

CORE FACULTY

Randy Lyle, Ph.D., LMFT



Mount Mercy University
Marriage and Family Therapy Program
319-363-8213 ext. 1335
rlyle@mtmercy.edu

Education

| | |
|----------------|--|
| Ph.D. 1992 | Iowa State University Human Development and Family Studies: Specialization in Marriage and Family Therapy |
| M.Div. 1982 | Seabury-Western Theological Seminary Philosophical Theology/Pastoral Theology |
| B.A. 1977 | Lorreto Heights College Philosophy/Theology |

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
Approved Supervisor for LMFT, State of Iowa
AAMFT Approved Supervisor
Clinical Member AAMFT

| | |
|--------------|--|
| 2010-Present | Program Director of Marriage and Family Therapy Program- Mount Mercy University, Masters and Doctoral Program, Cedar Rapids, Iowa |
| 1993-2010 | Program Director of Marriage and Family Therapy Program- St. Mary's University, Dept. of Counseling and Human Services, Program Director, Master's and Doctoral Marriage and Family Therapy Program, San Antonio, Texas |

Teaching

Masters

Practicum in MFT I-III
Spirituality
Neuroscience
Family Life Cycle and Development
Family Systems

Doctoral

Doctoral Internship
Advanced Spirituality
Principles of Neurofeedback
Neuroessentials

CORE FACULTY

Scholarship

Presentations and Posters

Chemotherapy-induced peripheral neuropathy (CIPN): Baseline neural signatures and associations with patient-reported symptoms Fan-Pei Koung¹; Sarah Prinsloo¹; Ross Thompson¹; Lynn Palmer¹; Diane Novy¹; Larry Driver¹; Lois Ramondetta ¹; P.K. Morrow¹; Cathy Eng¹; **Randall Lyle²**; Lorenzo Cohen¹, 2013.

Texas Association for Marriage and Family Therapy, San Antonio, TX, 2010. The Brain, The Couple & The Family in Complex Relations.

Clinical Interchange Conference, Arlington, VA. 2008. Integrating Neurofeedback with Marital and Family Therapy.

Texas Association for Marriage and Family Therapy, Dallas, TX, 2009. The Neurology of Health and Well-Being for Client and Therapist.

International Society for Neurofeedback and Research Annual Conference, San Antonio, TX, 2008. Integrating Neurofeedback with Marital and Family Therapy.

International Society for Neurofeedback and Research Annual Conference, San Antonio, TX, 2008. The Experience of Mother's with Special Needs Children receiving Neurofeedback Training and Relational-Cultural Therapy.

Society for Teachers of Family Medicine Annual Conference, Austin, TX, 2007. Healthy Neurophysiology for Providers and Patients.

American Association for Marriage and Family Therapy Annual Conference, Austin, TX, 2006. The development of instruments for assessment of Core Competencies in COAMFTE Accredited Programs.

Texas Association for Marriage and Family Therapy Annual Conference, Houston, TX, 2006. Neurological Significance of the Parent-Child Relationship.

American Association for Marriage and Family Therapy Annual Conference, Kansas City MO, 2005. The Brain, The Couple and The Family.

American Association for Marriage and Family Therapy Annual Conference, Kansas City, MO, 2005. Beta Test Group report on Utilization of Supervisory Instrument and Core Competencies.

Annual Congress of the International Family Therapy Association, Istanbul, Turkey, 2004. Trauma and the Brain in Human Relationships.

Texas Association of Marriage and Family Therapy Annual Conference, Dallas TX, 2003. "Augmenting Traditional Couple Therapy with Neurofeedback." (with Solis-Smith, L.).

American Association for Marriage and Family Therapy Annual Conference, Nashville, TN, 2001. "Designing Qualitative Research." (with Gehart, D. Ph.D.)

American Association for Marriage and Family Therapists Annual Conference, Denver, CO, 2000. "The Role of Gender in Therapeutic Relationships." (with Gehart, D. Ph.D.)

Annual Congress of the International Family Therapy Association, Oslo, Norway, 2000. "Forgiveness in Family Therapy."

Annual Conference of the American Counselors Association, San Diego, CA, 1999. "What Works in Therapy." (with Gehart, D. Ph.D.)

