

Chandra Lasley, Ph.D., LMFT

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EDUCATION

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| 2016 | Kansas State University , School of Family Studies and Human Services
Ph.D., Human Ecology (emphasis in Marriage and Family Therapy) |
| 2013 | Texas Tech University , Department of Community, Family, and Addiction Services
M.S., Marriage and Family Therapy |
| 2011 | The University of Texas at Austin , Department of Psychology
B.A., Psychology; Minor in Liberal Arts Honors |

Bicultural American-Chinese; bilingual in English and Mandarin Chinese

LICENSURE AND SPECIALIZED TRAINING

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| April 2021—Present | Licensed Marriage and Family Therapist in Florida (License#: MT 4043) |
| June 2019—Present | Licensed Marriage and Family Therapist in North Carolina (License#: 2034) |
| December 2018—Present | Licensed Marriage and Family Therapist in Texas (License#: 202834) |
| October 2016—Present | AAMFT Approved Supervisor |
| August 2015 | Eye Movement Desensitization and Reprocessing (EMDR therapy): trained by EMDRIA-approved trainers |
| November 2013—2017 | Licensed Marriage and Family Therapist in Kansas (License#: 2533) |

TEACHING AND SUPERVISION EXPERIENCE

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| August 2017 | Instructor , graduate long-distance course title: <i>Individual and Family Assessment in MFT</i> , Kansas State University <ul style="list-style-type: none">Instructed a class of 24 masters-level therapists (across three cohorts) on the evaluation of assessment instruments, integration of such instruments into therapy, and practice of monitoring therapeutic outcomes |
| January 2016 | Co-instructor , graduate course title: <i>Solution-Focused Therapy</i> , Kansas State University <ul style="list-style-type: none">Instructed a class of 9 masters-level therapists on the tenants and practice of solution-focused therapy |

- September 2015 **Invited instructor**, graduate course title: *Supervision in Marriage and Family Therapy*, Kansas State University
- Guided a class of 12 first- and second-year doctoral MFT supervisors-in-training in a symbolic art process to explore the self-of-the-supervisor. Learning outcomes included an experiential connection with the Self, an exploration of internalized expectations and fears for self-as-the-supervisor, and an appreciation for what one has to offer as a supervisor
- August 2015 **Primary instructor**, undergraduate course title: *Family Violence* (in-class), Kansas State University
- Instructed a class of 11 undergraduate students on the current research on and the systemic treatment of family violence
- January 2015 **Primary instructor**, undergraduate course title: *Family Violence* (online distance education), Kansas State University
- Instructed a class of 25 undergraduate students on the current research on and the systemic treatment of family violence
- August 2015 **Graduate Teaching Assistant**, undergraduate course title: *Introduction to Human Development* (two sections— online distance education and in-class), Kansas State University
- Assisted primary instructor in moderating the pace of class through posting of teaching material online
 - Assisted in the grading of and providing feedback on student assignments
- August 2014—
September 2015 **Supervisor Candidate for AAMFT Approved Supervisor Designation**
- Provided individual and group supervision to masters- and doctoral-level marriage and family therapy interns

CLINICAL EXPERIENCE

- December 2019—Present **Founder and therapist of Best of Me Counseling & Therapy LLC, Miami FL**
- Providing individual, couple, and family therapy in-person and via telehealth to Florida, North Carolina, and Texas communities
 - Specialization: self-esteem counseling, (complex) trauma therapy, EMDR therapy, faith-based therapy
 - Collaborating with doctors, wellness coaches, and local business owners in providing psycho-educational resources to the community
 - Presentation topics have included: emotional preparation for the “new normal” of COVID-19; healing from trauma in the context of racial injustice; the role of positivity in coping with failure and hardships; safe ways to self-care in the context of COVID-19

March—June 2019

Covenant Health (St. Joseph) Mental Health Counselor—Plaza Inpatient Unit, Lubbock TX

- Provided psychiatric assessment to emergency room patients, provided referral resources, and coordinated admission with ER and Plaza physicians
- Provided group therapy to inpatient behavioral health patients
- Conducted utilization reviews for inpatient behavioral health patients

November 2016—
March 2019

Covenant Health (St. Joseph) Mental Health Counselor—Horizons Outpatient Mental Health and Substance Abuse Recovery Clinic, Lubbock TX

