

CURRICULUM VITA

Lee Michael Williams, Ph.D.

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Academic Background

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| 6-89 to 12-91 | Purdue University - Ph.D. in Marriage & Family Therapy |
| 8-87 to 5-89 | Purdue University – M.S. in Marriage & Family Therapy |
| 9-78 to 3-84 | Georgia Institute of Technology - B.S. in Chemical Engineering with Highest Honors (GPA = 3.6 out of 4.0) |

Clinical Experience

I am a licensed Marriage and Family Therapist (MFC 34127) in California and a Clinical Fellow in the American Association for Marriage and Family Therapy (AAMFT).

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| 3-01 to present | I volunteer as a therapist working with veterans and their partners in the Family Mental Health Program at the San Diego VA. |
| 5-97 to 6-00 | I worked as a volunteer therapist at St. Vincent De Paul doing therapy with homeless individuals and families. |
| 8-94 to 4-97 | I was a volunteer therapist working for the Escondido Youth Encounter (EYE) in San Marcos doing individual, family, and group counseling with child and sexual abuse issues. |
| 9-91 to 7-93 | I was as a family therapist resident at the Marriage and Family Counseling Service in Rock Island, IL where I worked with individuals, couples, and families. |
| 8-87 to 12-90 | I was a family therapist at the Purdue Marriage and Family Center where I worked with individuals, couples, and families. |

Supervision Experience

I am an AAMFT Approved Supervisor. I have supervised in the following settings:

1. *University of San Diego* (9-93 to present) - I am a practicum instructor for graduate students in the marital and family therapy program.
2. *Marriage and Family Counseling Service* (1-93 to 7-93) - I supervised a therapist at the agency who was working towards clinical membership in AAMFT.
3. *Purdue Marriage and Family Therapy Center* (1-91 to 8-91) - I supervised several students in marriage and family therapy for two semesters of practicum.

Teaching Experience

I have taught the following courses while employed at the University of San Diego:

- Practicum
- Couples and Sex Therapy
- Gender Issues
- Research Methods
- Assessment in Family Therapy
- Survey Research Methods (Leadership Studies Department)

Work Experience

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| 9-93 - present | <i>Full Professor</i> - I teach family therapy to master's level students in the Marital and Family Therapy Program at the University of San Diego. The courses I have taught include Practicum, Couples & Sex Therapy, Research Methods, Gender Issues, Assessment, and Survey Research Methods. |
| 8-00 to 12-02 | <i>Director</i> – I was Program Director of the Marital and Family Therapy program at the University of San Diego. |
| 9-91 to 7-93 | <i>Family Therapy Residency</i> - I worked for two years as a family therapy resident at the Marriage and Family Counseling Service in Rock Island, IL. In addition to doing therapy with individuals, couples and families, I received intensive training and supervision in family therapy. |
| 7-90 to 8-91 | <i>David Ross Grant</i> - My dissertation research (Using FOCCUS and a Stress-Vulnerability Model to Predict Marital Success) was funded by the David Ross Grant provided through Purdue University. |

- 8-89 to 5-90 *Teaching Assistantships* - In my first semester, I led two precepts for an undergraduate course in Marriage and the Family the first semester. The second semester, I was the instructor for an undergraduate research methods course.
- 7-89 to 6-90 *Research Assistantship* - I was a graduate research assistant for Dr. Doug Sprenkle. I worked on developing and implementing a system to provide therapists at the Purdue MFT Center computer printouts summarizing assessment information. I also put together a rapid assessment instrument package for the MFT Center, including revising the assessment protocol used by the Center.
- 8-87 to 6-89 *Research Assistantship* - I was a graduate research assistant for Dr. Karen Altergott on multiple research projects. My responsibilities included data management, running analyses, and writing up results from the analyses.
- 3-84 to 8-87 *Chemical Engineer* - I worked full-time as a chemical engineer with Procter & Gamble in Research & Development. My first two assignments involved scaling up the process for making Downy fabric softener from the pilot plant to full-scale production in a manufacturing plant. My third assignment involved designing and conducting consumer research for Oil of Olay bar soap.
- 1-79 to 8-83 *Co-op Student* - I worked ten quarters with Procter & Gamble as a co-op student while enrolled at Georgia Tech. I had a variety of assignments in Research & Development, Engineering, and Manufacturing.

