

CORE FACULTY



Tabitha N. Webster, Ph.D., LMFT

Program Director

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/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
The Cross-Cultural Family
Trauma, Addiction, and Violence
Models of Couples Therapy

Doctoral

Neuroscience and Emotional Regulation
Complementary and Alternative HealthCare
Advanced Couples Therapy
Advanced Cross Cultural Families
Couples in Crisis
Doctoral Internship

Scholarship

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>

Presentations & Posters

- Webster, T.N.** (2021) Understanding Chronic Pain: Trauma and Neurobiology. Originally Scheduled for Presentation at 2020 Resiliency and Trauma-Informed Care Symposium at Coe College in Cedar Rapids, IA on Friday, May 22, 2020. *Rescheduled to Fall 2021 TBD.*
- Webster, T.N.**, Williams, F*. & Norwood, A. (2021) Racism and Stress-Related Trauma. Presented at Iowa Mental Health Counselors Association 15th Annual Conference, May 7th, 2021, virtual conference.
- 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.
- 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.

Service

MMU Brain Health Task Force

Graduate Policy and Curriculum Committee

Linn County Suicide Prevention Coalition

MMU Covid Review Committee

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

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



Douglass McPhee, Ph.D., LMFT

Clinical Director

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

Education

Ph.D.	Texas Tech University
2021	Marriage and Family Therapy
MS	Utah State University
2018	Marriage and Family Therapy
BS	Utah State University
2016	Psychology

Practice and Profession

Licensed Marriage and Family Therapist
AAMFT Supervisor Candidate
Clinical Member AAMFT

Teaching

Masters

PrePracticum
Practicum in MFT I-III
Models of MFT
Spirituality
Therapeutic Techniques with Parents and Child

Doctoral

Doctoral Internship
Advanced Models of MFT
Advanced Spirituality
Couples Life Cycle

Scholarship

Publications

Holyoak, D., **McPhee, D. P.**, Hall, G., Fife, S. T. (2020). Micro-level advocacy as an additional couple and family therapy common factor. *Family Process*. doi: 10.1111/famp.12620

McPhee, D. P.*, Hawkins, J.*, Holyoak, D., D'Aniello, C., Hall, G., Lauricella, D., Noel, C., & Posada, L. (2020). Learning and applying mindfulness: A phenomenological analysis of CMFT students' experiences in a mindfulness course. *Contemporary Family Therapy*, 42, 381-393. doi: 10.1007/s10591-020-09554-6

Robinson, W.D., **McPhee, D. P.***, & Jones, A. C.* (2020). Living with a rare chronic illness: A phenomenological, systemic examination of hemophilia complicated by an inhibitor. *The American Journal of Family Therapy*, 48(3), 250-270. doi: 10.1080/01926187.2019.1708831

McPhee, D. P.*, Hawkins, J. M.*, & Brown, C. C. (2019). Incorporating biopsychosocial-spiritual resources in emotionally focused couple therapy. Advance online publication. *Contemporary Family Therapy*, doi: 10.1007/s10591-019-09523-8

- McPhee, D. P.,** & Robinson, W. D. (2019). Couples living with chronic migraines: A phenomenological study. Advance online publication. Advance online publication. *Contemporary Family Therapy*. doi: 10.1007/s10591-019-09513-w
- McPhee, D. P.,** Austin, K. L., & Eichenberger, L. R. (2019). Using contextual therapy to treat depression with couples. *The American Journal of Family Therapy*, 47(5), 275-292. doi: 10.1080/01926187.2019.1673261

Presentations and Posters

- Reitz, R. S., Wall, T., Nutting, R., & **McPhee, D. P.** (2021). *Maximizing the expertise of behavioral medicine faculty in resident education*. Seminar accepted for the annual conference of the Society of Teachers of Family Medicine.
- Brown, C. C., Norton A., Falbo, R., & **McPhee, D. P.** (2019). *An examination of pornography use, acceptance, and relational outcomes among same-sex couples: An actor-partner interdependence moderating analysis*. A poster presented at the annual conference of the National Council on Family Relations, November 23, Fort Worth, TX.
- Robinson, W. D., **McPhee, D. P.**, Brown, B., Jones, A., Delbridge, E., Hiday, R. (2019). *Psychopharmacology: A crash course for MFTs*. Five-hour institute presented at the annual conference of the American Association for Marriage and Family Therapy, August 29, Austin, TX.
- McPhee, D. P.**, Hall, G., Brown, C. C., & Soloski, K. L. (2019). *Treating depression for clients with limited mobility*. Research discussion presented at the annual conference of the American Association for Marriage and Family Therapy, August 30, Austin, TX.
- McPhee, D. P.** & Brown, C. C. (2019). *Using contextual therapy to treat inter-generational trauma*. 90-minute workshop presented at the annual conference of the Texas Association for Marriage and Family Therapy, February 28, Austin, TX.
- McPhee, D. P.**, Johnson, A. M., & Robinson, W. D. (2018). *Couples affected by incapacitating, recurring headaches*. Research discussion presented at the annual conference of the American Association for Marriage and Family Therapy, November 17, Louisville, KY.
- McPhee, D. P.**, Jones, A. C., & Robinson, W. D. (2018). *Lived-experiences of families impacted by hemophilia and inhibitors*. Research discussion presented at the annual conference of the American Association for Marriage and Family Therapy, November 17, Louisville, KY.
- Jones, A. C., **McPhee, D. P.**, Stimpson, S., & Robinson, W. D. (2017). *The attribution of the non-occurrence of orgasm in committed couple relationships*. Research discussion presented at the annual conference of the American Association for Marriage and Family Therapy, October 6, Atlanta, GA.
- Blotter, S. N., Young, K. P., **McPhee, D. P.**, & Robinson, W. D. (2017). *Protective factors in couple relationships in cancer*. Research discussion presented at the annual conference of the American Association for Marriage and Family Therapy, October 6, Atlanta, GA.

Service

Community Blood Drive
Society of Teachers of Family Medicine
Collaborative Family Healthcare Association
American Association for Marriage and Family Therapy
McKenzie Lectureship Series Poster Review Committee

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

Practice and Profession

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

Resolute Therapy, LLC

Teaching

Masters

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

Doctoral

Advanced Research Methods I in MFT
Advanced Research Methods II in MFT
Advanced Ethics in MFT

Scholarship

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*

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 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>

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
Family Systems Theory

Doctoral

Professional and Community Leadership
Advanced Family Systems Theory
Attachment and Differentiation in Couples
Couple Communication
Mental Health Policy and Advocacy

Scholarship

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.

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.
- 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.

[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

Jacob Christenson, Ph.D., LMFT

Education

Ph.D. Brigham Young University
2008 Marriage and Family Therapy

M.S. Brigham Young University
2003 Marriage and Family Therapy

B.S. California Polytechnic State University
2001 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

ADJUNCT FACULTY

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

2010-2021	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

Neuroscience

Doctoral

Principles of Neurofeedback
Neuroessentials of Treatment