

Rola Aamar

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Education**Ph.D. student Texas Tech University**

Marriage and Family Therapy (COAMFTE Accredited)
Expected Graduation: May 2016

M.S. East Carolina University

Marriage and Family Therapy (COAMFTE Accredited)
Degree Conferred: May 2013

B.A. Meredith College

Psychology, Human Communication, Mass Communication (Majors)
Degree Conferred: May 2007

Employment History

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| 2015-2016 | Research Intern and Clinical Supervisor. Pediatric Healthy Weight Research and Treatment Center at the Brody School of Medicine. Research intern responsible for leading a research project about use of medical family therapy and collaborative care treatment for childhood obesity. Provide clinical supervision for master's level MFT student intern. |
| 2014-Present | Graduate Research Assistant. Texas Tech University. Research assistant for Dr. Jaclyn Cravens. |
| 2013-2014 | Graduate Teaching Assistant. Texas Tech University. Teaching assistant for two semesters. Primary instructor for three sections of CFAS 2300 (Communication, Civility, and Ethics) each semester, and responsible for approximately 75 students each semester. |
| 2011-2013 | Graduate Assistant. East Carolina University. Research Assistant from Fall 2011 through Summer 2013 in the Department of Child Development and Family Relations within the Marriage and Family Therapy Program. Also worked as a Teaching Assistant in Summer 2013 in the same department. |

2008-2011 **Pre-Kindergarten Teacher, Bright Horizons Family Solutions.** Designed developmentally appropriate lesson plans. Planned child-directed learning centers that encourage the development of children's language, cognitive, physical, and social skills. Planned developmentally appropriate projects and field trips. Conducted observations of development. Communicated with parents through conferences and progress reports.

Research Experience

2014-Present **Research Team with Dr. Jaclyn Cravens. Department of Community Family and Addiction Services, Marriage and Family Therapy Program.** Working on data analysis and as a co-author on multiple projects including: 1) perceptions about obesity, and factors of and treatment for childhood obesity, 2) traumatic brain injury treatment in the United States, and 3) intimate partner violence and the reasons women stay.

2013-Present **Research Team with Dr. Anne Prouty. Department of Community Family and Addiction Services, Marriage and Family Therapy Program.** Working as a co-investigator on a project involving a national survey of students and graduates of Medical Family Therapy programs on preparedness to work in behavioral health.

2013-Present **Research Team with Dr. David Ivey. Department of Community Family and Addiction Services, Marriage and Family Therapy Program.** Working as part of a research team on projects including: 1) a national survey of professionals in multiple mental health disciplines about comfort in working with terminally ill patients, and 2) a systematic review about parents coping with chronic illness.

2013-2014 **Research Team with Drs. Doug Smith and Jason Whiting. Department of Community Family and Addiction Services, Marriage and Family Therapy Program.** Working as part of a research team on an fMRI study of women who were in relationships with intimate partner violence.

2012 **Introduction to Systems Theory Module.** Wrote a training module as part of a series of modules that will be distributed to behavioral health providers working with military and veteran families. This module will be used as part of a series of continuing education modules. Developing the module consisted of integrating research on systems theory to provide 2 hours on the history, main concepts and terminology, and practical application. Also constructed pre- and post-tests, quizzes, reflection questions and examples, and a video illustrating the practical application of systems theory.

2011-2013 **Research Assistant for Dr. Angela Lamson, Department of Child**

Development and Family Relations. Held the same position for both years working with the program director of the MFT and MedFT programs. Assisted with research and the editing of several articles for publication. Assisted in editing and revising the MFT and MedFT standards for reaccreditation, and compiling and managing the data for reaccreditation. Completed other tasks relevant to the functioning of the program.

Major Projects Included:

Presentation for Fellowship Hall. (2013). Worked on a updating and revising a presentation about families facing chemical dependency for a presentation at Fellowship Hall, an addiction treatment program in Durham, NC.

Book Chapters for *Medical Family Therapy: Advanced Applications*. (2013). Worked on editing and reviewing four book chapters for the text.

