41, 385-386. doi: 10.1111/jmft.12114

Wittenborn, A. K. (2008). Review of the book *Emotional intelligence in couples therapy: Advances from neurobiology and the science of intimate relationships*, by B. Atkinson. *Journal of Couple and Relationship Therapy*, 6, 90-91. doi: 10.1300/J398v06n03_06

4. Other manuscripts

Wittenborn, A. K., Dolbin-MacNab, M. L., & Keiley, M. K. (2014). Dyadic research in marriage and family therapy. *Family Therapy Magazine*, 13, 29-30.

MacDermid, S. M., & **Wittenborn, A. K.** (2006). *Best of the best: The 2005 Rosabeth Moss Kanter Award for excellence in work-family research*. West Lafayette, IN: Center for Families, Purdue University.

B. Papers or Lectures

1. Refereed presentations

- *Lachmar, E. M., **Wittenborn, A. K.**, Bogen, K., & McCauley, H. (2018, November). *#MyDepressionLooksLike: Examining discourse about depression*. Presented at the American Association for Marriage and Family Therapy Annual Conference, Louisville, Kentucky.
- *Lachmar, E. M., **Wittenborn, A.**, Fine, P., Juntti, R., & Koss, D. (2018, November). *13 reasons why not: Evaluating a school suicide prevention program*. Presented at the American Association for Marriage and Family Therapy Annual Conference, Louisville, Kentucky.
- *Rouleau, E., *Farero, A., *Welch, T., *Lachmar, E. M., & **Wittenborn, A. K.** (2018, August). *A Brief Intervention for Couples Transitioning to Parenthood*. Presented at the American Psychological Association Annual Conference, San Francisco, California.
- *Rouleau, E., Nuttall, A. K., & **Wittenborn, A. K.** (2018, August). *Examining Associations of Maternal Depression and Warm Responsiveness Over Time*. Presented at the American Psychological Association Annual Conference, San Francisco, California.
- Seedall, R., Blow, A., Wampler, K., **Wittenborn, A.K.**, Diamond, G., & Hunt, Q. (2017, October). *Becoming better therapists: Intervention science advances in MFT*. Presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta Georgia.
- *Ingram, J., *Leija, S. G., *Adekoya, A., *Lofton, H., *Szczygiel, L., & **Wittenborn, A. K.** (2017, October). *Mental health disparities: A brief, normative feedback intervention*. Presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- *Rouleau, E., *Farero, A., *Welch, T., *Lachmar, M., & **Wittenborn, A. K.** (2017, October). *A brief intervention for couples transitioning to parenthood*. Presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- Wittenborn, A. K.**, *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2017, June). *Assessing personalized psychotherapy for depression: A system dynamics approach*. Paper presented at the Society for Psychotherapy Research Conference, Toronto, Ontario, Canada.
- *Rouleau, E., *Ingram, J., *Subramaniam, S., *Rick, J., Hosseinichimeh, N., Rahmandad, H., & **Wittenborn, A. K.** (2016, September). *Testing the validity of a model of depression dynamics*. Presented at the annual meeting of the American Association for Marriage and Family Therapy, Indianapolis, Indiana.

*Rick, J., Falconier, M. K., & **Wittenborn, A. K.** (2016, September). *Emotion regulation and relationship satisfaction: A path analysis*. Presented at the annual meeting of the American Association for Marriage and Family Therapy, Indianapolis, Indiana.

Wittenborn, A. K. (2016, August). *Personalized depression treatment: A simulation approach*. Presented at the NIMH Conference on Mental Health Services Research: Harnessing Science to Strengthen the Public Health Impact, Bethesda, Maryland.

Wittenborn, A. K., *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2016, June). *A simulation approach to assessing the impact of a cognitive intervention on depression*. Paper presented at the Innovations in Collaborative Modeling Conference, East Lansing, Michigan.

Wittenborn, A. K. (2016, March). *Women and leadership: Challenges and opportunities in couple and family therapy*. Presented at the American Association for Marriage and Family Therapy Leadership Conference, Santa Fe, New Mexico.

*Rick, J. L., Falconier, M. K., & **Wittenborn, A. K.** (2015, November). *Emotion regulation and relationship satisfaction in clinical couples*. Poster presented at the annual meeting of the National Council on Family Relations, Vancouver, British Columbia.

