

Curriculum Vitae

Name: Ana Ulloa Estrada

Address: University of San Diego
School of Leadership and Education Sciences
Marital and Family Therapy Program
5998 Alcala Park
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Education

B.A. University of the Pacific
Stockton, California
Major: Psychology- Applied Behavior Analysis

M.S. University of Utah
Salt Lake City, Utah
Developmental Psychology

Ph.D. University of Utah
Salt Lake City, Utah
Developmental-Clinical (Child and Family) Psychology

Honors

Loyola University Collegium Fellow, 1995
APA Minority Fellowship Dissertation Grant, 1989-1990
National Institute of Mental Health Trainee, 1987-1988
American Psychological Association Minority Fellow, 1984-1987
University of Utah, Outstanding Latina Graduate Student, 1986

Professional Affiliations

Clinical Member, American Association for Marriage and Family Therapy (AAMFT)
American Psychological Association (APA)
International Society for Psychotherapy Research (ISPR)
American Counseling Association (ACA)

Certification

Marriage and Family Therapist License, State of Arizona (# LMFT-10051)

Professional Experience

2012- present Associate Professor and Director, Counseling Program, School of Leadership and Education Sciences (SOLES), University of San Diego (USD), San Diego, CA.

2002-present Associate Professor, Marital and Family Therapy (MFT) Program, School of Leadership and Education Sciences (SOLES), University of San Diego (USD), San Diego, CA.

Professional Experience (con't)

- 1996-2001 Assistant Professor, Department of Family and Human Development, Arizona State University (ASU), Tempe, AZ.
- 2001 Senior Therapist, PREHAB of Arizona, Mesa, AZ. Conducting family, child/adolescent therapy and consultation.
- 1993-1996 Assistant Professor, Department of Psychology, Loyola University Chicago, Chicago, IL.
- 1993-1996 Senior Therapist and Researcher, The Family Institute at Northwestern University, Evanston, IL.
- 1991-1993 Postdoctoral Fellow, The Family Institute at Northwestern University, Evanston, IL. Conducted family, couple, and child/adolescent therapy; completed COAMFTE accredited postgraduate training program in MFT; received weekly individual and group supervision; co-investigator on marital therapy research project. Supervised by William Pinsof, Ph.D.
- 1990-1991 Instructor, Department of Psychology, Loyola University Chicago (LUC), Chicago, IL.
- 1989-1990 Psychology Intern, Department of Psychiatry, Primary Children's Medical Center (APA Accredited Program), Salt Lake City, UT. Conducted family, group, child and adolescent therapy; performed neuropsychological evaluations for children and adolescents in inpatient unit and outpatient psychiatry clinics.
- 1987-1989 Outpatient Pediatric Therapist, Primary Children's Medical Center, Salt Lake City, UT. Consulted with Pediatric Clinics; conducted family and child therapy; performed neuropsychological evaluations with general pediatric and pediatric oncology patients.
- 1988 Family Therapist, University of Utah, Salt Lake City, UT. Conducted family, marital, and child/adolescent therapy. Supervised by James Alexander, Ph.D.
- 1984-1985 School Psychology Intern, Granite School District, West Valley City, Utah. Consulted with IEP team, performed psychoeducational assessments of students with special needs.

Teaching Experience**University of San Diego (2001-present)**

- MFT 595 Practicum (Supervision) in Marital and Family Therapy (28 courses)
- MFT 243 Advanced Child and Adolescent Development (1 course)
- MFTS 543 Developmental Psychopathology (13 courses)
- MFTS 532 Diversity and Family Therapy (17 courses)
- COUN 515 Multicultural Counseling (1 course)
- COUN 587P Clinical Mental Health Practicum I (1 course)
- EDUC X-573 Group Therapy in Family Therapy (8 courses)
- EDUC 650 Doctoral Dissertation Seminar (1 course)

Arizona State University (1996-2001)