- Provided outpatient short-term individual and group therapy to individuals referred for repeat inpatient hospitalization or emergency room visits
 - Group therapy topics included: self-esteem, identity reformation, mindfulness, goal-setting, stress management, DBT-based emotion regulation, CBT-based depression recovery, and relapse prevention
- Provided inpatient group therapy
 - Topics included: social isolation, stress related to hospitalization, meaning-making surrounding mental health treatment, obstacles to treatment/recovery, and substance use recovery
- Facilitated an aftercare support group
- Provided consultation to family members or friends about prospective client needs and available resources
- Designed and implemented educational events for health professionals in order to reduce mental health stigma and improve collaborative care within a hospital setting
- Mentored 3 doctoral-level counseling psychology interns across two semesters as they observed and practiced group therapy
- Collaborated with a multidisciplinary inpatient team—psychiatrists, psychologists, physicians, social workers— to determine client needs and provide appropriate referrals upon discharge
- Collaborated with mental and medical health professionals in the community to enhance treatment efficacy, congruence, and continuity for outpatient clients

September 2016—2019

Private Practice, Lubbock TX

- Providing individual, couples, and family therapy to the greater Lubbock community with specialization in trauma recovery

November 2015—
July 2016

Marriage and Family Therapist—Wamego High School, Wamego KS

- Provided individual therapy to students
- Created community/family outreach materials
- Established a collaboration among Wamego High School, Kansas State University, and Wamego Community Health Ministry (CHM) to provide low-cost mental health and social services to students and their families

October 2014—
July 2016

Marriage and Family Therapist—K-State Housing and Dining Services, Manhattan KS

- Provided individual, couple, and family therapy to employees

- Provided group therapy to staff teams
 - Topics included: workplace disputes, workplace gossiping, and workplace grief/loss
- Provided training presentations, workshops, and guided discussions
 - Topics included: organizational structure, wellbeing and employee self-care, and diversity and inclusion
- Provided organizational consultation to staff teams
- Contributed a monthly mental health column to the staff newsletter

October 2013—
July 2016

Marriage and Family Therapist—K-State Family Center, Manhattan KS

- Provided individual, couple, and family therapy to the greater Manhattan, KS community

November 2012—Mary 2013

Marriage and Family Therapist Intern—Lubbock County Juvenile Justice Center

June 2012—May 2013

Marriage and Family Therapist Intern—St. John Newmann Catholic Church

December 2011—May 2013

Marriage and Family Therapist Intern—TTU Family Therapy Clinic

September, October 2012

Facilitator—"Great Start" Premarital Workshop

OUTREACH PRESENTATIONS AND WORKSHOPS

Carlton, F., **Lasley, C.**, & Garcia, L. (2020, July). *Self-care series part 1: How to safely get away*. Virtual panel presentation delivered in collaboration with Felice Carlton, DNP, RN, FNP-C of Felice Carlton Enterprises, LLC to women business owners and entrepreneurs across the United States.

Zeng, G., Hu, L., & **Lasley, C.** (2020, June). *Preparing for the "new normal", coping with COVID-19, and responding to race relations*. Virtual panel presentation delivered in collaboration with Guangbin Jason Zeng, M.D. of OllieTree Foundation and Lin Hu, LCMHCS, LCAS of Mind Space Counseling, PLLC to the Chinese (American) community in Charlotte, North Carolina.

Bart, A., & **Lasley, C.** (2020, June). *The role of positivity in coping with hardships and failure*. Virtual interview delivered in collaboration with Anthony Bart of BartX Internet Marketing Agency to business owners and entrepreneurs across the United States.

Carlton, F., **Lasley, C.**, & Garcia, L. (2020, June). *How do we heal: Lessons from mental health professionals—Part 2*. Virtual panel presentation delivered in collaboration with Felice Carlton, DNP, RN, FNP-C of Felice Carlton Enterprises, LLC to women business owners and entrepreneurs across the United States.

Lasley, C. (2016, January). *Re-entry into job mode: Transitioning from break*. Workshop delivered to area, apartment, and residence life coordinators of Kansas State University Housing and Dining Services department, Manhattan, Kansas.