Wittenborn, A., *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2015, September). *Understanding depression as a systemic syndrome*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

*Rouleau, E., **Wittenborn, A. K.**, Liu, T., & Seedall, R. (2015, September). *Predictors of development and course of therapeutic alliance*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

Selected as one of ten among over 200 submissions as “Cutting Edge Research”

Liu, T., & **Wittenborn, A. K.** (2015, September). *Emotionally focused couple therapy for depression*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

Ivey, D., Durtschi, J., Lamson, A., Soloski, K., Parra, R., & **Wittenborn, A.** (2015, September). *Systemic science: MFTs innovation in healthcare and training*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.

Wittenborn, A., *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2015, August). *Modeling feedback effects in adult depression*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.

Wittenborn, A. K., *Rick, J., Hosseinichimeh, N., & Rahmandad, H. (2015, June). *Modeling the systemic complexity of unipolar depression*. Paper presented at the Innovations in Collaborative Modeling Conference, East Lansing, Michigan.

- *Rouleau, E., & **Wittenborn, A. K.** (2015, February). *Predictors of formation and maintenance of alliance in therapy: The role of gender and attachment*. Paper presented at the Michigan State University Graduate Academic Conference, East Lansing, Michigan.
- *Turner, E., & **Wittenborn, A. K.** (2014, October). *Exploring a psycholinguistic method of assessing attachment orientation in couple therapy*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Milwaukee, Wisconsin.
- Hosseinihimeh, N., Rahmandad, H., & **Wittenborn, A.** (2014, July). *Modeling the hypothalamus-pituitary-adrenal axis: A review and extension*. Paper presented at the annual meeting of the System Dynamics Society, Delft, Netherlands.
- Wittenborn, A. K.**, & Liu, T. (2012, September). *Using EFT to treat depression and relationship problems*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Charlotte, North Carolina.
- Wittenborn, A. K.**, & Liu, T. (2011, September). *Couple treatment for depression and relationship distress*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Fort Worth, Texas.
- Wittenborn, A. K.** (2011, August). *Diagnosing and treating male depression and relationship distress*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Wittenborn, A. K.** (2011, August). *Exploring the influence of therapist attachment organizations in treatment*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Wittenborn, A. K.** (2010, September). Exploring the influence of novice therapists' attachment organizations on their delivery of emotionally focused therapy. In **A. K. Wittenborn** (Chair), *Current findings in attachment research*. Symposium conducted at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- Wittenborn, A. K.**, *Culpepper, B., *Styler, D. L., *Swank, L. E., *Smith, M. C., *Wade, K. E., & *Wise, A. P. (2010, September). *Depression and dyadic distress in couple relationships*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- *Wolfe, C. S., & **Wittenborn, A. K.** (2010, September). *Residential care: The role of client-counselor relationships*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- Wittenborn, A. K.** (2010, March). *The influence of therapists' attachment and affect regulation strategies on treatment*. Poster presented at the annual World Congress of the International Family Therapy Association, Buenos Aires, Argentina.
- Wittenborn, A. K.** (2010, January). EFT therapists' contribution to treatment: The role of attachment and affect regulation. In W. H. Denton (Chair), *New research findings*

in emotionally focused therapy. Symposium conducted at the Emotionally Focused Therapy Summit, San Diego, California.

Denton, W. H., Nakonezny, P. A., **Wittenborn, A. K.**, & Jarrett, R. B. (2010, January). Augmenting antidepressant medication treatment of women with EFT. In W. H. Denton (Chair), *New research findings in emotionally focused therapy*. Symposium conducted at the Emotionally Focused Therapy Summit, San Diego, California.

Wittenborn, A. K. (2009, October). *Treating depression and distress in couple relationships*. Paper presented at the annual meeting of the American Association for Marriage and Family Therapy, Sacramento, California.

Wittenborn, A. K. (2009, October). EFT therapists' contribution to treatment: The role of attachment and affect regulation. In W. H. Denton (Chair), *New findings in emotionally focused therapy for couples*. Symposium conducted at the annual meeting of the American Association for Marriage and Family Therapy, Sacramento, California.