- FAS 440 Fundamentals of Marriage and Family Therapy (10 courses)
- FAS 598 Human/Family Diversity (3 courses)
- FAS 691 Advanced Clinical Issues in MFT (1 course)

Teaching Experience (con't)**Arizona State University (1996-2001)**

FAS 538 Advanced Techniques in MFT (2 courses)
 FAS 540 Marriage and Family Therapy Assessment (2 courses)

Loyola University Chicago (1990-1996)

PSYC 518 Human Diversity (1 course)
 PSYC 463 Family Therapy (2 courses)
 PSYC 518 Couples/Marital Therapy (1 course)
 PSYC 600 Advanced Practicum in Marriage and Family Therapy (4 courses)
 PSYC 412 Profession of Psychology/Clinical interviewing (2 courses)
 PSYC 378 Interpersonal Relations (1 course)
 PSYC 368 Introduction to Counseling & Human Diversity (7 courses)

University of Utah (1982-1990)

PSYC 122 Infancy and Child Development (5 courses)
 PSYC 123 Psychology of Adolescence (5 courses)
 PSYC 332 Survey of Clinical Psychology (1 course)
 LE 334 Ethnic Minority Experience in America (1 course)
 PSYC 325 Abnormal Child Development (2 courses)
 LE 345 Issues in Human Development (1 course)

Editorial Activities

Editorial Board Member for the Journal of Marital and Family Therapy.

Co-editor of special issue of The Catholic Education Journal (2011) entitled
 “Internationalization of Catholic Colleges and Universities: A Social Justice Perspective”.

Ad Hoc Reviewer for Journal of Clinical Child Psychology, Journal of Family Psychology, Journal of Consulting and Clinical Psychology, Journal of Early Adolescence, American Journal of Community Psychology, Psychotherapy Research.

Research Grants

Estrada, A.U. (2005). *Discovering the Process of Psychotherapy conducted with Latino Families with Youth Disruptive Behaviors Problems*. USD Faculty Research Grant (\$4500).

Estrada, A.U. (2004). *Acculturation as a moderator of psychotherapy process and outcome for Latino children with disruptive behavior problems*. USD Faculty Research Grant (\$4500).

Estrada, A.U. (2003). *Development of a Brief Scale to Measure Positive and Negative Communication Processes in Couples*. USD Faculty Research Grant (\$4500).

Estrada, A.U. (2002). *The Therapeutic Alliance of Couples*. USD Faculty Research Grant (\$4500)

Estrada, A.U. (1998, 1999). *Marital Psychotherapy Process and Outcome*. ASU Faculty Grant (\$14,000).

Estrada, A.U. (1996). *The Child Psychotherapy Process Scale*. LUC Research Grant (\$5,000).

Estrada, A.U. (1993). *Child Psychotherapy Process Predictors*. LUC Research Grant (\$5,000).

Pinsolf, W.M. & Estrada, A.U. (Co-Primary Investigators, 1992-1994). *The Process Predictors of Marital Psychotherapy*. The Lederer Foundation (1992-1993, \$10,000; 1993-1994, \$45,000).

Pinsolf, W.M., & Estrada, A.U. (Co-Primary Investigators, 1993-1994). *The Process Predictors of Marital Psychotherapy with Depressed Adults*. The Blowitz-Ridgeway Foundation Research Grant (\$50,000).

Publications

Quezada, R.L., Estrada, A.U., and Ammer, J. (2011). The Internationalization of a Catholic University's Graduate Education and Professional Programs: Preparing Global Educators, Family Therapists, Counselors, and Leaders for the 21st Century. *Catholic Education: A Journal of Inquiry and Practice*, 14 (4), pp. 413-416.

Estrada, A.U. (2011). The Intersection of Catholic Social Teaching, Internationalization, and Marriage and Family Therapy: Lessons from the Borderlands. *Catholic Education: A Journal of Inquiry and Practice*, 14 (4), pp. 441-462.

