

Joanna Sturhahn Stratton, Ph.D., LMFT, LP

EDUCATION

- Ph.D. **THE UNIVERSITY OF DENVER** (APA Accredited) Denver, CO
Ph.D. in Counseling Psychology – Aug. 2006
Dissertation- Intergenerational Transmission: Gendered Communication Patterns
- M.A. **THE UNIVERSITY OF CHICAGO** Chicago, IL
M.A. in the Social Sciences: Psychology – Aug. 2000
Honors: Magna Cum Laude
Thesis- Correlates of Concurrent Relationship Satisfaction
- B.A **WILLIAM JEWELL COLLEGE** Liberty, MO
B.A. Psychology; Leadership Emphasis – May 1998
Honors: Magna Cum Laude
Thesis- God's Love: Salve or Solve?

PRESENT EMPLOYMENT

- May 2008-present **REGIS UNIVERSITY**- Associate Professor
Master of Arts in Counseling Program/Marriage and Family Therapy
Hired to teach the following courses:
 Skills for Helping Professionals
 Community Counseling
 Counseling Techniques I, II
 Practicum Lab and Triadic supervision
 Theories of Family Therapy
 Marital Theory and Couples Counseling
 Abnormal Psychology
 Mind/Body Health
- Duties*
- Develop curriculum, choose class readings, prepare and present class lectures, facilitate students' critical thinking processes
 - Grade and analyze performance on papers, presentations and exams
 - Participate in faculty meetings, rubric assessments, MFT planning meetings and departmental research
 - Create a new course entitled: Mind/Body Health
 - Help guide direction of Marriage and Family Program accreditation and prepare materials for self-study and site visit
 - Participate in student interviews, orientation and internship fairs
 - Evaluate students in Capstone presentations
 - Screen all affiliate faculty applicants, conduct interviews and create faculty mentorships
 - Serve on Regis Inter-professional Committee for IP Education
- Assistant Dean of Counseling Programs: Linda Osterlund, Ph.D.

May 2008-present

UNIVERSITY OF COLORADO DENVER- Assistant Clinical Professor

School of Family Medicine Residency

- Precepting residents on behavioral health issues with their patients
 - Review performance of residents as they integrate mental health knowledge into their practice with patients
 - Deliver didactics to residents on patient health behavior change goals
 - Counsel individuals, couples and families in medical clinic and in hospitals to improve mental and physical health outcomes
 - Lead pediatric obesity prevention and treatment initiative
- Immediate Supervisor: Deborah Seymour, Psy.D.
Direct Report: Linda Montgomery, M.D.

PROGRAM EVALUATION AND ADMINISTRATION EXPERIENCE: INTEGRATED HEALTHCARE

Sep. 2006-Oct. 2007

Post-Doctoral Fellow- University of Colorado at Denver and Health Science Center: Placement-Foothills Behavioral Health

Administration and Evaluation Psychology

- Focus on the development of administrative/ program evaluation skills in public health institutions: Clinica Campesina/People's Clinic
 - Gain comprehensive knowledge of integrated healthcare systems nationwide and application of best practices
 - Develop criteria, implement evaluation plan and analyze quantitative and qualitative data to evaluate health outcomes generated from integrated healthcare programs with underserved populations
 - Analyze data, write detailed reports and disseminate findings
 - Form agendas and lead committee meetings: i.e. clinical guidelines
- Total Hours: 2000+ (*Provided all hours needed for licensure*)
Post-doc supervisor: Chad Morris, Ph.D.
Immediate supervisor: Barbara Smith, R.N., Ph.D.

TEACHING/SUPERVISION EXPERIENCE

Aug. 2007-May 2008

Affiliate Professor – Regis University Master of Arts in Counseling Program

Hired to teach the following courses:

Community Counseling

Counseling Techniques

Duties

- Develop curriculum, choose class readings, prepare and present class lectures, facilitate students' critical thinking processes
 - Grade and analyze performance on papers, presentations and exams
 - Encourage learning through applied exercises
- Director of Counseling Program: JoLynne Reynolds, Ph.D.