*Mojta, C., & **Wittenborn, A. K.** (2009, October). *Stepfamily challenges, successes and preventative interventions*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Sacramento, California.

Wittenborn, A. K. (2009, June). *The influence of therapist trainees' levels of attachment security and affect regulation strategies on treatment*. Paper presented at the annual meeting of the American Family Therapy Academy, New Orleans, Louisiana.

Wittenborn, A. K., Keiley, M. K., Diamond, G. S., Sprenkle, D. H., Garber, J., McCauley, E. (2009, April). *The relations among maternal depressive symptoms, marital quality, and child and adolescent attachment*. Research poster presented at the biennial meeting of the Society for Research in Child Development, Denver, Colorado.

*Perkins, J. L., & **Wittenborn, A. K.** (2009, April). *Pediatric center through an attachment theory lens*. Poster presented at the biannual meeting of the Virginia Association for Marriage and Family Therapy, Williamsburg, Virginia.

Wittenborn, A. K., Keiley, M. K., Diamond, G. S., Sprenkle, D. H., Garber, J., & McCauley, E. (2008, November). *The relation of depressive symptoms and marital quality to child attachment: A growth analysis*. Poster presented at the annual meeting of the National Council on Family Relations, Little Rock, Arkansas.

Christiansen, A., Thomas, V., Lowe, W., Kafescioglu, N., Karakurt, G., Smith, W., & **Wittenborn, A.** (2008, November). *Struggles in multicultural supervision: A multi-case study*. Paper presented at the annual meeting of the National Council on Family Relations, Little Rock, Arkansas.

Wittenborn, A. K., Keiley, M. K., Diamond, G. S., Sprenkle, D. H., Garber, J., & McCauley, E. (2008, October). *The relations among depressive symptoms, marital quality, and child attachment*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Memphis, Tennessee.

- Wittenborn, A. K.**, McCollum, E. E., & Stith, S. (2008, July). *The relation of depressive symptoms and intimate partner violence in males and females: A multiple-domain growth analysis*. Paper presented at the International Family Violence and Child Victimization Research Conference, Portsmouth, New Hampshire.
- Keiley, M. K., **Wittenborn, A. K.**, & Liu, T. (2007, October). *Multiple family and couple groups: Promoting reconnection*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Long Beach, California.
- Wintersteen, M. B., Diamond, G. M., Dingfelder, H., & **Wittenborn, A. K.** (2007, June). *Attachment based family therapy for suicidal adolescents*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin.
- Barnett, J. K., Wintersteen, M. B., **Wittenborn, A. K.**, & Diamond, G. S. (2007, April). *Baseline family characteristics of suicidal minority youth*. Poster presented at the annual meeting of the American Association of Suicidology, New Orleans, Louisiana.
- Wintersteen, M. B., Diamond, G. S., & **Wittenborn, A. K.** (2007, March). *What is treatment as usual for adolescents at risk for suicide?* Paper presented at the annual meeting of the Eastern Psychological Association, Philadelphia, Pennsylvania.
- Wittenborn, A. K.**, & Keiley, M. K. (2006, October). *Multiple couple group intervention: A new approach to premarital counseling*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- Elias, C., Karam, E., Kim, E., Sprenkle, D., Willerton, E., & **Wittenborn, A.** (2006, October). *Therapists' experiences of learning pragmatic experiential therapy for couples: A qualitative journey*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- Wittenborn, A. K.**, Sprenkle, D. H., & Keiley, M. K. (2005, November). *The implementation of an attachment and affect regulation group intervention for engaged couples*. Poster presented at the annual meeting of the National Council for Family Relations, Phoenix, Arizona.
- Keiley, M. K., Canino, J. T., Faber, A. J., **Wittenborn, A. K.**, King, E. L., & Karakurt, G. (2005, October). *Emotionally-focused family therapy: Adolescent sex-offenders*. Workshop presented at the annual meeting of the American Association for Marriage and Family Therapy, Kansas City, Missouri.
- Wittenborn, A. K.**, Keiley, M. K., & Sprenkle, D. H. (2005, October). *An attachment and affect regulation intervention for premarital couples*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Kansas City, Missouri.
- Ruprecht, K., Elicker, J., & **Wittenborn, A. K.** (2005, April). *Staff and parent partnerships in Early Head Start: A qualitative analysis of key relationship concepts*. Poster

presented at the biennial meeting of the Society for Research in Child Development, Atlanta, Georgia.