Annual Conference of the American Counselors Association, San Diego, CA, 1999. "Forgiveness in Narrative Family Therapy." (with Gehart, D. Ph.D.)

Galveston International Symposium VII, Paradise, Texas, 1998. "Client and Therapist Perspectives of Change in Collaborative Language Systems: An Interpretive Ethnography." (with Gehart, D. Ph.D.)

Galveston International Symposium VII, Paradise, Texas, 1998. "The Narrative of Ethics and the Ethics of Narrative: Language, Memory, and Forgiveness in Postmodern Family Therapy."

Publications

Exploratory Study of Low Resolution Electromagnetic Tomography(LORETA) Real-Time Z-Score

CORE FACULTY

- Feedback in the Treatment of Pain in Patients with Head and Neck Cancer. (2018) *Brain Topography*. <https://doi.org/10.1007/s10548-018-0686-z> S. Prinsloo · D. I. Rosenthal · **R. Lyle** · S. M. Garcia · S. Gabel-Zepeda · R. Cannon · E. Bruera · L. Cohen
- Prinsloo, S., Gabel, S., **Lyle, R.**, Cohen, L. (2013). Neuromodulation of Cancer Pain. *Integrative Cancer Therapies*. DOI: 10.1177/1534735413477193. Sage.
- Cannon, K., Sherlin, L. & **Lyle, R.** (2010). Neurofeedback Efficacy in the Treatment of a 43-Year Old Female Stroke Victim: A Case Study. *Journal of Neurotherapy*, 14, 107-121.
- Prinsloo, S. & **Lyle, R.** (2010). Client Perception of the Neurofeedback Experience: The Untold Perspective. *Journal of Neurotherapy*, 1, 55-60.
- “**Lyle, R.** & Bava, S. (2006). Narrative Therapy. In Oliver, M. (Ed.) Preparation Manual for the National Marriage and Family Therapy License Examination. Texas Association for Marriage and Family Therapy.
- Lyle, R.**, Rarity, J. & Aguilar, S. (2006). Neuropsychology and Family Therapy. In Oliver, M. (Ed.), Preparation Manual for the National Marriage and Family Therapy Examination. Texas Association for Marriage and Family Therapy.
- “Qualitative Research in Family Therapy: A Substantive and Methodological Review.” (Gehart, D. & Ratliff, D.) *Journal of Marriage and Family Therapy*, Volume 27, Number 2, April 2001.
- “Client Experience of Gender in Therapeutic Relationships: An Interpretive Ethnography.” (Gehart, D.) *Family Process*, Volume 40, Number 4, Winter 2001.
- “Vicariously Traumatized: Male Partners of Sexual Abuse Survivors.” (Bloom, A.D.) *Journal of Couples Therapy*, Volume 10, Number 1, 2001.
- The Abuse of Men: Trauma Begets Trauma, Book chapter: “Vicariously Traumatized: Male Partners of Sexual Abuse Survivors.” (Bloom, A.D.) Brothers, Barbara Jo (Ed.) Haworth Press: Binghamton, NY, 2001.
- “Life Cycle Development: Divorce and the Hispanic Family.” (Faure, F.) *Family Therapy with Hispanics: Toward Appreciating Diversity*, Flores, M. & Carey, G. (Eds.) Allyn and Bacon, 2000.
- “The Narrative of Ethics and the Ethics of Narrative: The Implications of Ricoeur’s Narrative Model for Family Therapy.” (Gehart, D.) *The Journal of Systemic Therapies*, Volume 19, Number 4, Winter 2000.