- Aug. 2006-Nov. 2006** **Adjunct Professor** – The University of Denver
 Counseling Psychology Doctoral Program
Developed and taught the following course:
 Family Systems and Couples Therapy
Duties
- Develop curriculum, choose class readings, prepare and present class lectures, facilitate students’ critical thinking processes
 - Grade and analyze performance on papers, presentations and exams
 - Encourage learning of techniques through applied exercises
- Director of Counseling Psychology: Cynthia McRae, Ph.D.
- Aug. 2003-Aug. 2005** **Adjunct Professor** – Metropolitan State College of Denver
Taught the following courses
 Introduction to Psychology (six semesters)
 Abnormal Psychology
 Psychology of Counseling
Duties
- Developed curriculum, prepared class lectures, designed, graded and analyzed performance on exams for Introduction Psychology, Abnormal Psychology and Psychology of Counseling classes
 - Graded written assignments, provided written and oral feedback, supervised relevant research and advised students on academic and career development decisions and concerns
- Program Director of Psychology: Ellen Susman, Ph.D.
- Aug. 2005- Aug. 2006** **Lecturer-** Colorado State University
Department of Psychology (Undergraduate)
Counseling Psychology Program (Graduate)
- Summer 2005-2006** **Supervisor** – Colorado State University
Counseling Psychology Program
- Consulted counseling psychology doctoral students on clinical cases for two hours a week
 - Viewed/evaluated clinical videos; encouraged critical thinking
 - Facilitated discussions regarding professional growth
- Sep. 2004-Dec. 2004** **Teaching Assistant** – DU Clinical Psychology Department
- Lectured in Marital and Family Relationships and Therapy class
 - Met with small groups weekly and advised on projects
 - Conducted study sessions, wrote, administered and scored tests
- Instructor: Howard Markman, Ph.D.
- Feb. 2003-present** **Certified PREP Workshop Presenter** – Prevention and Relationship Enhancement Program
- Certified to give presentations on relationship dissolution prevention and relationship satisfaction enhancement techniques
 - Conducted workshops for couples who want to increase relationship satisfaction and learn communication skills

- Summers 2004, 2005** **Instructor** – Rocky Mountain Talent Search (Talented and Gifted Program for nationally selected adolescent youth)
- Prepared interactive course material and designed exams for Introduction to Psychology classes
 - Facilitated group projects for 12-15 year olds in the program
 - Provided extensive verbal feedback for students and held conferences with the students’ parents
- RMTS Director: Kristin Rigby, B.A.
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- Sep. 2001-June 2003** **Teaching Assistant** – DU Counseling Psychology Department
- Assisted in teaching Masters Beginning and Intermediate Counseling Techniques classes (four quarters)
 - Met with two small groups weekly and supervised students’ therapeutic techniques
 - Graded papers and evaluated taped and in vivo counseling sessions
- Instructors: Cyndy McRae, Ph.D. and Maria Riva, Ph.D.
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- Jan. 2003-June 2003** **Teaching Assistant** – DU Counseling Psychology Department
- Lectured and consulted students in Psychoeducational Assessment class for doctoral students
 - Evaluated the administration and scoring of WISC-III, WAIS- III, Heaton Neurological Screening Battery, WMS-III, DAS and Shipley Institute of Living Scale
- Instructor: Max Wachtel, Ph.D.
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- Summers 2002-2003** **Supervisor** – DU Counseling Psychology Department
- Part of requirement for Advanced Practicum class
- Consulted Master’s students on clinical cases
 - Received supervision from faculty on supervision experience
- Supervisor: Patrick Sherry, Ph.D.