Wittenborn, A. K. (2005, April). *A mixed-methods analysis of an attachment and affect regulation group marriage preparation program*. Research poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.

Wittenborn, A. K. (2005, February). *An attachment and affect regulation intervention for premarital couples*. Research poster presented at the Sigma Xi Graduate Student Research Awards Conference, West Lafayette, Indiana.

Karakurt, G., Sanford, K., & **Wittenborn, A. K.** (2004, November). *Therapists' involvement in legal trials*. Poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.

Elicker, J., Ruprecht, K., & **Wittenborn, A. K.** (2004, June). *Staff and parent conceptions of relationships in Early Head Start*. Poster presented at the annual National Head Start Research Conference, Washington, DC.

Wittenborn, A. K., & Canino, J. T. (2004, March). *Strengthening romantic relationships from an emotionally focused therapy perspective*. Poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.

Ruprecht, K., Huang, H., & **Wittenborn, A. K.** (2003, November). *What's in it for me? How Early Head Start providers and parents experience their relationships: A qualitative journey*. Poster presented at the annual meeting of the National Association for the Education of Young Children, Chicago, Illinois.

Wittenborn, A. K. (2003, September). *Attachment and affect regulation in a marriage preparation program*. Poster presented at the annual meeting of the Indiana Association for Marriage and Family Therapy, Indianapolis, Indiana.

Holloway, A. K., & Snell, W. Jr. (2001, May). *Romantic perfectionism and both attachment and affect*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, Illinois.

2. Invited keynotes and presentations

Wittenborn, A.K., Juntti, R., & Koss, D. (2018, November). *13 reasons why not*. Invited keynote presented at the American Association for Marriage and Family Therapy.

Wittenborn, A.K. (2018, May). *Strengthening bonds: Using emotionally focused couple therapy to treat depression*. Georgia Association for Marriage and Family Therapy, Jekyll Island, Georgia.

Liu, T., & **Wittenborn, A.K.** (2017, October). *Treating depression: Tools for EFT therapists*. EFT Summit, San Diego, California.

- Fine, P., **Wittenborn, A.**, Juntti, R., & Koss, D. (2017, August). *13 reasons why not: A school-based intervention*. Invited opening keynote presented at AI/AN National Behavioral Health Conference, Tulsa, Oklahoma.
- Wittenborn, A.** & Juntti, R. (2017, October). *13 reasons why not: A suicide prevention student voice project*. Indian Health Services Clinical Rounds Webinar.
- Rahmandad, H. & **Wittenborn, A.K.** (2016, February). *System dynamics methods for mental health research: An introduction*. Invited presentation to the U.S. Department of Health and Human Services Maternal and Child Health Research Program EnRICH Webinar Series.
- Wittenborn, A. K.** (2015, November). *Dynamic modeling of depression: Opportunities for intervention research*. Invited presentation at Drexel University, Philadelphia, Pennsylvania.
- Wittenborn, A. K.** (2012, August). *Effective emotionally focused couple therapy supervision*. Invited presentation for clinical supervisors at Virginia Tech, Falls Church, Virginia.
- Wittenborn, A. K.** (2010, November). *When depression and marital distress intersect: The role of Emotionally Focused Couple Therapy*. Invited webcast presentation for GoodTherapy.org.
- Wittenborn, A. K.** (2010, February). *A multiple couple group intervention for couples transitioning to marriage or commitment*. Invited workshop presented at the Christian Theological Seminary, Indianapolis, Indiana.
- Wittenborn, A. K.** (2010, January). *Using attachment theory in clinical practice*. Invited workshop presented to the Northern Virginia Licensed Professional Counselors Association, Vienna, Virginia.
- Denton, W., & **Wittenborn, A. K.** (2010, January). *Research on emotionally focused therapy*. Invited panel discussion at the Emotionally Focused Therapy Summit, San Diego, California.
- Wittenborn, A. K.**, & Keiley, M. K. (2006, May). *Multiple couple group intervention*. Invited workshop presentation at the Emotionally Focused Therapy Summit, Ottawa, Canada.
- MacDermid, S. M., & **Wittenborn, A. K.** (2006, May). *New lessons for the business case: A look at the "Best of the Best" practices in the workplace*. Workshop presented at the Purdue University Work Life/Wellness/EAP Symposium, West Lafayette, Indiana.
- Wittenborn, A. K.** (2005, November). *Multiple couple group intervention: A guide for premarital therapy*. Invited presentation at Indiana Wesleyan University, Marion, Indiana.