Other Professionally Related Activities

- 2015 – present *Editorial Advisory Board* – I serve on the advisory board for *The American Journal of Family Therapy*.
- 2002 – present *Pre-Cana Speaker* – I give a monthly talk to engaged couples on how to build a successful marriage through the Diocese of San Diego Pre-Cana program.
- 2000 – present *Editorial Advisory Board* – I serve on the advisory board for *The Journal of Couple and Relationship Therapy*.
- 1991 - present *Ad Hoc Reviewer* - I have served as an ad hoc reviewer for multiple journals, including *Journal of Marital and Family Therapy*, *Journal for the Scientific Study of Religion*, *Journal of Family Issues*, *Journal of Family Psychology*, and *Contemporary Family Therapy*.

- 2005 – 2006 *San Diego Marriage Coalition* – I was a member of the San Diego Marriage Coalition, a group that worked to promote healthy marriages in San Diego.
- 1999 – 2001 *Editorial Advisory Board* – I served on the advisory board for the *Journal of Clinical Activities, Assignments & Handouts*.
- 1996 - 1999 *Research Director* - I was Research Director for a three-year research project that studied interchurch couples. The research was conducted through the Center for Marriage and Family at Creighton University, and was funded by a grant from the Lilly Foundation.
- 1994 - 1996 *Research Consultant* - I was a research consultant with Creighton University and the Family Life Office of Omaha on a project that assessed the impact of marriage preparation on Catholic couples.
- 1993 *Premarital Counseling* - I did premarital counseling with engaged couples from St. Anthony's Catholic Church (Davenport, IA).
- 1992 to 1993 *Infertility Support Group Leader* - I was the leader of a support group for couples dealing with infertility.
- 1992 *Church Consultation* - A colleague and I worked with two Lutheran churches that were exploring the possibility of merging together. As consultants we worked in a variety of roles, including leading focus groups and conducting survey research in both congregations.
- 1988 -1991 *Sponsor Couple* - My wife and I participated in a marriage preparation program as a sponsor couple at St. Thomas Aquinas Catholic Church (West Lafayette, IN).
- 1986 to 1987 *Support Group Co-Leader* - I was a co-leader of a support group for teenage mothers sponsored by Parents Anonymous (Cincinnati, OH).
- 1986 to 1987 *Marriage Preparation* - My wife and I jointly volunteered in marriage preparation programs through Good Shepherd Catholic Church and Good Shepherd Lutheran Church (Cincinnati, OH).

Professional Organizations

- 88 to present *American Association for Marital and Family Therapy (AAMFT)* - I am currently a Clinical Member and an Approved Supervisor within AAMFT.
- 93 to present *California Association of Marriage and Family Therapists (CAMFT)* - I am currently a member of CAMFT.

Publications

Books

- Patterson, J., Williams, L., Edwards, T., Chamow, L., & Grauf-Grounds, C. (2018). *Essential skills in family therapy: From the first interview to termination* (3rd edition). New York: Guilford.
- Williams, L. M., Patterson, J., and Edwards, T. M. (2014). *Clinician's Guide to Research Methods in Family Therapy: Foundations of Evidence-based Practice*. New York: Guilford Press.
- Williams, L. M., Edwards, T. M., Patterson, J., & Chamow, L. (2011). *Essential Assessment Skills for Couple and Family Therapists*. New York: Guilford Press.
- Patterson, J., Williams, L., Edwards, T., Chamow, L., & Grauf-Grounds, C. (2009). *Essential skills in family therapy: From the first interview to termination* (2nd edition). New York: Guilford.
- Patterson, J., Williams, L., Grauf-Grounds, C., & Chamow, L. (1998). *Essential skills in family therapy: From the first interview to termination*. New York: Guilford.