TracDat. (2012-2013). Worked on compiling the fiscal year data for each course, learning objective, and learning outcomes for the Masters MFT and PhD MedFT programs. Updated data on programs' TracDat site and assisted in preparing this data in a document for submission to the University.

MFT and MedFT Standards for COAMFTE reaccreditation. (2011-2012). Worked on updating, editing, and revising the standards for both the Masters MFT program and PhD MedFT program in preparation for the COAMFTE reaccreditation process.

Publications

Aamar, R. O. (2012). Introduction to systems theory module. International presentation for the Military and Veteran Provider modules.

Aamar, R. O., & Lamson, A. L. (2015). Qualitative Trends in Biopsychosocial-Spiritual Treatment for Underserved Patients with Type 2 Diabetes. *Contemporary Family Therapy*. DOI 10.1007/s10591-015-9326-x

Lamson, A. L., Pratt, K. J., **Aamar, R. O.**, Sumner, S., & Earles, J. E. (Under review). Military youth and obesity: A review of existing literature 1990-2013. *Contemporary Family Therapy*.

Cravens, J. D., Whiting, J., & **Aamar, R. O.** (Under review). Why I stayed/left: An analysis of Voices of Intimate Partner Violence on Social Media. *Contemporary Family Therapy*.

Cravens, J. D., Pratt, K. J., Palmer, E. N., & **Aamar, R. O.** (Under review). Marriage and Family Therapy Students' Views on Including Weight Bias Training Into Their Clinical Programs. *Journal of Marital and Family Therapy*.

Aamar, R. O., Cravens, J., & Whiting, J. (Under Preparation). The Lived Experience of Being Obese: A Phenomenological Study.

Aamar, R. O. (Under Preparation). Examining Factors for Childhood Obesity from a Biopsychosocial-Spiritually Focused Model.

Refereed Presentations:

Cravens, J. D., Whiting, J. B., & **Aamar, R. O.** (2015). Why I stayed/left: An analysis of Voices of Intimate Partner Violence on Social Media. To be presented at National Council on Family Relations (NCFR) Annual Conference in Vancouver, British Columbia.

Aamar, R. O., Cravens, J. D., & Whiting, J. B. (2015). The lived experience of obesity: A phenomenological study. To be presented at American Association of Marriage and Family Therapy (AAMFT) Annual Conference in Austin, TX.

Muse, A. R., **Aamar, R. O.**, Whiting, J. B., & Lamson, A., L. (2015). Parenting Diabetic Kids. Presented at the East Carolina University Research and Creative Achievement Week in Greenville, NC.

Aamar, R. O., & Lamson, A. L. (2015). Qualitative Trends in Biopsychosocial-Spiritual Treatment for Underserved Patients with Type 2 Diabetes. *Contemporary Family Therapy*. DOI 10.1007/s10591-015-9326-x

Lamson, A., & **Aamar, R. O.** (November 2014). Biopsychosocial-spiritual trends for treatment of underserved DM patients. Presented at National Council on Family Relations (NCFR) Annual Conference in Baltimore, MD.

Aamar, R. O., Schmidt, A. E., & Springer, N. (April 2015). Cross-cultural implications for healing reproductive loss. To be presented at Association for Death Education and Counseling's (ADEC) 37th Annual Conference in San Antonio, TX.

Professional Presentations

Rappleyea, D. L. & **Aamar, R. O.** (April 2012). Raising Healthy Adolescents. Presented at Vidant Hospital, Greenville, NC. Assisted with constructing and leading the presentation for employees of Vidant Hospital.

Aamar, R. O. (February 2013). Healthy Communication to Connect with Your Kid. Presented at The Oakwood School, Greenville, NC. Developed and lead the presentation for parents at the Oakwood School.

Aamar, R. O. (February 2013). Support Systems. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for participants in the weight loss program at Family Medicine.

Aamar, R. O. (March 2013). Emotional Eating. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for participants in the weight loss program at Family Medicine.

Aamar, R. O. (March 2013). Integrated Care Case Conference: Implementing the Biopsychosocial-Spiritual Model in Collaborative Care. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for medical providers, behavioral health providers, social work and various collaborators at Family Medicine.