CLINICAL EXPERIENCE

- May 2007-present** **Assistant Clinical Professor**- University of Colorado at Denver School of Medicine – Department of Family Medicine
- Co-consultations with residents with mental health diagnosis, solution-focused psychotherapy, behavioral interventions
 - Health behavior change interventions
 - Community resources counseling
 - Supportive psychotherapy
- Immediate Supervisor: Deborah Seymour, Psy.D.
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- Aug. 2005-Aug. 2006** **Psychology Intern- Colorado State University Counseling Center (in fulfillment of doctoral requirement)**
- Provided individual counseling
 - Administered, scored and interpreted psychological assessments
 - Co-led an eating disorder and interpersonal process therapy group
 - Provided presentations, conducted trainings, and acted as a liaison to campus advocacy offices
 - Specialized professional learning in psychopharmacology/

mind-body connection.

- Shadowed a psychiatric nurse practitioner for six months
 - Designed eating disorder treatment group and measured outcomes
- Total Hours: 2000
Supervisor: Susan MacQuiddy, Ph.D., Director

Aug. 2003-Aug. 2004

Psychology Extern – Denver Health Medical Center In-patient Psychiatric Unit (in fulfillment of doctoral requirement)

Short-term crisis intervention for mentally ill patients

- Conducted process and drug and alcohol recovery group therapy sessions with patients on both locked and unlocked units
- Engaged in informal therapy in the milieu
- Assessed suicide and homicide risk
- Administered, scored and interpreted psychological assessments and wrote reports: Personality Assessment Inventory (PAI), WAIS-III, WMS-III, Heaton Neurological Screening Battery, Halstead Category Test, Behavior Dyscontrol Scale Test and Memory Malingered (TOMM)

Total Hours: 750

Supervisor: Gerald A. Carpenter, Psy.D., Director

Aug. 2002-Aug. 2003

Graduate Student Trainee – University of Denver Counseling and Behavioral Health Center (in fulfillment of doctoral requirement)

Psychological services for undergraduate and graduate students

- Provided counseling to individuals and couples
- Attended assessment seminars, individual and group supervision
- Provided outreach services on gender issues, eating disorders, and sexually transmitted diseases
- Administered, scored and interpreted psychological assessments and wrote reports: Rorschach, MMPI, Connors, Wechsler Adult Intelligence Scale-III (WAIS-III), Woodcock-Johnson III Tests of Achievement, Minnesota Multiphasic Personality Inventory- 2 (MMPI-2), Rorschach

Total Hours: 830

Supervisor: Jennifer Cornish, Ph.D., Director

Mar. 2002-Aug. 2002

Intern – Aurora Mental Health - Child and Family Outpatient Program – Aurora, CO. (in fulfillment of doctoral requirement)

Community mental health for children and families receiving Medicare

- Facilitated various group therapy sessions for conduct disordered children, impulse control problems, sexually abused adolescents and psychoeducational groups for parenting skills
- Provided counseling for individuals and families
- Attended workshops on suicide assessment, multiculturalism, and art therapy

Total Hours: 346

Supervisor: Kim Wagner, M.S.W., LC.S.W., Program Director
Child/Adolescent Outpatient Services

- Jan. 2002-Jul. 2002** **Clinic Intern – The University of Denver Counseling Clinic (in fulfillment of doctoral requirement)**
 Training site for counseling psychology doctoral students
- Provided counseling to adults, children and families from the community
 - Received live and immediate supervision from a supervisor and a team of peers and provided live supervision and feedback to counselor-in-training
 - Administered, scored, interpreted and wrote reports: California Psychological Inventory (CPI), Fundamental Interpersonal Relations Orientation-Behavior (FIRO-B), Managerial Style Questionnaire (MSQ), Minnesota Multiphasic Personality Inventory-2 (MMPI-2), Myers-Briggs Type Indicator (MBTI), Shipley Institute of Living Scale and Strong Interest Inventory
- Total Hours: 85
 Supervisor: Barbara Vollmer, Ph.D., Clinic Director