Service

Chair, Board of Directors, Biofeedback Certification International Alliance (BCIA)

Board of Directors and Past-President, International Society for Neurofeedback and Research

Affiliate, EEG Spectrum International Inc. Neurofeedback

Ordained Episcopal Priest

CORE FACULTY

Tabitha N. Webster, Ph.D., LMFT



Mount Mercy University
Marriage and Family Therapy Program
319-363-8213 ext. 1264
twebster@mtmercy.edu

Education

| | |
|---------------|---|
| Ph.D. 2016 | Brigham Young University Marriage and Family Therapy |
| M.A. 2013 | Brigham Young University Marriage and Family Therapy |
| B.S. 2008 | Westminster College Psychology with concentration in Neuroscience, Minors in Biology and Art |

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
Licensed Marriage and Family Therapy, Utah
AAMFT Approved Supervisor
Clinical Member AAMFT

SmArt Family Therapy & Wellness, PLLC

Teaching

Masters

Pre-practicum
Practicum in MFT I-III
Models of Marriage and Family Therapy
Psychopathology and the Family
The Cross-Cultural Family
Trauma, Addiction, and Violence

Doctoral

Neuroscience and Emotional Regulation
Complementary and Alternative HealthCare
Advanced Models of Marriage and Family Therapy

Scholarship

Presentations & Posters

Webster, T.N. & Koons-Beachamp, D*. (2020) Understanding Chronic Pain: Trauma and Neurobiology. Presented at 2020 Resiliency & Trauma-Informed Care Symposium, Coe College, Cedar Rapids, IA; May 22nd, 2020.

Webster, T.N. (2020) Every Life Matters: Empowering Therapist for Effective Suicide Prevention. Iowa Mental Health Counselors Association 14th Annual Conference, April 30th, 2020, Des Moines, IA.

CORE FACULTY

- Webster, T.N.** (2019) Student Suicide Awareness and Prevention Workshop, Presented at Mt. Mercy University, September 23, 2019, Faculty and Staff National Suicide Awareness Month Workshop.
- Webster, T.N.** & Koons-Beachamp, D*. (2019) Understanding Chronic Pain: Trauma and Neurobiology. Presented at Minnesota Association for Marriage & Family Therapy 2019 Annual Conference, Edina, MN; September 13th, 2019.
- Webster, T.N.**, Williams, F*. & Norwood, A. (2019) Racism and Stress-Related Trauma. Presented at Minnesota Association for Marriage & Family Therapy 2019 Annual Conference, Edina, MN; September 13th, 2019.
- Mielke, A & **Webster, T.N.** (2019) From Category to Connection: Addressing Us/Them Narrative through Critical Self Reflection. Presented at 2019 Family Science Association Teaching Family Science Conference, Lihue, Kauai, HI; June 4th, 2019.
- Norwood, A., **Webster, T.N.** & Williams, F*. (2019) Racism and Stress-Related Trauma. Present at Utah Association for Marriage & Family Therapy 2019 Annual Conference, Salt Lake City, UT; May 16th, 2019.
- Webster, T.N.** & Koons-Beachamp, D*. (2019) Understanding Chronic Pain: Trauma and Neurobiology. Presented at Utah Association for Marriage & Family Therapy 2019 Annual Conference, Salt Lake City, UT; May 16th, 2019.
- Webster, T.N.** (2019) Every Life Matters: Empowering Therapist for Effective Suicide Prevention. Presented at BYU MFT Summer Series, Provo, UT; May 15th, 2019.
- Webster, T.N.** (2018). Cross-Cultural Competency Workshop. Presented to Fourth District CASA, Utah Office of Guardian ad Litem and CASA, Provo, Utah, March 1st, 2018.
- Webster, T.N.**, Yorgason, J. & Sandberg, J. (2016) Childhood Abuses as Predictors of Relational Violence: Mediation through Attachment and Relational Aggression. Presented at 2016 Utah-AMFT Annual Conference, May 12th, Sandy, UT.
- Webster, T.N.** (2016). Couples Therapy Guidelines: Survivors of Childhood Abuse. Presented at 2016 AAMFT Annual Conference, September 17th, Indianapolis, IN.
- Webster, T.N.**, Yorgason, J. & Sandberg, J. (2015) Childhood Abuses as Predictors of Relational Violence: Mediation through Attachment and Relational Aggression. Presented at 2015 AAMFT Annual Conference, September 5th, Austin, TX.
- Webster, T.N.** (2014) Interpersonal Neurobiology for Trauma Workshop. Utah Association of Marriage and Family Therapy, Brigham Young University, Provo, Utah, April 15, 2014.
- Webster, T.N.** (2014) Interpersonal Neurobiology: Connecting Mind, Brain and Relationships. Utah State University, Marriage, and Family Therapy Department, April 07, 2014.
- Webster, T.N.**, Harper, J. & Feinauer, L. (2013) Shame as Mediator of Sexual Abuse & Symptoms in 3 Groups. Poster Presented at 2013 AAMFT Annual Conference, October 18th, Portland, OR.
- Hamilton, S., **Webster, T.N.**, Sloan, A., Feinauer, L & Harper, J. (2012) *Shame Mediates PTSD and Intimacy in Sexual Abuse Survivors*. Poster presented at 2012 AAMFT Annual Conference, September 14, Charlotte, NC.

