

JOHN JAMES VAN EPPS, M.ED., PH.D.

ACADEMICS

2015	The Pennsylvania State University, University Park, PA Counseling Psychology Ph.D.
2011-2013	The Bowen Center for the Study of the Family, Georgetown, DC Post-graduate Training Program
2007	The University of Georgia, Athens, GA Community Counseling M.Ed.
2000	Castleton State College, Castleton, VT Psychology B.A.

CLINICAL EXPERIENCE

Licensed Psychologist

2016	University Counseling Center, University of Utah Coordinator of Testing and Assessment; Staff Psychologist (40 hours per week)
2016	The Center for MindBody Health Licensed Psychologist (40 hours per week)

Post-Doctoral Therapist

2015-2016	The Center for MindBody Health Psychotherapist (40 hours per week) Supervisor: Stuart Drescher, PhD Licensed Psychologist
2016	Surf House Puerto Rico Therapeutic Program Consultant (As needed basis)

Pre-Doctoral Therapist

2012-2015	The Center for MindBody Health Psychotherapist (40 hours per week) Supervisor: Stuart Drescher, PhD Licensed Psychologist
-----------	---

Pre-Doctoral Psychology Intern

2011-2012	University of Utah Counseling Center (UCC), University of Utah Pre-Doctoral Psychology Intern (40 hours per week)
-----------	--

Doctoral Training Experiences

2010 - 2011 Counseling and Psychological Services (CAPS)
The Pennsylvania State University (20 hours per week)
Advanced Practicum

2009 - 2010 Centre Volunteers in Medicine (CVIM)
Centre Country, PA (20 hours per week)
Advanced Practicum

2008-2009 Counseling and Psychological Services (CAPS)
The Pennsylvania State University (20 hours per week)
Practicum

2008 Penn State Career Services
The Pennsylvania State University (20 hours per week)
Practicum

2007 - 2008 CEDAR Clinic
Practicum (20 hours per week)
The Pennsylvania State University

Master's Practicum

2006 - 2007 Juvenile Counseling and Assessment Program (JCAP)
The University of Georgia
Practicum (20 hours per week)

- Community (2006-2007)
- Gainesville Juvenile Detention Center (2007)
- Gaining Insight into Relationships for Lifelong Success (GIRLS) Group (2007)

CONSULTATION EXPERIENCE

2012-2014 Drescher Consulting
Salt Lake City, Utah

- Employed to developed corporate wellness programming

2014-2016 Triadic Dynamics Consulting
Salt Lake City, Utah

- Founded to develop family consultation in wealth management

SUPERVISION EXPERIENCE

2011-2012 University of Utah Counseling Center
University of Utah

- Two doctoral students

2009-2010 CEDAR Clinic
The Pennsylvania State University

- One Masters Student
- Three first-year doctoral students

RELATED CLIHNICAL EXPERIENCE

- 2002-2005 Second Nature Blue Ridge
Clayton, GA (40 hours per week)
- Therapeutic and Education Coordinator (2004-2005)
 - Mentor Field Staff (2002 - 2004)

EDUCATOR EXPERIENCE

Classes

- 2016 Seminar Instructor (1 month seminar)
Evidenced Based Practices; Doctoral Internship Seminar
University of Utah Counseling Center
- 2016 Adjunct Instructor (3 credit hours per week)
Theories of Counseling and Psychotherapy; Graduate Class
University of Utah
- 2016 Adjunct Instructor (3 credit hours per week)
Adult Psychopathology; Graduate Class
University of Utah
- 2013 Adjunct Instructor (3 credit hours per week)
Adult Psychopathology; Graduate Class
University of Utah
- 2012 Instructor (3 credit hours per week)
Diversity
University of Utah
- 2011 Instructor (3 credit hours per week)
Career Development
University of Utah
- 2009 Teaching Assistant (3 credit hours per week)
Structural Analysis of Social Behavior Graduate Class
Instructor: Aaron Pincus, Ph.D.
The Pennsylvania State University
- 2007 Instructor (40 hours per week)
Cognitive Psychology
John Hopkins Center for Talented Youth
Carlisle, PA
- 2000 Teaching Assistant (3 credit hours per week)
Research Methods I
Instructor: Terry Bergen, Ph.D.
Castleton State College, VT
- 1999 Teaching Proctor (3 credit hours per week)
Introduction to Psychology
Instructor: Terry Bergen, Ph.D.
Castleton State College, VT