Chapters in Edited Books

- Williams, L. M. (in press). Treating common couple concerns. In K. Wampler (Ed.), *The handbook of systemic family therapy*. Hoboken, NJ: Wiley.
- Edwards, T. M., Williams, L. M., Speice, J., Patterson, J. (in press). Multilevel Assessment. In K. Wampler (Ed.), *The handbook of systemic family therapy*. Hoboken, NJ: Wiley.
- Edwards, T. M., Patterson, J., & Williams, L. (2017). Evidence-based practice with couples and families. In J. Carlson & S. Dermer (Eds.), *The SAGE Encyclopedia of Marriage, Family, and Couples Counseling* (pp. 574-576). Thousand Oaks, CA: Sage Publications.
- Williams, L. M. (2016). FOCCUS and REFOCCUS: Preparing and sustaining couples for marriage. In J. Ponzetti (Ed.), *Evidence-based approaches to relationship and marriage education* (pp. 137-147). New York: Routledge Press.
- Williams, L. M. (2014). Communication training, marital enrichment, and premarital counseling (pp. 401-430). In J. Wetchler & L. Hecker (Eds.), *An introduction to marriage and family therapy* (2nd ed.). New York: Routledge Press.
- Williams, L. M. (2011). Premarital counseling: Promises and challenges. In J. L. Wetchler (Ed.), *Handbook of Clinical Issues in Couple Therapy* (2nd edition) (pp. 311-325). New York: Haworth Press.

- Williams, L. M. (2010). Interchurch couples: Potential challenges and blessings. In T. Muldoon & C. S. Dobryzynski (Eds.), *Love one another: Catholic reflections on how to sustain marriages today* (pp. 184-198). New York: Herder and Herder.
- Williams, L. M. (2007). Premarital counseling. In J. L. Wetchler (Ed.), *Handbook of Clinical Issues in Couple Therapy* (pp. 207-217). New York: Haworth Press.
- NOTE: *Handbook of Clinical Issues in Couple Therapy* has been co-published simultaneously as *Journal of Couple and Relationship Therapy*, Volume 6, 1/2, 2007.
- Williams, L. M. (2005). Negotiating couple boundaries: The metaphor of gardens. In K. M. Hertlein & D. Viers (Eds.), *The couple and family therapist's notebook: Homework, handouts, and activities for use in psychotherapy* (pp. 43-47). New York: Haworth Press.
- Williams, L. M., & Cushing, E. (2005). The four C's of parenting. In K. M. Hertlein & D. Viers (Eds.), *The couple and family therapist's notebook: Homework, handouts, and activities for use in psychotherapy* (pp. 65-69). New York: Haworth Press.
- Williams, L. M. (2003). Communication training, marital enrichment, and premarital counseling. In L. Hecker & J. Wetchler (Eds.), *Introduction to marriage and family therapy* (pp. 337-368). New York: Haworth Press.
- Williams, L. M., Dombeck, H. J. (1999). To speak or not to speak: Guidelines for self-disclosure in supervision. In R. E. Lee & S. Emerson (Eds.), *The eclectic trainer* (pp. 22-30). Geist & Russell.
- Williams, L. M. (1998). Breaking the cycle between being passive and aggressive. In L. L. Hecker, S. A. Deacon and Associates (Eds.), *The therapist's notebook: Homework, handouts, and activities for use in psychotherapy* (pp. 71-73). New York: Haworth Press.
- Stahmann, R. F., & Williams, L. M. (1997). Premarital and remarital counseling inventories. In R. F. Stahmann & W. J. Hiebert, *Premarital and remarital counseling: The professional's handbook*. San Francisco: Jossey-Bass.
- Williams, L. M. (1997). How are you doing as a supervisor? The SFF. In C. Storm and T. Todd (Eds.), *The reasonably complete systemic supervisor resource guide* (pp. 203-204). Boston: Allyn and Bacon.

Articles In Refereed Journals

- Williams, L. M., Jiang, Y., & Rector, E. (2018). How couples navigate different beliefs about God's existence: An exploratory study among Catholics and their agnostic or atheist partners. *Journal of Psychology and Christianity*, 37, 293-304.