Publications

JMFT 2018 Article of the Year;

Clawson, R., Davis, S., Miller, R., & Webster, T. N. (2017). The Case for Insurance Reimbursement of Couples Therapy. *Journal of Marital and Family Therapy*. DOI: 10.1111/jmft.12263

Webster, T. N., Yorgason, J., Maag, A., Clifford, C., Baxter, K., & Thompson, D. (2016). Mental Health Concerns of Older Adults Living in Long-Term Care Facilities: An Area of Expansion for MFTs. *The American Journal of Family Therapy*. <http://doi.org/10.1080/01926187.2016.1214088>

Service

Allied Mental Health Professional Member: MFT's Working in Trauma

International Society for Neurofeedback & Research

International Society for the Study of Trauma and Dissociation

Utah Association of Marriage and Family Therapy

International Centre for Excellence in Emotionally Focused Therapy

CORE FACULTY

Abstract Reviewer, AAMFT Annual Conference

MMU Scholarship Day

MMU Faculty Development Committee

Curriculum Committee, Brigham Young University

Elections Committee, Utah Association of Marriage and Family Therapy

CORE FACULTY

Heather Morgan-Sowada, Ph.D., LMFT



Mount Mercy University
Marriage and Family Therapy Program
319-363-8213 ext. 2561
hmorgan-sowada@mtmercy.edu

Education

| | |
|-------|---|
| Ph.D. | The University of Iowa |
| 2018 | Psychological and Quantitative Foundations with a Specialization in Couple and Family Therapy |
| M.A. | Mount Mercy University |
| 2012 | Marriage and Family Therapy |
| B.A. | Mount Mercy University |
| 2009 | Psychology |

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
AAMFT Approved Supervisor
Clinical Member of AAMFT

Resolute Therapy, LLC

Teaching

Masters

Pre-practicum
Practicum in MFT I - III
Micro-counseling
Ethical and Professional Issues in Marriage and Family Therapy
Research Methods in Family Therapy
Psychopathology and the Family

Doctoral

Advanced Research Methods I in Marriage and Family Therapy
Advanced Research Methods II in Marriage and Family Therapy
Advanced Ethics in Marriage and Family Therapy

Scholarship

Presentations and Posters

Morgan-Sowada, H., Chaimberlain, T., & Wojciak, A. (2019, August) Parent-Child Bonds, Childhood Maltreatment, and Suicide attempts in Individuals with Body Dysmorphic Disorder. Research presentation at the annual meeting of the American Association for Marriage and Family

CORE FACULTY

Therapy (AAMFT) Conference, Austin, Texas.

Gamboni, C., Gutierrez, D. & **Morgan-Sowada, H.** (2017, October) Mental Health Organization's Varied Stances on Sexual Orientation Change Effort (SOCE) Practices. Poster presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Atlanta, Georgia.

Morgan-Miller, H. (2017, April) Body Dysmorphic Disorder: Viewing BDD Through a Family Systems Lens. Guest speaker presentation at the annual meeting of the Iowa Association for Marriage and Family Therapy (IAMFT) Conference, Cedar Rapids, Iowa.

Morgan-Miller, H., Benoit-Pagano, J., & Wojciak, A.. (2016, September) Parent-Child Bonds, Suicide, and Body Dysmorphic Disorder. Poster presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Indianapolis, Indiana.