RELEVANT RESEARCH EXPERIENCE

- Sep. 2001-August 2006** **Research Assistant** - Dr. Howard Markman, DU's Center for Marital and Family Studies: Assist in the Family Stability Project
- Conducted couple interviews as part of a longitudinal study
 - Coded dyadic communication
 - Developed original research questions, developed measures and recruit participants for study
- Sep. 2001-Jun. 2005** **Research Group** - Dr. Cyndy McRae, University of Denver Counseling Psychology Department
- Developed research questions and hypothesis about life satisfaction in graduate school
 - Developed qualitative methodology and interview participants
 - Administered interview and code themes
 - Analyzed data and wrote paper for publication
- Sep. 2001-Jun.2005** **Research Group** - Dr. Patrick Sherry, University of Denver Counseling Psychology Department
- Organized and conducted sleep study to assess consequences of sleep deprivation
 - Traveled nationally to administer sleep deprivation measures to transportation workers
 - Analyzed results and created poster presentations about fatigue and work performance
 - Reviewed literature, analyzed managerial data from the CPI260, (California Personality Inventory) and wrote paper for publication
- Sep. 2000-Jul. 2001** **Research Assistant** - Dr. Emma Adam, Northwestern University Assist Dr. Emma Adam in Physiological Stress in the Family Study
- Conducted literature reviews
 - Assisted with data analysis of cortisol levels in saliva and other subjective stress measures and wrote-up results in APA format

- May 2000-Sep. 2000** **Research Assistant** - Alfred P. Sloan Working Family Center:
University of Chicago and NORC
- Interviewed parents and adolescents in dual earner families about life experiences, stress and coping mechanisms
 - Organized data and coded qualitative responses gathered with the experiential sampling method
- Oct. 1999-Jun. 2000** **Research Assistant** - Psychology Department, The University of Chicago: Assist Dr. Nancy Stein in couples conflict lab
- Conducted diagnostic/demographic interviews
 - Facilitated couple's conflict resolution interaction
 - Developed statistics

PRESENTATIONS

- Owen, J. J., Stratton, J. S., & Sherry, P. (2002). *Workload, Social Support, & Job Stress in Transportation workers*. College of Education Research Conference Denver, CO.
- Stratton, J. S., Clark, J., Kim, M., Banes, K., & Sherry, P. (2002). *Mediating Effects or Intervention on Salivary Cortisol in Railroad Workers*. College of Education Research Conference Denver, CO.
- Stratton, J. S., Sherry, P., & Owen, J. J. (2002). *Predicting Acceptance of Monitoring Devices for Truck Drivers*. College of Education Research Conference Denver, CO.
- Stratton, J. S., Goodrich, A., & Mielke, A., & McRae, C. (2002). *Examination of Life Satisfaction in Graduate Students and Faculty*. College of Education Research Conference Denver, CO.
- Owen, J. J., Stratton, J. S., & Sherry, P. (2002). *Workload, Social Support, & Job Stress in Transportation Workers*. American Psychological Society Conference; New Orleans, LA.
- Stratton, J. S., Sherry, P. & Owen, J. J. (2002). *Predicting Acceptance of Monitoring Devices for Truck Drivers*. Rocky Mountain Psychological Association Conference, Salt Lake City, UT.
- Stratton, J. S., Clark, J., Kim, M., Banes, K., & Sherry, P. (2002). *Mediating Effects or Intervention on Salivary Cortisol in Railroad Workers*. American Psychological Association Conference, Chicago, IL.
- Stratton, J. S., Goodrich, A., Mielke, A., Kirschenbaum, S., & McRae, C. (2003). *Life Satisfaction of Graduate Students in the College of Education*. College of Education Research Conference, Denver, CO.
- Owen, J. J., Stratton, J. S., Gafford, J., Clark, J., Baharaini, N., Zarra, J., & Sherry, P. (2003). *Fatigue & Work Performance*. Rocky Mountain Psychological Association, Denver, CO.
- Stratton, J. S., Goodrich, A., Mielke, A., Kirschenbaum, S., & McRae, C. (2003). *Life Satisfaction of Graduate Students in the College of Education*. Rocky Mountain Psychological Association, Denver, CO.