- Williams, L. M., Johnson, E., & Patterson, J. (2013). The appropriate use and misuse of social media in MFT training programs: Problems and prevention. *Contemporary Family Therapy: An International Journal*, 35, 698-712.
- Williams, L. M., Ulm, N., & Banker, J. E. (2013). Addressing religious differences in couples: The *Two Churches, One Marriage* program. *Journal of Family Psychotherapy*, 24, 93-109.
- Williams, L. M., & Jimenez, M. (2012). Treating the overfunctioning and underfunctioning couple. *American Journal of Family Therapy*, 40, 141-151.
- Williams, L. M., & Winter, H. (2009). Guidelines for an effective transfer of cases: The needs of the transfer triad. *American Journal of Family Therapy*, 37, 146-158.
- Bischoff, R. J., Hollist, C. S., Patterson, J., Williams, L., Prest, L., & Barkdull, M. D. (2007). Providers' perspectives on troublesome overusers of medical services. *Family Systems and Health*, 25, 392-403.
- Williams, L. M., & Day, A. (2007). Strategies for dealing with clients we dislike. *American Journal of Family Therapy*, 35, 83-92.
- Williams, L. M., & McBain, H. (2006). Integrating gender on multiple levels: A conceptual model for teaching gender in family therapy. *Journal of Marital and Family Therapy*, 32, 385-397.
- Williams, L. M. (2006). A family therapist's guide to bipolar III: Antidepressant-induced mania or hypomania. *American Journal of Family Therapy*, 34, 343-353.
- Williams, L. M., Patterson, J. E., & Miller, R. B. (2006). Panning for gold: A clinician's guide to using research. *Journal of Marital and Family Therapy*, 32, 17-32.
- Williams, L. M., & Lawler, M. G. (2003). Religious heterogamy and marital satisfaction: A comparison of interchurch and same-church individuals. *Journal of Family Issues*, 24, 1070-1092.
- Williams, L. M. (2002). The Seven P's for fighting depression. *Journal of Clinical Activities, Assignments & Handouts in Psychotherapy Practice*, 2, 51-57.
- Williams, L. M. (2002). Premarital counseling with interchurch couples: Clinical implications from recent research. *Journal of Couple and Relationship Therapy*, 1(1), 45-64.*
- Williams, L. M., & Lawler, M. G. (2001). Religious heterogamy and religiosity: A comparison of interchurch and same-church individuals. *Journal for the Scientific Study of Religion*, 40, 465-478.

- Williams, L. M., & Hiebert, W. H. (2001). Challenging the belief system behind enmeshment. *Journal of Clinical Activities, Assignments & Handouts in Psychotherapy Practice*, 1(2), 17-28.*
- Williams, L. M., & Lawler, M. G. (2000). The challenges and rewards of being an interchurch couple. *Journal of Psychology and Christianity*, 19, 205-217.
- Williams, L. M., Riley, L. A., Risch, G. S., Van Dyke, D. T. (1999). An empirical approach to designing marriage preparation programs. *American Journal of Family Therapy*, 27, 271-283.
- Williams, L. M., & Lawler, M. G. (1998). Interchurch couples: The issue of acceptance. *Pastoral Psychology*, 47(1), 33-47
- Williams, L., & Tappan, T. (1995). The utility of the Myers-Briggs perspective in couples counseling: A clinical framework. *American Journal of Family Therapy*, 23, 367-371.
- Williams, L. M. (1995). Associations of stressful life events and marital quality. *Psychological Reports*, 76, 1115-1122.
- Williams, L. M. (1995). The impact of stress on marital quality: A stress-vulnerability theory. *Contemporary Family Therapy*, 17, 217-227.
- Williams, L. M., & Jurich, J. (1995). Predicting marital success after five years: Assessing the predictive validity of FOCCUS. *Journal of Marital and Family Therapy*, 21, 141-153.
- Williams, L. M. (1994). Choosing an MFT internship: Ingredients to a successful experience. *American Journal of Family Therapy*, 22, 371-378.
- Williams, L. M. (1994). A tool for training supervisors: Using the Supervision Feedback Form (SFF). *Journal of Marital and Family Therapy*, 20, 311-315.
- Williams, L. M. (1992). Premarital counseling: A needs assessment among engaged individuals. *Contemporary Family Therapy*, 14, 505-518.
- Williams, L., Bischoff, R., & Ludes, J. (1992). A biopsychosocial model for treating infertility. *Contemporary Family Therapy*, 14, 309-322.
- Williams, L. M. (1991). A blueprint for increasing the relevance of family therapy research. *Journal of Marital and Family Therapy*, 17(4), 355-362.
- Williams, L. M. (1991). A family therapist's guide to marketing: Misconceptions, truths, and implications. *American Journal of Family Therapy*, 19, 206-214.