VII. Honors and Awards

2018-2019	Faculty Host for Faculty Fulbright Awardee from Pakistan
2017	American Association for Marriage and Family Therapy Outstanding Research Publication Award
2016	Fellow, Sparrow Health System/MSU Center for Innovation and Research
2016	Selected participant in the NIMH New Investigators Workshop
2015	Received the <i>American Association for Marriage and Family Therapy Cutting Edge Research Award</i> for a Poster Presentation Entitled "Predictors of development and course of therapeutic alliance" (with co-authors Erica Rouleau, Ting Liu, and Ryan Seedall)
2013	Received <i>Journal of Marital and Family Therapy</i> Best Article of 2013 Award for "Dyadic Research in Marriage and Family Therapy: Methodological Considerations" (with co-authors Megan Dolbin-MacNab and Margaret Keiley)
2011	Excellence in Graduate Student Advising Award, College of Liberal Arts and Human Sciences, Virginia Tech, Blacksburg, Virginia
2011	Competitive award to participate in the National Institute on Drug Abuse sponsored Summer Institute on Innovative Methods: The Multphase Optimization Strategy, Methodology Center, The Pennsylvania State University, Washington DC
2011	Certification as a 'highly reliable' coder of the Adult Attachment Interview
2010	Competitive award to participate in the National Institute on Drug Abuse sponsored Summer Institute on Longitudinal Methods: Analysis of Longitudinal Dyadic Data, Methodology Center, The Pennsylvania State University, University Park, Pennsylvania
2007	Norma H. Compton Outstanding Doctoral Student Award, College of Consumer and Family Sciences, Purdue University, West Lafayette, Indiana
2007	Outstanding Doctoral Student Award, Department of Child Development and Family Studies, Purdue University, West Lafayette, Indiana
2005-2006	Gladys E. Vail Omicron Kappa Nu Graduate Scholarship, Purdue University, West Lafayette, Indiana
2003-2004	Virginia T. Cooney Graduate Scholarship, Purdue University, West Lafayette, Indiana
2002	Dorothy Shaw National Leadership Award
2002	Kappa Omicron Nu Honor Society of Human Sciences, Purdue University, West Lafayette, Indiana

2001 Phi Kappa Phi Honor Society, Southeast Missouri State University, Cape Girardeau, Missouri

VIII. Graduate Advising

A. Master's Thesis Committee Chair at Virginia Tech (Served as committee member on 26 other committees)

2014 Ansley Fraser Curtis, *Portraits of Resilience: Same-Sex Military Couples' Experience of Deployment*, Department of Human Development, Virginia Tech

2014 David Steele, *Service Dogs for Wounded Warriors with PTSD: Examining the Couple Relational Experience*, Department of Human Development, Virginia Tech

2014 Afifa Bawahab, *Supplementing a GED Preparation Program With Social and Emotional Learning: A Delphi Study*, Department of Human Development, Virginia Tech

2013 Erica Turner, *Exploring a psycholinguistic method of assessing attachment orientation in couple therapy*, Department of Human Development, Virginia Tech

2013 Martha Fischer, *Multifamily therapy group for children and their parents: A delphi study*, Department of Human Development, Virginia Tech

2013 Ashley Wise, *Exploring adolescents' experiences of self-disclosing on Facebook when distressed*, Department of Human Development, Virginia Tech

2013 Bonnie Culpepper, *Relations between depression and relationship quality among couples with a depressed male*, Department of Human Development, Virginia Tech

2011 Kelsey Myers, *Clinicians' experiences of the application of interpersonal neurobiology as a framework for psychotherapy*, Department of Human Development, Virginia Tech (co-chair)

2011 Jessica Tarabek, *Relationship satisfaction and mental health in parents of children with autism: A comparison of autism, ADHD, and normative children*, Department of Human Development, Virginia Tech