Gelb, S.A., Estrada, A.U., Romo, J., Monroe, T., & Getz, C. (2006). *The complexity of the Latina experience in a private American university*. Published conference proceedings, IBERO University, Tijuana, MX.

Estrada, A.U. (2002). Family diversity, therapy and Catholic Social Teaching: A call to action. In *Catholicism and higher education: Reflections by the University of San Diego faculty*. San Diego, CA: University of San Diego.

Estrada, A.U., Juarez, S. & Durlak, J. (2002). Developing multicultural competencies in undergraduate students. *Journal of Multicultural Counseling and Development*, 30, 110-123.

Madden-Derdich, D.A., Estrada, A.U., Updegraff, K.A., & Leonard, S. (2002). The Boundary Violations Scale: An empirical measure of intergenerational boundary violations in families. *Journal of Marital and Family Therapy*, 28(2), 241-254.

Updegraff, K.A., Madden-Derdich, D., Estrada, A.U., Leonard, S., & Haas, L. (2002). Young adolescents' experiences with parents and friends: Exploring connections. *Family Relations*, 51(1), 72-80.

Valiente, C., Belanger, C., & Estrada, A.U. (2002). Helpful and harmful expectations of premarital interventions. *Journal of Sex and Marital Therapy*, 28, 71-77.

Estrada, A.U. (2002). How to find a good marriage therapist. *Bottom Line/Personal Magazine (Family Section)*. Boardroom Inc.: Greenwich, CT.

Estrada, A.U. (2000). [Review of the Child Psychotherapy Process Scales]. In J. Maltby, A. Hill & C.A. Lewis (Eds.) *Handbook of psychological tests*. Edwin Mellen Press: Wales, UK.

Estrada, A.U. & Russell, R. (1999). The development of the child psychotherapy process scales. *Psychotherapy Research*, 9(2), 153-165.

Estrada, A.U. & Holmes, J. (1999). The effective and ineffective ingredients of marital psychotherapy. *Journal of Sex and Marital Therapy*. 25, 71-82.

Publications (con't)

Estrada, A.U., & Haney, P. (1998). The use of multicultural genograms in family therapy. *Journal of Family Psychotherapy*, 9(2), 55-62.

Also in: T. Nelson and T. Trepper (Eds.) (1998). *101 interventions in family Therapy* (pp. 269-275). NY: Haworth Press.

Johnson, S., & Estrada, A.U. (1998). Structural Family Therapy with pediatric leukemia patients. In T. Nelson and T. Trepper (Eds.), *101 Interventions in Family Therapy* (pp. 252-256). NY: Haworth Press.

Ross, S. & Estrada, A.U. (1997). An empirically derived intervention for marital therapy. *Journal of Family Psychotherapy*., 8(4), 39-45.

Also in: T. Nelson and T. Trepper (Eds.). (1998). *101 interventions in family therapy* (pp. 242-248). NY: Haworth Press.

Russell, R.L., Bryant, F., & Estrada, A.U. (1996). Confirmatory P-technique analyses of therapist discourse: High versus low quality child therapy sessions. *Journal of Consulting and Clinical Psychology*, 64(6), 1366-1376.

Estrada, A.U., & Pinsof, W.M. (1995). The effectiveness of family therapies for selected disorders of childhood. *Journal of Marital and Family Therapy*, 21, 403-440.

Also in: W.M. Pinsof and L. Wynne (1995). *Family therapy effectiveness: Current research and theory* (pp. 403-440). Washington, DC: American Association of Marriage and Family Therapy.

Rogoff, B. & Estrada, A.M. (1989). Ethnic identity in childhood: Where is socialization? [Review of the book *Ethnic identity in childhood*]. *Contemporary Psychology*, 34, 150.