Aamar, R. O. (April 2013). Making Changes: Using Prochaska's Transtheoretical Model of Change. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for participants in the weight loss program at Family Medicine.

Aamar, R. O. (May 2013). Setting SMART Goals. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for participants in the weight loss program at Family Medicine.

Aamar, R. O. (June 2013). Negative Self-Talk. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for participants in the weight loss program at Family Medicine.

Aamar, R. O. (July 2013). The Process of Change: Preparing for Making Changes. Presented at Family Medicine at the Brody School of Medicine, Greenville, NC. Developed and lead the presentation for participants in the weight loss program at Family Medicine.

Aamar, R. O. & Schmidt, A. E. (February 2014). The Use of Systems Theory-Based Interventions in Marriage and Family Therapy. Presented at Texas Tech University at the Marriage and Family Therapy Program, Lubbock, TX. Developed and lead the presentation for first- and second-year marriage and family therapy students.

Aamar, R. O. & Heath, C. R. (March 2014). Experiential Family Therapy: Theory, Practice, and Clinical Interventions. Presented at Texas Tech University at the Marriage and Family Therapy Program, Lubbock, TX. Developed and lead the presentation for first-year marriage and family therapy students.

Teaching Experience

- 2014-Present** **Texas Tech University**
Co-teaching graduate level course – Primary instructor: Doug Smith, PhD
Department of Community, Family, and Addiction Services
Course Taught: MFT 5322 – Family Systems
 Course is taught in a traditional face-to-face classroom setting.
 Responsibilities as a student co-teacher include preparing lecture note, presenting lectures, pre-grading assignments, and assisting in class management.
- 2013-2014** **Texas Tech University**
Graduate Teaching Assistant
Department of Community, Family, and Addiction Services
Courses Taught: CFAS 2300 – Communication, Civility, and Ethics
 Course taught in a traditional face-to-face classroom setting. Primary instructor for 75 students in three (3) sections each semester. Lead classes 3 times per week and was responsible for all grading.
- Summer 2013** **East Carolina University**
Graduate Teaching Assistant
Department of Child Development and Family Relations
Courses Taught: CDFR 5411 – Counseling Elders and Their Families
 Course taught online via Blackboard. Teaching assistant for 9 students. Prepared all PowerPoint presentations for the term. Lead some class lectures and was responsible for some grading.

Invited Guest Lecture

- Fall 2014** **Texas Tech University**
Invited by Anne Prouty, PhD
Course – MFT 5300: Intro to Marriage and Family Therapy Practice
Title of Lecture – Assessing for Intimate Partner Violence
- March 2014** **Texas Tech University**
Invited by Nicole Springer, PhD
Course – MFT 6303: Couples and Sex Therapy
Title of Lecture – Sexual History Assessment
- March 2014** **Texas Tech University**
Invited by Stephanie Hart, PhD

Course – EDSE 4312: Secondary Classroom Management & Learners with Disabilities

Title of Lecture – Mental Health Issues in Adolescence

February 2014

Texas Tech University

Invited by David Ivey, PhD

Course – CDFR 5304: Systemic Evaluation

Title of Lecture – Introduction to Medical Family Therapy

April 2013

East Carolina University

Invited by DeAnna Coughlin, MS

Course – CDFR 1103: Marriage and Family Relationships

Title of Lecture – Coupling: The Transition to Marriage, Satisfying Marriages

March 2013

East Carolina University

Invited by DeAnna Coughlin, MS

Course – CDFR 4006: Families, Sexuality, and Gender Roles

Title of Lecture – Relationships and Sexuality: Partnership & Marriage

Clinical Experience

2014-Present

Joe Arrington Cancer Treatment & Research Center

Affiliated with Covenant Hospital

Lubbock, Texas

Medical Family Therapy Intern

Started this clinical site by developing a relationship with the social work team and the medical staff. Attended staff meetings for medical staff to introduce the partnership between the TTU Family Therapy Clinic and Arrington. Responsible for carrying a client load, and maintaining a relationship with the medical providers and social work, so that the collaboration can continue. Started as only MedFT intern at the site, but will be responsible for training the next clinicians that will be interns.