- Prevention and Relationship Enhancement Program (PREP) 2004, 2005 Denver, CO
Conducted workshop for couples that wish to bolster their romantic relationships.
- Stratton, J. S., & Kellaway, J. A. (2006). *Efficacy of a Short Term Group Therapy Treatment Model for Emotion-Related Binge Eating Disorder: Mid-Treatment Results*. Colorado Psychological Association Conference, Englewood, CO.
- Kellaway, J. A., & Stratton, J. S. (2006). *Efficacy of a Short Term Group Therapy Treatment Model for Emotion-Related Binge Eating Disorder*. Colorado/ Wyoming Counseling Center Conference, Boulder, CO.
- Stratton, J. S., McRae, C., Markman, H. J. (2007). *Intergenerational Transmission of Gendered Communication Patterns*. Rocky Mountain Psychological Association Conference. Denver, CO.
- Stratton, J. S. (2007). *Program Evaluation of an Integrated Healthcare Program: Putting the Head Back on the Body*. Organization of Program Evaluators Conference. Peaceful Valley, CO.
- Arman, J. Bennett, S. Medina, S., & Stratton, J.S. (2008). *Portals of Perception*. Rocky Mountain Aces Conference. Breckinridge, CO.
- Stratton, J. S., & Owen, J. J. (2008). *Men Don't Cry in Therapy: Masculinity Changes Everything*. Colorado Counseling Associating Conference. Estes Park, CO.
- Seymour, D., Stratton, J. S., & Clampitt, D. (2009). *Lights, Camera, Action (or Contemplation): Facilitating Health Behavior Change Conversations in Family Medicine Residents*. Society for Teachers of Family Medicine. Denver, CO.
- Seymour, D., & Stratton, J. S. (2010). *Countertransference in the Doctor Patient Relationship*. Society for Teachers of Family Medicine. Vancouver, B.C.
- Stratton, J. S. & Medina, S. (2010). *The Recipe for Successful Couple's Counseling: Does Compromise or Individuation Help Cook up the Best Relationship?* Colorado Counseling Association. Denver, CO.
- Seymour, D., Stratton, J. S., Taylor, G., Mami, C. (2011). *Teaching and Measuring Health Behavior Change Curriculum*. The Forum for Behavioral Science in Family Medicine. Chicago, IL.
- Stratton, J. S. & Huntington, J. (2012). *Training Counseling in Mind Body Health*. ASERVIC Conference on Spirituality and Counseling. Sante Fe, NM.
- Stratton, J. S. & Seymour, D. (2012). *Engaging residents in the PCMH curriculum: One unified goal*. The Forum for Behavioral Science in Family Medicine. Chicago, IL.
- Cates, J., Christensen, T., Beres, S., Stratton, J.S., & Reynolds, J. (2013). *Engaging children in family therapy: Using play RESPECTFULLY*. AAMFT National Conference. Portland, OR.
- Brown Levey, S., Green, L., Stratton, J.S., Cifuentes, M., Seymour, D. (2013). *Improving Integration: Making Better Use of Behavioral Health Provider Skills*. Collaborative Family Healthcare Association's 15th Annual Conference.

Stratton, J.S. & Cuccia, J. (2014). *Therapeutic Interventions for Idiopathic Pain*. Colorado Counseling Association. Denver, CO.

Stratton, J.S., DeBell, C., Cates, J., Huntington, J. Sablatura, P. (2014) *Uh oh! Missed opportunities, do-overs, and lessons learned in counselor supervision*. Rocky Mountain Association of Counselor Education and Supervision. Jackson Hole, WY.

Stratton, J.S. & Buck. *Couples Counseling in Primary Care*. Society of Teachers of Family Medicine. In progress.

Huntington, J. & Stratton, J.S. (2014). *The evolving role of social media when processing bad news, loss or grieving: The Facebook Factor*. Colorado Counseling Association. In progress.

PUBLICATIONS

Stratton, J. S., Mielke, A., Kirshenbaum, S., Goodrich A., & McRae, C. (2006). Finding a balanced life: Factors that contribute to life satisfaction in graduate students. *Journal of College and Character*, 7 (8), 1-10.

