**Spencer B. Youngberg**

Family and Child Sciences, College of Human Sciences, Florida State University

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**Education**

Ph.D., Marriage and Family Therapy, 2021

Florida State University, Tallahassee, FL

M.A., Marriage and Family Therapy, 2015

Pacific Lutheran University, Tacoma, WA

B.A., Psychology, 2010

Western Washington University, Bellingham, WA

**Professional Experience**

2023-Present Teaching Faculty I, Health and Human Sciences, Florida State University.

CHD 2220 *Child Growth and Development*

*CHD 4537 Parenting*

*FAD 6605 Advanced Clinical MFT Theory*

2022-2023 Visiting Assistant Professor, Health and Human Sciences, Florida State University.

CHD 2220 *Child Growth and Development*

CHD 3472 *Child Guidance*

FAD 5481 *College Teaching*

FAD 6940 *Marriage and Family Therapy Practicum*

2021-2022 Adjunct Faculty, Health and Human Sciences, Florida State University.

CHD 2220, *Child Growth and Development*

CHD 4615, *Public Policy: Child and Family Issues*

2021-Present Assistant Clinic Director, Center for Couple and Family Therapy, Health and Human Sciences, Florida State University. Responsible for oversight of front office staff hiring, training and instruction. Responsible for oversight of all Center related duties including implementation and maintenance of center policies and procedures, ensuring all necessary services are provided in accordance with AAMFT Code of Ethics and FSU policies.

* 1. Clinic Manager and Practicum Site Supervisor, Center for Couple and Family Therapy Clinic, Florida State University, Tallahassee, FL

Supervise and mentor undergraduate students during experiential learning placement. Support and manage practicum projects including fund-raising, community outreach, collaboration and professional development. Assist clinic director in managing clinic with administrative tasks including managing electronic medical record system, tracking and organizing financial data and maintaining facilities. Participate in implementation of Practice Research Network consortium to track research and clinical data.

**Teaching Experience**

2017-Present Instructor & Teaching Assistant, Florida State University, Tallahassee, FL

CHD 4615, *Public Policy: Child and Family Issues* (In-person & Online)

FAD 2230, *Family Relationships: A Life Span Development Approach* (In-person & Online)

Designed and maintained Canvas course site and developed curriculum for class lectures, assignments, group projects, quizzes and exams. Developed and improved curriculum for both courses including: Family policy impact, application of family impact lens, collaboration with policymakers and researchers on family-based policies. Application of family theories to family relationships and family development stages. Gathered and implemented student feedback on assignments, quizzes, and exams through formal and informal assessments. Managed teams of graduate teaching assistants. Established grading and feedback standards and schedule. Developed assignment and grading rubrics ensuring feedback was consistent and received on time.

2019-Present Instructor, Brigham Young University Idaho (Online Adjunct Faculty), Rexburg, ID

FAML 110, *Marriage Skills*

Engaged students through live online class meetings, discussion boards, class announcements and personal emails. Provided extensive weekly feedback on discussion posts, responses and assignments. Consistently completed professional development modules each semester sharpening and improving pedagogy skills and awareness of growth areas. Implement student mid and end semester feedback into assignments. Regularly consulted online Instruction Community and instructors staying up to date with university policies.

2018-2020 Teaching Associate & Departmental Representative

Program for Instructional Excellence (PIE), Florida State University, Tallahassee, FL. Developed departmental program to support and strengthen student teaching training. Facilitated and presented at a University-wide PIE teaching workshops for graduate students. Provided graduate teaching assistants live teaching observations and feedback. Served on the PIE teaching training recognition committee, and outstanding teaching assistant award committee, the PIE associate workshop committee, and PIE services committee.

**Invited Lectures**

Youngberg, S. “Therapeutic Goals for Families with Children and Adolescents”, University of Nevada Las Vegas, Family Dynamics (CFT 759), May 2020.

Youngberg, S. “Attending and Empathy Skills“, Florida State University, Foundations of Counseling (FAD 4601), October 2019.