- Lasley, C.** (2015, December). *Surviving finals week—relax and recharge through neuroscience*. Workshop delivered to Jardine Apartment residents, resident assistants, and Graduate Assistants of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, October). *Three monks and a bucket of water—engaging peers in critical conversations*. Workshop delivered in collaboration with the HDS Equity and Inclusion Committee on the topic of how to engage peers in critical conversations. Workshop delivered to the assistant directors, area coordinators, Apartment/Residence Life Coordinators, and Graduate Assistants of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, September). *My Self in the mix—understanding group dynamics and communication through experiential art*. Workshop delivered to area, apartment, and residence life coordinators of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, August). *Self-care and balance*. Workshop delivered to undergraduate student works of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, August). *Peer supervision and difficult conversations*. Workshop delivered to undergraduate student workers of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, July). *Balancing the unbalanced: A practice in attending to the mind and body through neuroscience*. Workshop delivered to the assistant directors, area coordinators, Apartment/Residence Life Coordinators, and Graduate Assistants of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, January). *Self-care: Reasons not to do it and how to reshape your relationship with resistance*. Workshop delivered to Residence Life Coordinators and Graduate Assistants of Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2015, January). *Viewing organizational structure and professional relationships using a family systems framework: A guided discussion*. Workshop delivered to senior associate directors, associate directors, unit directors, and managers of the Kansas State University Housing and Dining Services department, Manhattan, Kansas.
- Lasley, C.** (2011, October). *Working with multicultural families in the helping profession*. Invited to present in two undergraduate Community, Family, and Addiction Services (CFAS) diversity courses about the uniqueness of multicultural families and the benefits of exploring one's own cultural background. Tips were also offered on how to help or work with multicultural families as helping professionals.

PEER-REVIEWED PRESENTATIONS

- Baptist, J., **Lasley, C.**, Williams, Z., & Grant, D. (2015, November). *Treating attachment trauma: A pilot study measuring changes in neural networks*. Poster presented at the 2015 Kansas State University College of Human Ecology Graduate Student Research and Creative Scholarship Forum, Manhattan, Kansas.

- Lasley, C.** & Durtschi, J. (2014, October). *The roles of jealousy, dominance, and violent socialization in Chinese dating relationships*. Peer-reviewed poster accepted and presented at the 2014 American Association for Marriage and Family Therapy Conference, Milwaukee, Wisconsin.
- Ko, M. J., Kim, H., & **Lasley, C.** (2014, October). *Differentiation and family functioning in Asian countries*. Peer-reviewed poster accepted and presented at the 2014 American Association for Marriage and Family Therapy Conference, Milwaukee, Wisconsin.
- Lasley, C.** (2014, July). *Dominance, jealousy, and violent socialization as predictors of abuse in Chinese dating relationships*. Peer-reviewed poster accepted and presented at the 2014 International Marriage and Family Therapy Forum, Beijing, China.
- Lasley, C.** (2014, July). Clinical case presentation to family therapists and counselors at the Clear Skye Counseling Center in Guangzhou, China. Clinical cases were presented in order to engage in cross-cultural dialogue and discussion about differences in conceptualization of presenting problems and treatment action plans.
- Lasley, C.**, & Yang, I. S. (2013, February). *Interethnic citizen-immigrant couples and risk factors for intimate partner violence: An implicative literature review*. Peer-reviewed poster presented at the International Family Therapy Association (IFTA) 2013 World Family Therapy Congress in Orlando, Florida.
- Lasley, C.** (2012, October). *Interethnic immigrant couples and risk factors for intimate partner violence: An implicative literature review*. Paper presented at the 2nd Annual Texas Tech University Arts and Humanities Graduate Student Research Conference.
- Lasley, C.**, & Yang, I. S. (2012, October). *Interethnic immigrant couples and risk factors for intimate partner violence: An implicative literature review*. Poster presented at the Texas Tech 2012 College of Human Sciences Graduate Students' Research Poster Conference.

PUBLICATIONS

- Lasley, C. Y.**, & Durtschi, J. (2015). The roles of dominance, jealousy, and violent socialization in Chinese dating abuse. *Journal of Interpersonal Violence*. Advance online publication. doi: 10.1177/0886260515588525
- Lasley, C.** (2014). Group role-plays and the immigrant experience. In R. Bean, S. Davis, & M. P. Davey (Eds.), *Clinical supervision activities for increasing competence and self-awareness* (pp. 225-232). Hoboken, NJ: Wiley.
- Sung, J., Clemmer, N., Ko, M. J., & **Lasley, C.** (2013). Characteristics of collaborative care in increasing access to mental health service in the Asian community. *Families, Systems, & Health, 31*(3), 307-318.