Stratton, J. S., & Smith, R. (2006). Supervision of couples cases. *Psychotherapy: Theory, Research, Practice, Training*, 43 (3), 337-348.

Stratton, J. S., & Kellaway, J. A. (2006). Does emotional eating merit clinical attention? *Colorado Psychological Association Bulletin*, 34 (7), 13.

Stratton, J. S., Kellaway, J. A., & Rottini, A. M. (2007). Retrospectives from three counseling psychology pre-doctoral interns: How navigating the challenges of graduate school in the face of death and debilitating illness influenced the development of clinical practice. *Professional Psychology: Research and Practice*, 38 (6), 589-595.

Cates, J., Christensen, T., Beres, S., Stratton, J., Lonneman-Doroff, T., & Reynolds, J. (2013). Engaging children in family therapy: Using play RESPECTFULLY. *Family Therapy: The American Association for Marriage and Family Therapy Newsletter*, May/June.

JOURNAL ARTICLE REVIEWER

2009

The Clinical Supervisor: A Journal of Interdisciplinary Research, Theory, and Practice

COMMUNITY SERVICE

2007-2008

Colorado Psychological Association Legislative Committee

Volunteer activity

- Review legislation and provide written feedback on legislation which is pertinent to mental health issues in the state of Colorado.
- Advocate for statutes and laws which make favorable provisions for individuals with a diagnosed mental illness.

- Aug. 2005- Aug. 2006** **Colorado State University Outreach Team**
Volunteer activity
- Conducted trainings for the student Rape Crisis and Support Team on campus
 - Liaison to the Academic Advancement Office which seeks to provide services and support to first generation college students.

- Aug. 1998-Aug. 1999** **Corp for National Service: AmeriCorps VISTA –Aurora, CO**
Term of service at the Lowry Family Center: Case Manager for Welfare to Work Project; Director of Tutorial Services
- Established, coordinated, recruited volunteers, and implemented parenting classes and tutorial services for low-income families
 - Advocated for individuals in the legal system and located mental health resources

HONORS

- 2008-2012** **U. S. Department of Health and Human Services (HRSA) Grant**
- Helped write and secure two separate multi-million dollar grants given over eight years to address the prevention and treatment of childhood obesity in a high risk urban community
 - Provide mental and physical health services to patients and training to University of Colorado Denver family medicine residents and deliver these services in health clinics and hospitals
- 2006- 2007** **Post-doctoral Fellowship:** Awarded one of three post-doctoral fellowships in Research, Evaluation and Policy Psychology in the state of Colorado by the University of Colorado and Health Sciences Center.
- 2001-2005** **Colorado Fellowship:** Awarded for academic achievement by The University of Denver faculty.
- 2003-2005** **George W. & Maime Dodd Miller Scholarship:** Awarded for academic achievement by The University of Denver faculty.
- 1998** **Distinguished Graduate in Psychology:** Selected by college professors as the outstanding graduate at William Jewell College upon graduation.
- 1996** **Oxford University, Oxford, England:** Selected for distinguished tutorial study in psychology.
- 1994-1998** **Pryor Leadership Fellow:** One of 16 college freshman selected to participate in a four-year honors curriculum to enhance leadership.

PROFESSIONAL AFFILIATIONS

Member of American Psychological Association – Affiliate since 2001
Member of Rocky Mountain Psychological Association – Affiliate since 2002
Member of Colorado Psychological Association- Affiliate since 2005
Member of Organization of Program Evaluators- Affiliate in 2007-2008
Member of American Counseling Association- Affiliate since 2007
Member of Society of Teachers of Family Medicine- Affiliate since 2007
Member of American Association of Marriage and Family Therapists- Member since 2012

LICENSURE

Licensed Clinical Psychologist in Colorado (L.P.) #3149
Licensed Marriage and Family Therapist in Colorado (LMFT) #1116