Guest Lectures

2016	Family Therapy: <i>Bowen Theory</i> University of Utah, Educational Psychology Graduate Class
2015	Family Therapy: <i>Bowen Theory</i> University of Utah, Educational Psychology Graduate Class
2014	Family Therapy: <i>Bowen Theory</i> University of Utah, Educational Psychology Graduate Class
2014	ACT for Chronic Pain University of Utah, School of Social Work Graduate Class
2014	Family Therapy: <i>Bowen Theory</i> University of Utah, Educational Psychology Graduate Class
2014	Theories of Counseling: <i>Systematic Integration of a Theoretical Orientation</i> University of Utah, Educational Psychology Graduate Class
2013	Family Therapy: <i>Bowen Theory</i> University of Utah, Educational Psychology Graduate Class
2012	Family Therapy: <i>Bowen Theory</i> University of Utah, School of Social Work Graduate Class
2012	Family Therapy: <i>Bowen Theory</i> University of Utah, Educational Psychology Graduate Class
2010	Theories of Counseling: <i>SASB Interpersonal Theory</i> The Pennsylvania State University, Counseling Psychology Graduate Class
Summer, 2009	Family Therapy: <i>Bowen Theory</i> The Pennsylvania State University, Counseling Psychology Graduate Class
Fall, 2009	Family Therapy: <i>Bowen Theory</i> The Pennsylvania State University, Counseling Psychology Graduate Class

RESEARCH EXPERIENCE

2016	The DEPTH Study University Counseling Center Research Team and Study Liaison University of Utah
2012-2015	Center for Collegiate Mental Health Counseling and Psychological Services The Pennsylvania State University
2011-2012	UCC Research Team (3 hours per week)

University of Utah Counseling Center
University of Utah

- 2007 - 2014 The FaMILY Study (20 hours per week)
NIH R01 Grant Funded project investigating child maltreatment
The Pennsylvania State University
- 2005-2007 Juvenile Counseling and Assessment Program (JCAP) (3 hours per week)
The University of Georgia
- 2006 Counseling Psychology Webpage Project
The University of Georgia

ADDITIONAL PROFESSIONAL EXPERIENCE

- 2014, 2016 Reviewer of Psychotherapy
Editor: Zac Imel, Ph.D.
- 2009 Reviewer of the Journal of Psychotherapy, Research, Training, and
Practice
Editor: Jeff Hayes, Ph.D.
- 2009 Reviewer of Division 43 Poster Submissions for APA 2009 Annual
Conference
- 2008 Heart Rate Variability Science Training Seminar
Mindware Technologies
Columbus, OH
- 2008 Impedance Science Training Seminar
Mindware Technologies
Columbus, OH

PUBLICATIONS AND PRESENTATIONS

Publications:

Van Epps, J. (2015). *Self-Compassion in Psychotherapy: Predicting Change in College Counseling Center Clients* (Unpublished doctoral dissertation). The Pennsylvania State University, University Park, PA.

Skowron, E.A, **Van Epps, J.J.**, Cipriano, E.A., & Woehrle, P.L. (2015). A role for Bowen Family Systems Theory in guiding cross-disciplinary, translational research and effective intervention: Current developments and future directions. In M. Rodríguez González & M. Martínez Berlanga (Eds.), *La Teoría Familiar Sistémica de Bowen: Avances y aplicación terapéutica*. Madrid: CCS.

Molloy, L.E., Moore, J., Trail, J., **Van Epps, J.**, and Hopfer, S. (2014) Understanding real-world implementation quality and "active ingredients" of PBIS. *Prevention Science*.

Skowron, E. A., Loken, E., Gatzke-Kopp, L. M., Cipriano-Essel, E. A., Woehrle, P. L., **Van Epps, J. J.**, Ammerman, R. T. (2011). Mapping cardiac physiology and parenting processes in maltreating mother-child dyads. *Journal of Family Psychology*, 25(5), 663-674. doi: 10.1037/a0024528

Conference Presentations and Posters:

Van Epps, J. (2016) *Self-Compassion: A review of the research and suggested applications to psychotherapy with children and adolescents*. Presented at the Critical Issues Conference, Salt Lake City, Utah

Van Epps, J., Hayes, J.A., Bieschke, K.J., Locke, B.D. (2015) *Self-compassion in Psychotherapy: Predicting Change in College Counseling Center Clients*. Presented at Society for Psychotherapy Research Conference, Philadelphia, PA

Van Epps, J. (2015) *Raising Awareness of Sexual and Gender Minorities*. Presented at Optum Health CEU Training, Salt Lake City, Utah