Morgan-Miller, H. (2016, September) Treatment of Body Dysmorphic Disorder with Systems Theory. Poster presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Indianapolis, Indiana

Benoit, J., **Morgan-Miller, H.,** & Wojciak, A. (2015, June) Parent-Child Bonding and its Relationship with Suicidal Ideation in Youth with BDD. Poster Presentation at the annual meeting of the American Family Therapy Academy, Vancouver, Washington

Article Presentation: titled: "A Call for a Ban on Conversion Therapy." Presented for Ethical and Professional Issues in Marriage and Family Therapy Course in fall 2016.

Poster Presentation: titled: "Solution Focused Brief Therapy: An Alternative Treatment for Body Dysmorphic Disorder? And Consequent Effects on Brain Structures." Presented for Research Methods course in fall of 2013.

Guest Speaker/Presenter: titled: "MFT's and Your Community," Presented for Family Law Attorneys at Simmons, Perrine, Moyer, Bergman Law Firm in fall 2019.

Guest on podcast "Conversations with Interesting People" with Dr. Adam Woods, summer 2019.

<https://www.youtube.com/watch?v=ZLjyohqgAco>

Publications

Morgan-Sowada, H. (2018) Relationships and attachment in individuals with body dysmorphic disorder: A qualitative study (Unpublished doctoral dissertation – in 2 year embargo for other publication purposes). University of Iowa, Iowa City, IA.

Gamboni, C., Gutierrez, D., **Morgan-Sowada, H.** (2018) Mental Health Organization's Varied Stances on Sexual Orientation Change Effort (SOCE) Practices. American Journal of Marriage and Family Therapy, 46(1), 96-105. DOI:10.1080/01926187.2018.1437572 Impact factor .48*

Service

Member of GPCC, Mount Mercy University.

Member of Gender Sexuality Alliance (GSA), Mount Mercy University

Iowa Association of Marriage and Family Therapy (Member from 2010 – 2018)

Guest Speaker/Educator to Center Point Urbana Elementary School teachers and administrators, presentation on "How to best support students with Gender Dysphoria, and their parents."

Guest Lecture, Introduction to Counseling, Undergraduate course, presentation on Gender Dysphoria, Mount Mercy University.

Professional opinion: Interview with local news channel, KGAN regarding mental health disparity in Iowa.

Elections Chair, Board Member of Iowa Association of Marriage and Family Therapy.

Student Interviewer, spring 2016, University of Iowa, Couple and Family Therapy Program.

Student Representative, Mount Mercy University, Marriage and Family Therapy Program

CORE FACULTY

Anthony Mielke, DMFT, LMFT



Mount Mercy University
Marriage and Family Therapy Program
319-363-8213 ext. 2564
amielke@mtmercy.edu

Education

| | |
|--------------|---|
| DMFT 2018 | Argosy University Doctorate in Marriage and Family Therapy |
| M.A. 2013 | Saint Mary's University Marriage and Family Therapy |
| B.A. 2010 | University of Saint Thomas Philosophy |

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
AAMFT Therapy Approved Supervisor Candidate
AAMFT Clinical Fellow

Waxwing Psychological Services, PLLC

Teaching

Masters

Practicum in MFT I - III
Micro-counseling
Therapeutic Techniques with Parents and Child
Human Development and the Family
Family Systems

Doctoral

Professional and Community Leadership
Couple's in Crisis
Attachment and Differentiation in Couples
Advanced Family Systems
Dissertation

Scholarship

Presentations and Posters

Mielke, A. J., McElhinney, M. (2019). *The healing power of relationships: A systemic trauma-informed approach to therapy with parents and children*. Minnesota Association of Marriage and Family Therapy Annual Conference, September 12th-13th, 2019.