* Invited submission by journal editor

Technical Reports or Articles in Non-refereed Publications

Williams, L. M., Patterson, J., and Edwards, T. (2014). Ingredients to becoming a research-informed clinician: Knowledge, attitudes, and skills. *Family Therapy*, 13(5), 24-27.

Center for Marriage and Family (1999). *Ministry to interchurch marriages: A national study*. Omaha, NE: Creighton University.

Williams, L. M. (1999). Getting unstuck in therapy: A dozen ideas from colleagues. *Family Therapy News*, 30 (5), 17.

Williams, L. M. (1996). Using inventories in premarital counseling. *Directions in Clinical and Counseling Psychology*, Vol 6, Special Report.

Center for Marriage and Family (1995). *Marriage preparation in the Catholic Church: Getting It Right*. Omaha, NE: Creighton University.

Other Forms of Scholarship

Williams, L. M. (2004). *Two Churches, One Marriage*. A free web-based program for interchurch couples (www.sandiego.edu/interchurch).

Book Reviews

Williams, L. M. (1997). [Review of Integrative Solutions: Treating Common Problems in Couples Therapy.] *Journal of Family Psychotherapy*, 8, 106-107.

Williams, L. M. (1995). [Review of A Decision to Love: A Marriage Preparation Program.] *Journal of Marital and Family Therapy*, 21, 330-331.

Williams, L. M. (1989). [Review of Between Husbands and Wives: Communication in Marriage.]. *American Journal of Family Therapy*, 17, 376.

Williams, L. M. (1988). [Review of Marriage and Family Enrichment]. *The Purdue Marriage and Family Therapist*, 5(1), 6.

Presentations and Workshops: *

Williams, L. M. (November, 2014). *Evidence-based Practice: The 5 Core Skills*. Presentation for the San Diego North County chapter of the California Association of Marriage and Family Therapists in Carlsbad, CA.

- Williams, L. M., & Patterson, J., & Edwards, T. E. (May, 2014). *Evidence-based Skills: The 5 A's*. Presented at the California Association of Marriage and Family Therapists conference in Indian Wells, CA.
- Patterson, J., & Williams, L. M. (March, 2014). *Evidence-based Practice for Clinicians in Five Easy Steps*. Presented at the Texas Association of Marriage and Family Therapy conference in Houston, TX.
- Williams, L. M., & Ball, D. (February, 2013). *The 7 A's of Forgiveness*. Presented at the International Family Therapy Association conference in Orlando, FL.
- Williams, L. M. (June, 2011). *Overcoming Challenges in Your Marriage*. Presented through the Theology on Tap series in San Diego, CA.
- Williams, L. M. (February, 2011). *Managing Religious Differences in Marriage*. Presented through the Healthy Relationships teleconference.
- Williams, L. M. (October, 2010). *Working with Couples from Different Religious Backgrounds*. Presented at the American Association for Marriage and Family Therapy conference in Atlanta, GA.
- Williams, L. M. (May, 2008). *Two Churches, One Marriage*. Presentation at Pine Rest, Grand Rapids, MI.
- Williams, L. M. (May, 2008). *Two Churches, One Marriage*. Presentation to the Diocese of Grand Rapids, Grand Rapids, MI.
- Williams, L. M. (September, 2007). *Interchurch couples: Potential challenges and blessings*. Paper presented at the Church of the 21st Century Symposium on Marriage, Dover, MA.
- Williams, L. M. (June, 2007). *Two Churches, One Marriage workshop*. Workshop presented at the annual Smart Marriages conference, Denver, CO.
- Williams, L. M. (June, 2006). *Two Churches, One Marriage workshop*. Workshop presented at the annual Smart Marriages conference, Atlanta, GA.
- Williams, L. M. (June, 2005). *Two Churches, One Marriage*. Poster presented at the annual Smart Marriages conference, Dallas, TX.
- Williams, L. M. (October, 2002). *Counseling Couples with Differences – Gender and Religious*. An all day workshop presented at the Marriage and Family Counseling Service, Rock Island, IL.
- Williams, L. M. (October, 2001). *A Practitioner's Guide to Evaluating Research*. Roundtable presentation at the American Association for Marriage and Family Therapy conference, Nashville, TN.