Thomas, D., Posner, K., & **Van Epps, J.** (2015) *Addressing Personal Biases with Self-Compassion*. Presented at LGBTQ Affirmative Therapist Guild of Utah In-Service CEU Training, Salt Lake City, Utah

Van Epps, J. (2015) *Self-Compassion: Definitions, Evidence & Applications*. Presented at Blomquist Hale CEU Training, Salt Lake City, Utah

Van Epps, J. (2015) *Self-Compassion: What Does the Research Say*. Presented at Health and Resiliency Conference, Salt Lake City, Utah

Van Epps, J. (2013) *CBT and Adjunctive Modalities in the treatment of Chronic Pain; Techniques and a review of the Evidence*. Presented at the University of Utah Counseling Center CEU Training, Salt Lake City, Utah.

Van Epps, J. (2013) *CBT and Adjunctive Modalities in the treatment of Chronic Pain; Techniques and a review of the Evidence*. Presented at the Utah Pain Summit, Salt Lake City, Utah.

Molloy, L., Johnson, J., **Van Epps, J.**, Moore, J., Hopfer, S., (2010) *Understanding Real-World Implementation Quality of PBIS: Relation to Problem Behaviors*. Presented in the Fifth Annual Society for Prevention Research Sloboda and Bukoski SPR Cup, Denver, CO.

Rovers, P., **Van Epps, J.**, Akturk, E. (2009, August). *Exploring the relationship between psychological distress and abuse potential*. Poster presented to the American Psychological Association Convention, Toronto, Canada.

Cipriano, E., **Van Epps, J.** (2009, March). *Does children's physiology mediate or moderate the relationship between exposure to violence and behavioral adjustment?* Poster presented to the Society for Research in Child Development Convention, Denver, CO.

Van Epps, J., Skowron, E., Akturk, E. (2008, August). *Child abuse potential, differentiation, self-regulation, and patterns of interpersonal complementarity in parent-child transactions*. Poster presented to the American Psychological Association Convention, Boston, MA.

Van Epps, J., Stokes, A., Wickliff, J., Malone, J. (2006, October). *The Relationship Between GIRLS Group Projects, Screening Assessments and Group Dynamics*. Presentation at the annual Association for Assessment in Counseling and Education (AACCE), Greensboro, North Carolina.

FELLOWSHIPS, SCHOLARSHIPS & AWARDS

2010	Edwin Herr Scholarship for Education Counseling
2009 - 2010	Bowen Center for the Study of the Family Partial Tuition Scholarship
2008 - 2009	Smith Graduate Scholarship in Education
2008 - 2009	Bowen Center for the Study of the Family Partial Tuition Scholarship
2008	Division 43 Society for Family Psychology Student Research Award
2008	Edwin Herr Scholarship for Education Counseling
2007-2008	Graham Robert End Graduate Fellowship

PROFESSIONAL MEMBERSHIPS

2014-2015	Student Affiliate Society for Psychotherapy Research
2007 - 2015	Student Affiliate American Psychological Association Divisions 17 & 43
2010 - 2012	Student Affiliate Society for Psychological Science
2006 - 2007	Student Member International Association for Addictions and Offender Counselors
2006 - 2007	Member Chi Sigma Iota Counseling Honor Society International
2005 - 2007	Student Affiliate American Counseling Association

VOLUNTEER & PUBLIC SERVICE

2014-Current	Leadership Committee LGBTQ Affirmative Therapists of Utah Salt Lake City, Utah
2005 - 2007	Homeless, Mental and Physical Health Subcommittee Partners for a Prosperous Athens Athens, GA
2005	Community Counseling Volunteer Juvenile Counseling and Assessment Program The University of Georgia

REFERENCES

Lee Smith, M.D.
Director of Stress Medicine, Center for MindBody Health
Instructor in the Department of Health Education and Promotion
Former Clinical Associate Professor, Medicine, University of Utah
77 S 700 E Suite 220
Salt Lake City, Utah 84102
Phone: 801-455-1521
Email: smithnleeut@gmail.com

Zac Imel, Ph.D.
Assistant Professor, Educational Psychology, University of Utah
Adjunct Assistant Professor, Psychiatry, University of Utah
Department of Educational Psychology
1721 Campus Center Drive, SAEC 3220
Salt Lake City, UT 84112
Phone: 801-581-7148
Email: zeimel@gmail.com

Kathleen Bieschke, Ph.D.
Full Professor, Counseling Psychology, Professor in Charge
306 CEDAR Bldg.
The Pennsylvania State University
University Park, PA 16802-3110
Phone: (814) 865-3296
Email: kbieschke@psu.edu