CORE FACULTY

- Mielke, A. J.**, *Addressing barriers to engagement in mental health services for men: An existential systemic approach*. 2019 International Association of Marriage and Family Counseling Oxford Family Counseling Institute, July 9th-July 16th, 2019.
- Mielke, A. J.**, Webster, T. N., *Us vs. them: A systemic reflective exercise for fostering cultural competency and self-awareness*. The Family Science Association Teaching Family Science Conference, June 3rd-June 4th, 2019
- Mielke, A. J.**, *The ecosystemic masculinity paradigm: Application in clinical practice*. Hennepin County Home School, February 14th, 2018
- Mielke, A. J.**, *Identifying and addressing destructive masculine ideology in couple's therapy: An attachment perspective*. Minnesota Association of Marriage and Family Therapy Relationship and Sex Therapy Conference, October 27th, 2017
- Mielke, A. J.**, *Navigating the crossroads of masculinity and therapy: Taking a contextually-conscious approach to working with adolescent and adult males*. Minnesota Association of Marriage and Family Therapy Annual Conference, April 20th-21st, 2017.
- Mielke, A. J.**, Chelman, A., Henderson, J., *Mental health in the school*. Watertown-Mayer Independent School District, Watertown, MN. January 18th, 2016.
- Mielke, A. J.**, Volini, L., *Basic assessment and intervention in marriage and family therapy*. Headway Emotional Health Services All Staff In-Service Training. Edina, MN. August, 2015.

Publications

- Langlais, M. R., Vaterlaus, J. M., **Mielke, A. J.**, Walker, A., Asa, S. (2019). *What should be done to increase male enrollment in undergraduate family science courses?* Manuscript submitted for publication.
- Mielke, A. J.** (2019). *The Ecosystemic Masculinity Paradigm: An existential multi-systemic approach to masculine psychology*. Paper presented at the Theory Construction and Research Method Methodology Workshop at the 2019 National Council of Family Relations Annual Conference, Fort Worth, Texas.
- Mielke, A. J.** (in progress). *Loving Witness: A Systemic Humanistic Approach to Counseling through Use of Self*.

Service

AAMFT Family TEAM, Iowa Family TEAM Leader, Chair

Andrew Beer, Ph.D., LMFT, RPT

Education

Ph.D. University of Iowa
2018 Psychological and Quantitative Foundations (Couple and Family Therapy)

M.A. Mount Mercy University
2012 Marriage and Family Therapy

B.A. Mount Mercy University
2010 Psychology

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
AAMFT Approved Supervisor
Registered Play Therapist (Association for Play Therapy)

Tanager Place Behavioral Health Clinic, Clinical Supervisor, Internship Coordinator, Intern Supervisor,
Therapist

Teaching

Foundations to Play Therapy for Children and Families

Tonya Hotchkin, LMFT, RPT

Education

M.A. Mount Mercy University
2012 Marriage and Family Therapy

B.A University of Northern Iowa
2008 Social Work

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
Registered Play Therapist
Certified Trauma Practitioner
Certified Trauma Trainer
Theraplay Trained

Tanager Place Behavioral Health Clinic, Associate Vice President of Programming, Therapist

Teaching

Foundations to Play Therapy for Children and Families
Applications to Play Therapy for Children and Families

Sara Lenz, LMHC

Education

M.A
2011 University of Northern Iowa
 Mental Health Counseling

2019 University of Michigan
 Sexual Health Certificate Program, Sex Therapy Track

Practice and Profession

Licensed Mental Health Counselor, Iowa
Member of American Association for Sexual Educators, Counselors, and Therapists

Turning Point Therapy, Cedar Rapids, IA

Teaching

Systemic Sex

Phil Striegel, Ph.D., LMFT

Education

Ph.D. University of Iowa
2004 Division of Counseling, Marriage and Family Therapy

M.A. University of Iowa
1989 Learning Disabilities

B.A. University of Iowa
1978 Psychology and Social Studies

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
AAMFT Appoved Supervisor
Clinical Member AAMFT

Counseling Center of Iowa City, Striegel, Fisher, Young & Associates, Iowa City, Iowa

Teaching

Couples Models of Therapy

Jacob Christenson, Ph.D., LMFT

Education

| | |
|---------------|---|
| Ph.D. 2008 | Brigham Young University Marriage and Family Therapy |
| M.S. 2003 | Brigham Young University Marriage and Family Therapy |
| B.S. 2001 | California Polytechnic State University Psychology |

Practice and Profession

Licensed Marriage and Family Therapist, Iowa
Licensed Marriage and Family Therapist, Utah
AAMFT Approved Supervisor

Covenant Family Solutions

Teaching

Entrepreneurship in MFT