Youngberg, S. “Stress, Coping, and Adaptation to Parental Stress”, Florida State University, Stress and Resilience in Individuals and Families (FAD 3432), June 2017.

**Presentations**

**Teaching**

**Youngberg, S.,** Barlow, J. Tips and Techniques for Efficient Grading. Program for Instructional Excellence Teaching Training Workshop, Florida State University Graduate School, October 2018.

**Youngberg, S.,** Kellett, J. Online Teaching Tips and Techniques. Program for Instructional Excellence Teaching Training Workshop, Florida State University Graduate School, February 2019.

**Youngberg, S.,** Bagley, L.Small Teaching Changes for a Big Impact. Program for Instructional Excellence Teaching Training Workshop, Florida State University Graduate School, September 2019.

Greene, K., **Youngberg, S.** The Ethics of Dual Relationships in Teaching. Department of Family and Child Sciences, Florida State University, February 2019.

**Community Teaching Presentations**

2021 Strengthening Family and Interpersonal relationships, Youth Mental Health Seminar, Tallahassee, FL

2019 Recognizing Signs of Mental Health Challenges in Yourself and Interpersonal Relationships, Youth Mental Health Awareness Workshop, Tallahassee, FL

2018 Working with Families in Divorce and Conflict, Childcare and Early Learning Program, Florida State University

2018 Effective Communication in Marriage and Family Relationships, Health and Wellness Seminar, Tallahassee, FL

2017 Using Self-Compassion and mindfulness to enhance well-bring, Health and Wellness Seminar, Tallahassee, FL

**Scholarships Recognizing Teaching**

2018-2020 Program for Instructional Excellence Teaching Associate Assistantship ($6,000), FSU

**Clinical Experience**

2018-2021 Registered Marriage and Family Therapist Intern

Better Living Solutions Eating Disorder Clinic, Tallahassee, FL

Private contractor providing evidence-based clinical services to couples, children families, and individuals experiencing difficulties with divorce, trauma, family conflict, eating disorders, and, infidelity, through a systemic lens. Facilitated affective/behavioral relationship skills group and interpersonal skills groups. Conducted individual and group support groups for intensive outpatient clients.

2016-2020 Clinical Supervisor & Marriage and Family Therapist Registered Intern

Center for Couple and Family Therapy, Florida State University, Tallahassee, FL Provide clinical supervision to doctoral and master level clinicians. Implement evidence-based clinical services to couples, children, families, and individuals who are experiencing difficulties in behavioral, cognitive or affective functioning through a systemic lens. Utilized play therapy techniques (sandbox). Co-facilitated affective/behavioral parenting group.

2014-2016 Licensed Marriage and Family Therapist Associate

Auburn Youth Resources, Auburn, WA

Provided individual and family therapy services in home, school and agency settings to children/youth and their families. Conducted extensive intake Managed Care assessments. Facilitated therapy groups for K-12, teaching pro-social skills, anger management, anxiety and depression coping techniques. Utilized Parent-Child Interaction Therapy (PCIT), and play therapy. Facilitated extensive case management services and resources aiding in managing client’s psycho-social, economic, and medical needs

**Clinical and Professional Credentials**

2021-Present Licensed Marriage and Family Therapist (License # MT 4264)

2021-Present AAMFT Approved Supervisor

2019 Gottman Couple Therapy Trained - Level One

2015 Parent-Child Interaction Training (PCIT) Trained

**Research Experience**

2020-Present Hope in Couples Therapy Research Team Leader, Department of Family and Child Sciences, Florida State University, Tallahassee, FL

Conduct analyses of qualitative data of couples initial session of therapy who rated their in-session level of hope. Identify major concepts and categories via thematic analysis, and compared findings with other research collaborators. Transcribe interviews, analyze and code data. Preparing manuscript for publication.

2019-2020 Research Mentor, Undergraduate Research Opportunity Program (UROP), Florida State University, Tallahassee, FL

Trained undergraduate students to develop research ideas related to improving family relationships, conducting literature reviews, transcribing interviews, and analyzing and coding data. Assisted students to prepare and present at university wide conferences.