ADDITIONAL WORK EXPERIENCE

- August 2011—
May 2013
- Graduate Assistant for Recruitment and Training**, University Student Housing,
Texas Tech University

- Collaborated with Professional and Student Staff Training committees to design training topics, sessions, schedules, and materials
- Hosted and implemented training programs for professional and student staff members
- Created, distributed, and collected surveys that evaluate training program efficacy

August 2008—
May 2011

Resident Assistant, Division of Housing and Food Services,
University of Texas – Austin

- Provided paraprofessional advising for a total of 135 co-ed residents
- Planned and hosted a total of more than 20 educational programs for students living on campus; topics included diversity, physical and mental health, substance abuse, healthy relationships, academic stress and success, and interpersonal communication

COMMITTEE AND ORGANIZATION EXPERIENCE

June 2015—
May 2016

President, Student Associate Organization
Marriage and Family Therapy Program, Kansas State University

March 2015—
July 2016

Member, Critical Conversations Committee
Marriage and Family Therapy Program, Kansas State University

January 2015—
July 2016

Member, Employee Engagement/Wellness Advisory Committee
Housing and Dining Services, Kansas State University

August 2011—
May 2013

Member, Professional Staff Recruitment and Training Committee
University Student Housing, Texas Tech University

August 2011—
May 2013

Member, Student Staff Recruitment and Training Committee
University Student Housing, Texas Tech University

ADDITIONAL PROFESSIONAL SERVICE

September 2017

Co-coordinator and facilitator: Mental Health Grand Rounds “Crisis and Suicide Assessment: A Hands-On Approach to Implementing Intervention Skills for Health Care Professionals”, Covenant Health, Lubbock, TX

- Collaborated with mental health counselors and psychiatric nurses to design and host an educational event aimed to increase proficiency in suicide and crisis assessment and intervention among physicians, nurses, and social workers

May 2017

Co-coordinator and facilitator: Mental Health Grand Rounds “Humanizing Mental Health & Addressing Risky Behaviors”, Covenant Health, Lubbock, TX

- Collaborated with mental health counselors and psychiatric nurses to design and host an educational event aimed to decrease mental health stigma and increase collaborative care among hospital staff

May, August 2015 **Assistant to Family Relations manuscript reviewer, Dr. Sandra Stith**

November 2014, March 2015 **Assistant to Family Process manuscript reviewer, Dr. Sandra Stith**

September 2013—2014 **Assistant to Journal of Feminist Family Therapy Editor-in-Chief, Dr. Joyce Baptist**

FELLOWSHIPS

August 2014—May 2015 **AAMFT/SAMHSA Minority Fellowship Program**

November 2014 **New Writers Fellowship by the Family Process Institute in San Francisco, CA**

HONORS AND AWARDS

September 2015 Selected by the College of Human Ecology to be presented on the Faces of Human Ecology webpage and in the College of Human Ecology magazine

August 2015 Awarded the Martha L. Dunlap Memorial Scholarship by the Kansas State University Graduate School

March 2015 Awarded the Diversity Guest Scholarship from the American Family Therapy Academy (AFTA)

August 2014 Awarded the Bella Marie Baldwin Memorial Scholarship by the Kansas State University College of Human Ecology

August 2013, 2014 Awarded the Timothy R. Donoghue Scholarship by the Kansas State University Graduate School

October 2012 Awarded 2nd place in the panel for research presentation at the 2nd Annual Texas Tech University Arts and Humanities Graduate Student Research Conference: "Interethnic Immigrant Couples and Risk Factors for Intimate Partner Violence: An Implicative Literature Review."

November 2007 Awarded the Bernard Rapoport Service Scholarship

August 2007 Awarded the A. D. Hutchison Student Endowment Fund Scholarship

June 2007 Awarded the Sam Walton Community Scholarship

MEDIA APPEARANCES

- Aired on: KAMC News Lubbock, Lubbock, TX August 2017: *Heartbeat: Working on a work-life balance.*
- Featured in: Covenant Health Blog, Lubbock, TX August 2017: *Finding the perfect balance.*
- Aired on: KCBD News Channel 11 Lubbock, Lubbock, TX May 2017: *Clues to help spot mental illness in kids.*
- Aired on: KLBK News Lubbock, Lubbock, TX May 2017: *Children's mental health awareness week.*
- Featured in: Lubbock Avalanche Journal, Lubbock, TX April 2017: *Counselor says health benefits differ based on motivation for volunteering.*

PROFESSIONAL MEMBERSHIPS

March 2019—Present American Association for Marriage and Family Therapy, Clinical Fellow