Estrada, A.M., Gelfand, D.M., & Hartmann, D.P. (1988). Sports competition and the development of children's social behaviors. In R.A. Magill, M.J. Ash, and F.L. Smoll (Eds.), *Children in sport* (pp. 251-262). Champaign, IL: Human Kinetics.

Peer-Reviewed Conference Presentations

Zambrano, V., Mercedes, M. Rowell, L., Estrada, A.U., Barajas-Leyva, S., & Mejia, E. (2010, May). *Empowering cross-cultural understanding through BARC (Binational Action Research Center)*. Discussant at the 7th annual USD-SOLES Action Research Conference, San Diego, CA.

Estrada, A.U. (2008, November). *A Conscious and Contemplative Classroom: Preparing Reflective Family Therapists*. Presented at the annual meeting of the International Leadership Association, Los Angeles, CA.

Estrada, A.U., Friedman, H., Malu, K., & Wagner, J. (2008, May). *Group Relations Perspectives on Families*. Presented at the annual meeting of the A.K. Rice Symposium, Chicago, IL.

Estrada, A.U. (2008, March). *Preparing Family Therapists for the 21st Century*. Presented at the meeting of the New York Center for Group Relations, New York City, NY.

Peer-Reviewed Conference Presentations (con't)

Estrada, A.U. (Chair), Gelb, S.A., Getz, C. & Romo, J. (2006, April). *Chicana/Latina Voices in the Borderland*. Symposium presented at the AK Rice Institute for the Study of Social Systems, Chicago, IL.

Gelb, S.A., Estrada, A.U., Romo, J., Monroe, T., & Getz, C. (2006, October). *The complexity of the Latina experience in a private American university*. Paper presented at the annual Border Pedagogy Conference, Tijuana, MX.

Haase, L.J., Updegraff, K.A., Madden-Derdich, D., & Estrada, A.U. (2001, November). *Mothers' and fathers' perceptions of parenting performance and satisfaction: Is it predictive of spousal report of parental competence?* Presented at the National Council on Family Relations, Rochester, NY.

Valiente, C., Belanger, C., & Estrada, A.U., (2000, November). *Benefits and barriers to premarital prevention programs*. Presented at the American Association of Marriage and Family Therapy, Denver, CO.

Estrada, A.U., & Belanger, C. (2000, June). *The development and application of the Communication Exchange Questionnaire*. Presented at the Society for Psychotherapy Research, Chicago, IL.

Elling, K., Durlak, J., & Estrada, A. (2000, June). *Predicting children's emotional responsiveness during therapy sessions*. Presented at the Society for Psychotherapy Research, Chicago, IL.

Piette, J., Durlak, J., Pinsof, W. & Estrada, A. (2000, June). *The quality of couples' interactions during the early stages of marital therapy*. Presented at the Society for Psychotherapy Research, Chicago, IL.

Updegraff, K., Madden-Derdich, D., Wyman, H. & Estrada, A.U. (1999, November). *Parents and friends as sources of social support in early adolescence: Exploring ethnic group differences*. Presented at the National Conference on Family Relations, Irvine, CA.

Madden-Derdich, D.A., Estrada, A.U. & Updegraff, K.A., & Leonard, S. (1999, November). *The Boundary Violations Scale: An empirical measure of intergenerational boundary violations in families*. Presented at the National Conference on Family Relations, Irvine, CA.

Estrada, A.U. (1999, June). *The state of the art of Marital and Family Therapy*. Symposium conducted at the International Meeting of the Society for Psychotherapy Research, Braga, Portugal.

Wheeler, L. & Estrada, A.U. (1999, June). *Couples perceptions of positive and negative communication processes*. Presented at the International Meeting of the Society for Psychotherapy Research, Braga, Portugal.

Estrada, A.U. & Belanger, C. (1999, June). *Couples communication patterns in marital therapy*. Presented at the International Meeting of the Society for Psychotherapy Research, Braga, Portugal.