2018-2019 Practice Research Network (PRN) Research Team Member, Department of Family and Child Sciences, Florida State University, Tallahassee, FL

Directed team empirical investigation into adult attachment and health outcomes in couple’s therapy utilizing clinical data from the PRN. Collaborated with other research programs involved in the PRN to synthesize longitudinal dyadic data points.

2017-2021 Mandated Parenting Intervention Research Team Member, Department of Family and Child Sciences, Florida State University, Tallahassee, FL

Conduct analyses of qualitative data of parent who participated in an evidence-based parenting intervention. Identify major concepts and categories via grounded theory analysis, and compared findings with other research collaborators. Participated in the development of three resulting manuscripts on parental identity, the role of risk and resilience in the mandated participation process and marriage and family therapists as research interviewers.

**Publications**

**Published:**

**Youngberg, S**., & Ward, D. (2018). The effectiveness of co-therapy teams? Does the therapists’ gender matter? *Journal of Systemic Therapies, 37*(3), 61-73. doi: 10.1521/jsyt.2018.37.3.61

Lancaster, M., Jackson, L., **Youngberg, S**., Fitzgerald, M., & McWey, L. (2018). The role of peers in the linkages between harsh parenting and mental health outcomes among adolescents from families at-risk. *Journal of Aggression, Maltreatment & Trauma, 27,* 1060-1074.doi: 10.1080/10926771.2018.1425789

**In Preparation:**

**Youngberg, S.,** McKiernan, D., Jang, S., McWey, L. (In preparation). Identifying the process of hope in initial couple therapy sessions.

**Presentations**

**Youngberg, S.,** Call, T., Parker, M., Farley, T., Randolph, C. (2019). Adult attachment and health outcomes in couples therapy. Oral presentation, presentation, The American Association for Marriage and Family Therapy Annual Conference (August). Austin, TX.

Lancaster, M., Srivastava, S., Jaurequi, M., Jackson, L., **Youngberg, S.** (2019). Supervisory responsibilities within MFT dual relationships. Group forum presentation, The American Association for Marriage and Family Therapy Annual Conference (August). Austin, TX.

**Youngberg, S.,** Wolford, S., McWey, L. (2018). The impact of risk and resilience on engagement in a mandated parenting program. Presented at the Florida State University Annual Research Showcase for the Department of Child and Family Sciences.

Wolford, S., **Youngberg, S.,** McWey, L. (2018). The process of qualitative interviewing: From method to MFT. Oral presentation, The American Association for Marriage and Family Therapy Annual Conference (November). Louisville, KY.

Wolford, S., **Youngberg, S.,** McWey, L. (2018). Parental identity and the mandated participation process. Oral presentation, The American Association for Marriage and Family Therapy Annual Conference (November). Louisville, KY.

**Research Grant**

2019-2020 Undergraduate Research Opportunity Program (UROP) Research Mentor Materials Grant ($250)

**Current Membership in Professional Organization**

2014-Present American Association for Marriage and Family Therapy (AAMFT)

2016-Present Florida Association for Marriage and Family Therapy (FAMFT)

**Service**

**University Service:**

2023 University Curriculum Committee, Florida State University,

2018-2020 Outstanding Teaching Assistant Award Selection Committee, Florida State University,

2018-2020 Teaching Training Recognition Evaluation Committee, Florida State University,

2018 FSU’s New Graduate Student Orientation, “Tips for Success: Faculty and Student Dialogue” Panel, Graduate School, Florida State University,

**Departmental Service:**

2023 Faculty Advisory Committee member, FSU

2023 HDFS Scholarship Committee member, FSU

2018-2020 Departmental Program for Instructional Excellence Liaison, FSU

2019-2020 Graduate Teaching Assistant Ad Hoc Committee member, FSU

**Professional Associations:**

2016-Present Apprentice Reviewer, *Journal of Marital and Family Therapy*