- Williams, L. M. (November, 2000). *One Marriage, Two Churches: A Study of Interchurch Couples*. Poster presented at the American Association for Marriage and Family Therapy conference, Denver, CO.
- Williams, L. M. (November, 1999). *Promoting Change in Couples Therapy*. In service presented at Catholic Charities, San Diego, CA.**
- Williams, L. M. (June, 1999). *A comparison of interchurch and same-church couples on religious and marital variables*. Poster presented at the Family Research Consortium III, Bretton Woods, NH.
- Williams, L. M. (October, 1998). *To Speak or Not to Speak: Guidelines for Self-Disclosure in Supervision*. A poster presented at the American Association for Marriage and Family Therapy conference, Dallas, TX.
- Barret, B., Williams, L. M., & Grauf-Grounds, C. (June, 1998). *How Churches Can Help Families Become Healthy*. Presented at a national conference for Congregational Churches.
- Williams, L. M. (September, 1997). *Challenges and Solutions for Interchurch Couples*. A poster presented at the annual conference for the American Association for Marriage and Family Therapy, Atlanta, GA.
- Williams, L. M. (November, 1996). *Key Ingredients in Couples Therapy*. In service presented at Catholic Charities, San Diego, CA.
- Williams, L. M. (October, 1996). *The Value of Marriage Preparation: A National Study*. A poster presented at the annual conference for the American Association for Marriage and Family Therapy, Toronto, Canada.
- Williams, L. M. (June, 1996). *Predicting Marital Success After 4-5 Years: Assessing the Predictive Validity of FOCCUS*. A poster presented at the Family Research Consortium, San Diego, CA.
- Williams, L. M. (January, 1996). *Key Ingredients in Couples Therapy*. In service presented at Catholic Charities, San Diego, CA.
- Williams, L. M., & Bischoff, R. B. (October, 1995). *Working with Troubled Children: An Introduction to Structural Family Therapy*. Presented at the Counseling 2000 conference, San Diego, CA.
- Williams, L. (May, 1995). *A Multisystems Approach to Therapy: A Conceptual Model for the Future*. Presented at the annual conference for the California Association of Marriage and Family Therapists, Burlingame, CA.

Williams, L. (November, 1994). *Assessing the Predictive Validity of FOCCUS: A Premarital Inventory*. A poster presented at the annual conference for the American Association for Marriage and Family Therapy, Chicago, IL.

Williams, L., Terry, L., Grauf-Grounds, C., & Bischoff, R. (April, 1994). *Supervision Using Live Data: Four Approaches*. Presented at the annual conference for the California Association of Marriage and Family Therapists, Irvine, CA.

Williams, L. (April, 1994). *Marital and Family Assessment*. Seminar presented at the California School of Professional Psychology, San Diego, CA.

Williams, L., & Bischoff, R. (January, 1994). *Working with Troubled Children: An Introduction to Structural Family Therapy*. Presented at the Chi Sigma Iota Counseling Professionals Conference, San Diego, CA.

Williams, L., & Blaisdell, B. (June, 1993). *Treating Shame: A Cognitive Therapy and Family of Origin Approach*. A workshop presented through the Marriage and Family Counseling Service, Rock Island, IL.

Williams, L. (January, 1992). *Using FOCCUS to Predict Marital Success*. Presented to the Marriage & Family Counseling Service Board of Directors, Davenport, IA.

Williams, L., Bischoff, R., & Ludes, J. (April, 1991). *A Biopsychosocial Model for Working with Infertility*. Presented at the annual conference for the Indiana Association for Marriage & Family Therapists, Indianapolis, IN.

* Unless noted otherwise, co-presenters made an equal contribution to the presentation.

** I have also given a similar seminar on *Promoting Change in Couples Therapy* at Catholic Charities in previous years (1998, 1997, 1996, and 1995), but have only listed the most recent in service.