Estrada, A.U. (1998, June). *The training of child therapists: Lessons learned from empirical research*. Presented at the annual meeting of the Society for Psychotherapy Research, Snowbird, UT.

Holmes, J. & Estrada, A.U. (1997, December). *The effective and ineffective ingredients in marital therapy*. Presented at the North American Chapter of the Society for Psychotherapy Research, Tucson, AZ.

Meerson, I. & Estrada, A.U. (1997, December). *The demand-withdraw patterns in distressed couples*. Presented at the North American Chapter of the Society for Psychotherapy Research, Tucson, AZ.

Peer-Reviewed Conference Presentations (con't)

Ross, S. Estrada, A.U., Durlak, J. & Pinsof, W. (1997, December). *The therapeutic alliance in marital therapy*. Presented at the North American Chapter of the Society for Psychotherapy Research, Tucson, AZ.

Estrada, A.U. (1997, March). *The process and outcome of child therapy: implications for training child therapists*. Presented at the Family Studies & Psychology Colloquium Series, University of Arizona.

Ross, S., Estrada, A.U., & Hoffman, L. (1996, June). *The development of the alliance in marital psychotherapy*. Presented at the Society for Psychotherapy Research, Amelia Island, FL.

Elling, K., Estrada, A.U., & Durlak, J. (1996, June). *The emotional experience of children in psychotherapy*. Presented at the Society for Psychotherapy Research, Amelia Island, FL.

Russell, R.L., Estrada, A.U., Durlak, J., & Shirk, S. (1996, June). *Child psychotherapy process and outcome: Directions for training*. Presented at the Society for Psychotherapy Research, Amelia Island, FL.

Estrada, A.U. (Chair), Suarez-Balcazar, Y., Leon, H., Carrasco, J., Sedeno, A., & Juarez, S. (1996, March). *The academic achievement, social support, and health of Latinos*. Panel presented at the National Association for Chicana and Chicano Studies, Chicago, IL.

Russell, R.L., Estrada, A.U., Durlak, J., Weisz, J., & Shirk, S. (1995, June). *Child psychotherapy process and outcome research*. Presented at the Society for Psychotherapy Research, Vancouver, BC.

Estrada, A.U., Durlak, J., Piette, J., & Elling, K. (1994, October). *The affective experience of children in psychotherapy*. Presented at the Kansas Conference in Clinical Child Psychology, Lawrence, KS.

Estrada, A.U., & Pinsof, W.M. (1994, November). *The efficacy of family therapy in the treatment of childhood disorders*. Presented at the American Association for Marriage and Family Therapy, Chicago, IL.

Estrada, A.U., Wasner, J., & Juarez, S. (1994, November). *Increasing the multicultural skills of family therapists*. Presented at the American Association for Marriage and Family Therapy, Chicago.

Estrada, A.U., Piro, K., MacKune-Karrer, B., & Weigel Foy, C. (1994, November). *The gender evolution of marital and family therapists*. Presented at the American Association for Marriage and Family Therapy, Chicago, IL.

Estrada, A.U., Russell, R.L., Durlak, J., Elling, K., Piette, J., & Jones, M.L. (1994, June). *Interactional structures of therapist and clients in child psychotherapy*. Presented at the Society for Psychotherapy Research, York, England.

Estrada, A.U., Russell, R.L., Durlak, J., Elling, K., Piette, J., & Jones, M.L. (1994, February). *Assessing good vs. poor child and therapist participation in psychotherapy*. Presented at the North American Society for Psychotherapy Research, Santa Fe, NM.

Estrada, A.U., Juarez, S., Suarez-Balcazar, Y., McGlinchey, K., Leon, H., & Vera, L. (1993, October). *Enhancing the mental health and social support systems of Latinos*. Presented at the American Society of Hispanic Psychiatry Association, Chicago.

Estrada, A.U. & Wasner, J. (1993, October). *Increasing therapists' cultural sensitivity to ethnic minority families*. Presented at the American Association for Marriage and Family Therapy, Anaheim, CA.