2013-Present

Family Therapy Clinic at Texas Tech University

Lubbock, Texas

Marriage and Family Student Therapist

Carry a client load at the TTU MFT Clinic and provide traditional therapy to individuals, couples, and families. Work as part of a co-therapy team. Receive live supervision through practicum.

2013-Present

Pediatric Intensive Care Unit (PICU)

Covenant Hospital

Lubbock, Texas

Medical Family Therapy Intern

Attend staff meetings for PICU medical providers and collaborators. Discuss collaboratively the needs of patients and their families. Provide services to patients and families identified by medical providers and other collaborators.

2011-2013

**Marriage and Family Therapy Clinic at East Carolina University
Greenville, North Carolina**

Marriage and Family Therapy Intern

Carry a client load at the ECU MFT Clinic and provide traditional therapy to individuals, couples, and families. Work as part of a co-therapy team. Receive live supervision through practicum and working with PhD candidate.

2012-2013

**Family Medicine at the Brody School of Medicine
Greenville, North Carolina**

Medical Family Therapy Intern

A full-time 20-hour internship. Worked with underserved and minority populations to provide free mental health services through individual, couple, and family sessions as well as integrated care working with medical providers, dietician and nutrition services, pharmacotherapy, and psychiatry. Provide referrals to and contact with other services in the community, including specialty mental health, support groups, and organizations for medical and mental health issues. Provide psychoeducation and resources on wide variety of issues ranging from Alzheimer's to depression to developing healthy eating and sleep patterns. Most important role is collaborating with medical providers to provide the most complete care for our patients.

2012-2013

**Intensive Behavioral Therapy for Obesity Clinic Protocol
Family Medicine at the Brody School of Medicine
Greenville, North Carolina**

Behavioral Health Provider

A Medicare based program being implemented at Family Medicine. Medicare eligible patients are identified by their primary care provider and nominated to participate in the program. Through the use of integrated care, behavioral health consultants, nutritionists and dieticians, primary care providers, and other medical team members provide at least 14 sessions to patients to help them lower their body mass index. As a behavioral health provider, provide psychoeducation about emotional eating, smart goals, as the stages of change, as well as provided supportive therapy.

2012-2013

**The Oakwood School
Greenville, North Carolina**

Family Therapy Intern, Internship Site Founder

Started this internship with the assistance of the program director and school counselor. Provide support and therapy to parents and children in a school

setting. Present on topics relevant to students, teachers, and parents over the course of the year.

- 2012** **Middle School Girls Social Skills Group**
The Oakwood School
Greenville, North Carolina
Family Therapy Intern
 Lead a group for sixth grade girls focused on building social skills, addressing issues with transitions, and developing and maintaining relationships with other. Activities used during the social skills group included teaching listening skills, teaching social skills, teaching coping skills and stress management techniques, and providing support.
- 2012** **High School Foreign Exchange Student Support Group**
The Oakwood School
Greenville, North Carolina
Family Therapy Intern
 Lead a support group for 4 female foreign-exchange students from China. The group was focused on helping to provide support through the transition to the US. Topics discussed included differences in culture (culture shock), making friends, getting along with host families, managing coursework and plans for future studies, and coping with missing family in China.
- 2012-2013** **Brain Injury Survivors Support Group**
Greenville, North Carolina
Marriage and Family Therapy Intern
 The Brain Injury Association of North Carolina offers a support group for individuals, couples and families with brain injuries. Provide therapy, activities, and support in a group setting, along with other therapists.

Service

- 2014** **Training Workshops: Family Therapy Theories**
Texas Tech University
Lubbock, Texas
Coordinator and Facilitator
 Developed peer-training workshops for master's students, which will be lead by doctoral students. Compiled a survey to determine training needs about theories and interventions, and coordinated scheduling of the training workshops. Also facilitated several trainings on theories and interventions.
- 2013** **Arts and Humanities Graduate Student Research Conference**
Texas Tech University

Lubbock, Texas***Demographics and Political Response Panel Judge***

Listen three presentations from a panel of students in Political Science and Economics, give numerical scores for each presentation according to a rubric, and give notes and critiques to the presenters

2013**Twogether in Texas: Pre-Marital Counseling Workshop****Texas Tech University****Lubbock, Texas****Workshop Facilitator**

Lead monthly premarital couple's workshops for engaged couples, along with other marriage and family therapists. Use the Twogether premarital training manual to provide the 8-hour seminar. Includes discussing topics of healthy communication, Sternberg's Triangular Theory of Love, the Five Love Languages, healthy sexual intimacy, and affair proofing marriages. Also, includes meeting individually with couples who would prefer to complete the training in private.