2010 Lauren Swank (Russo), *Repairing alliance ruptures in emotionally focused therapy: A preliminary task analysis*, Department of Human Development, Virginia Tech

2010 Samuel San, *A qualitative study of family therapy utilization barriers for Chinese Americans*, Department of Human Development, Virginia Tech

2010 Mike Webster, *Symptoms of depression, symptoms of anxiety, and motivation for treatment as predictors of post-substance abuse treatment support group attendance: A path analysis*, Department of Human Development, Virginia Tech (co-chair)

2009 Carolyn Wolfe, *Resident and counselor relationships in a court affiliated residential treatment setting*, Department of Human Development, Virginia Tech

IX. Service

A. University Service

a. Virginia Tech

2007-2014 Faculty Panelist, Graduate Honor System

2010 Faculty Reviewer, Graduate Student Assembly's Graduate Research and Development Program

2007-2008 Advisory Committee Member, Graduate Honor System

B. College Service

a. Michigan State University

2016 College of Social Science Strategic Planning Committee

2014-2016 College of Social Science Research Committee

C. Department Service

a. Virginia Tech

2011-2012 Search Committee Member, Assistant Professor of Human Development, Blacksburg, Virginia

2011-2012 Committee Member, Graduate Policy Committee

2009 Committee Member, Ad Hoc Committee to Provide Input on Promotion and Tenure Committee Composition

2007-2008 Search Committee Member, Assistant Professor of Human Development and Director of the Center for Family Services, Falls Church, Virginia

b. Michigan State University

2018-2019 Search Committee Member, Chairperson of Human Development and Family Studies

2018- Department Advisory Committee

2016-2018 Member, Graduate Education Committee

2016-2017 Chair, Graduate Education Committee

2016-2017	Search Committee Member, Assistant/Associate Professor of Human Development and Family Studies
2015-2017	Department Advisory Committee
2014-2016	Methods Subcommittee of the Graduate Education Committee

D. Professional Service

1. Service to professional organizations

2017-	Appointed by Governor Snyder to the Michigan Board of Marriage and Family Therapy
2016-2018	Mentor, American Association for Marriage and Family Therapy Leadership Certificate Program
2016-2018	Mentor, SAMHSA Minority Fellowship Program, American Association for Marriage and Family Therapy Research and Education Foundation
2013-	Accreditation Site Visitor, Commission on Accreditation for Marriage and Family Therapy Education, American Association for Marriage and Family Therapy
2012-2014	North Region Vice President, Virginia Association for Marriage and Family Therapy
2001	Steering Committee Member, Annual Meeting of the Midwestern Psychological Association
1999-2001	Chair, Psi Chi Student Research Conference

2. Editorial Responsibilities

Guest Editor	<i>Journal of Marital and Family Therapy</i> , 2012, Vol. 38 (s1), New research findings on emotionally focused therapy (with S. M. Johnson)
Editorial Boards	<i>Journal of Marital and Family Therapy</i> , 2013-present <i>Journal of Couple and Relationship Therapy</i> , 2010-present
Manuscript and Book Reviewer	<i>Attachment and Human Development</i> <i>Contemporary Family Therapy</i> <i>Chaos: An Interdisciplinary Journal of Nonlinear Science</i> <i>Frontiers in Psychiatry</i> <i>International Journal of Psychology</i> <i>Journal of Couple and Relationship Therapy</i> <i>Journal of Family Studies</i> <i>Journal of Marital and Family Therapy</i> <i>Journal of Family Studies</i> <i>Marriage and Family Review</i>

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Routledge Press

X. Media Outreach

2018	Interviewed by <i>BottomLineInc</i> for article on depression
2018	Interviewed by <i>Self Magazine</i> for article on depression
2017	Interviewed by <i>Washington Post</i> for article on family therapy
2017	Interviewed by WLNS Channel 6 for segment on depression
2015	Interviewed by <i>Inverse</i> for an article featuring my team's depression research
2014	Authored "Robin Williams' death shines light on male depression" for <i>Detroit Free Press</i>
2014	Interviewed by <i>Corp! Business Magazine</i> for article on depression in the workplace
2011	Interviewed by <i>Women's Health</i> for article on depression and couple relationships
2010	Interviewed by <i>Prevention Magazine</i> for article on couple relationships