Peer-Reviewed Conference Presentations (con't)

Estrada, A.U. (1991, August). *Preadolescents' attributions for success and failure in peer relationships*. Presented at the American Psychological Association, San Francisco, CA.

Estrada, A.U., Hartmann, D.P., & Abbott, C. (1991, April). *The context of children's peer interactions*. Presented at biannual meeting of the Society for Research in Child Development, Seattle, WA.

Hartmann, D.P., Estrada, A.U., & Abbott, C. (1991, April). *The generalizability of observational and diary reports of children's peer activities*. Presented at the Society for Research in Child Development, Seattle, WA.

Estrada, A.U., Gelfand, D.M., & Hartmann, D.P. (1987, April). *The peer relationships of growth delayed boys compared to normal statured peers*. Presented at the Society for Research in Child Development, Baltimore, MD.

Ulloa Estrada, A.M., Cohen, E.A., Bream, L.A., & Cortez, V. (1983, December). *The effects of social and recreational skills training on the social integration of behaviorally disturbed children with their non-handicapped peers*. Presented at the meetings of the American Association for the Advancement of Behavior Therapy, Washington, D.C.

Consultation

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| 1990-present | Providing consultation and staff training to educational, mental health, and community based organizations on cultural diversity, prejudice reduction strategies, group dynamics and organizational life. |
| 1990-1995 | Member of the Family Life Needs Assessment and Priority Grants Committee, United Way of Chicago. Designed and funded proposals on the physical maintenance, developmental and social policy needs of families; evaluated family development and intervention programs. |

Service to MFT Program, SOLES, and University of San Diego

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| 2010-present | Curriculum Committee member. Supporting the development of SOLES curriculum and instruction; reviewing proposals and providing recommendations to the faculty for action on issues regarding curriculum matters. |
| 2009-present | Member of SOLES Selection Committee for the 2010 Author E. Hughes Career Achievement Award to honor alumni. |
| 2008-2009 | Endowed Chairs and Professorships Task Force, SOLES representative. Preparing and organizing guidelines for the appointment and administration of USD Endowed Chairs and Professorships. |
| 2008-present,
2005-2006 | USD ARRT Appeals Committee member, SOLES representative. Address appeals to USD policy and procedures concerning reappointment, promotion and tenure. |
| 2001-present | MFT Faculty Member. Active participant in admissions, curricular development, mentoring, and evaluation of MFT students. |

Service to MFT Program, SOLES, and University of San Diego

- 2002-present SOLES Leadership Institute Research Associate (LIRA). Serving as a staff member and researcher in graduate and undergraduate Group Relations experiential Leadership Conferences offered each semester.
- 2005, 2007, 2009 SOLES Graduation Commencement Reader. Served as reader announcing the names of the SOLES graduates at the annual commencement ceremony.
- 2009-2010 SOLES Clinical Mental Health Faculty Search Committee member. Solicit, review, evaluate and recommend candidates for faculty position.
- 2005-2007 USD Committee on Inclusion and Diversity member. Developing and implementing strategies to improve inclusion and diversity efforts at USD.
- 2005 Co-Chair SOLES Associate Dean Search. Solicit, review, evaluate, and recommend for hiring candidates for Associate Dean position.
- 2002 - 2007 SOLES Appointment, Reappointment, Rank and Tenure (ARRT) Committee Member (2002-2006 non-tenured member; 2006-2007 tenured member). Address policy and personnel issues, and reappointment, promotion and tenure.
- 2002 - 2005 SOLES Doctoral Governance Committee member. Planning and restructuring of SOLES doctoral programs; Chair of policies and procedures subcommittee.
- 2003-2004 SOLES Counseling Faculty Search Committee member.
- 2002 SOLES Literacy Faculty Search Committee member. Solicit, review, evaluate and recommend for hiring candidates for faculty position.