2013**KidsFest: Pitt County****On Behalf of Family Medicine at the Brody School of Medicine****Greenville, North Carolina****Behavioral Health Representative**

Prepared an emotions wheel activity for children and families to complete at the KidsFest event. Present as part of a collaborative team including medical provider, nutrition, and behavioral health. Discussed with families the healthcare opportunities available at Family Medicine.

2013**Student Volunteer AAMFT Conference****Portland, Oregon****Session Manager – Keynote Master**

Responsibilities: Collect tickets for the plenary sessions and help to manage the door monitors and managers.

2012**Student Volunteer AAMFT Conference****Charlotte, North Carolina****Session Manager – Host and Door Monitor**

Responsibilities: Collect tickets for the plenary sessions, preconference sessions, and breakout sessions. Welcome presenters and present them with their presenter gifts.

Awards And Activities**2015-2016**

Doctoral Dissertation Completion Fellowship. Awarded to 20-25 students

each year through Texas Tech University to doctoral students who are completing their dissertation year. This award is provided for one year to enable students to dedicate their time exclusively to dissertation research. Awardees are endorsed for the award by their program chair, and are funded through the Texas Tech University Graduate School. This award includes tuition waivers, fee waivers, and a stipend for up to 12 months for recipients.

- 2014-2015** **Minority Fellowship Program Fellow.** Awarded through the AAMFT Minority Fellowship Program with funding through SAMSHA. This award is provided for one year to students who display an interest in advancing the interests of ethnic minority and underserved populations. This award includes training workshops, research consultations, mentorship, and a stipend for recipients.
- 2011-2013** **Graduate Scholar Award.** Awarded through the Graduate School to incoming graduate students based on GPA and GRE scores. This award is provided for two years and guarantees the student an assistantship within the department, provided that the student maintains good academic standing.
- 2011-2013** **Cohort Representative MFT Class of 2013.** Selected by cohort to act as liaison between the cohort and faculty. Provide student feedback to the program director on a regular basis. Receive and share with cohort information from the program director, faculty, and other cohort representatives.

Trainings

- 2014** **Twogether in Texas Premarital Counseling Training.** Completed at Texas Tech University.
- 2014** **Teaching, Learning, and Professional Development Center's Groundwork Program.** Completed at Texas Tech University.
- 2013** **Intimate Partner Violence.** Completed at Texas Tech University. Training prepares student therapists to complete the Intimate Partner Violence (IPV) assessment with each couple presenting for therapy at the TTU Family Therapy Clinic. Also prepares student therapists to work through the IPV intervention with couples who screen positive for IPV.
- 2013** **Structural Equation Modeling.** Completed at East Carolina University through a seminar lead by Dr. Jared Durtschi. Training covered the use of structural equation modeling for dyadic data analysis and the use of AMOS and Mplus software.

- 2012** **Parent Enrichment Training.** Completed at East Carolina University. Training prepares marriage and family therapists to lead parent enrichment training workshops for parents and children.
- 2012** **Stewards of Children Child Sexual Abuse Training.** Completed at East Carolina University through the TEDI BEAR Children Advocacy Center in the Department of Pediatrics at the Brody School of Medicine. Training prepares marriage and family therapists to lead parent enrichment training workshops for parents and children.

Memberships and Credentials

- 2014-2015** **Secretary – Texas Tech Student Association of Marriage and Family Therapy**
- 2014- Present** **Member Texas Tech Student Association of Marriage and Family Therapy**
- 2012-Present** **Student Member of American Association for Marriage and Family Therapy**
- 2012-Present** **Student Member of North Carolina Association for Marriage and Family Therapy (NCAMFT)**