

EXAMPLE DOCTORAL PORTFOLIO*

SPECIAL THANKS TO RACHEL A. DANSBY, PHD.
DOCTORAL CLASS OF 2018

*TO RESPECT THE PRIVACY AND CREATIVE WORKS OF DR. DANSBY, SOME MATERIALS HAVE BEEN REMOVED. THIS EXAMPLE PORTFOLIO IS TO BE USED AS A GUIDE FOR APPROPRIATE FORMATTING, USE OF BOOKMARKS, AND PROFESSIONALISM.



Texas Tech University Doctoral Qualifying Portfolio

Rachael A. Dansby, M.MFT

Community, Family, & Addiction Sciences Department

Marriage and Family Therapy Program



Table of Contents

Curriculum Vitae

Part I: Research & Scholarship Proficiency

- Part I. Section I: Research Philosophy Statement
- Part I. Section II: Publications
- Part I. Section III: Presentations
- Part I. Section IV (a): Additional Research Training
- Part I. Section IV (b): Manuscript Reviews

Part II: Clinical Proficiency

- Part II. Section I: Theory of Change in Therapy
- Part II. Section II: Clinical Observation Evaluations
- Part II. Section III: National Licensing Exam
- Part II. Section IV: Specialized Clinical Training

Part III: Supervision Proficiency

- Part III. Section I: Supervision Philosophy Statement
- Part III. Section II: AAMFT Approved Supervisor Requirements
- Part III. Section III: Supervisor Candidate Evaluations
- Part III. Section IV: Self-Appraisals of Supervision

Part IV: Teaching Proficiency

- Part IV. Section I: Teaching Philosophy Statement
- Part IV. Section II: Guest Lectures, Teaching Feedback, &
Faculty Evaluations of Teaching
- Part IV. Section III: Teaching, Learning, and Professional
Development Center Training

CV HERE



Part I. Research & Scholarship Proficiency

Section I: Research Philosophy

Section II: Publications

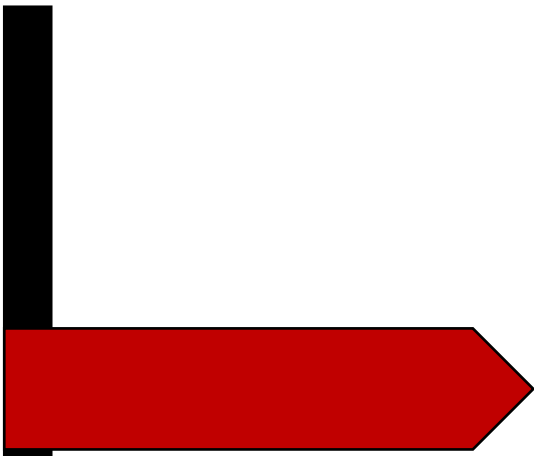
Section III: Presentations

Section IV: Additional Research

Training & Manuscript
Reviews

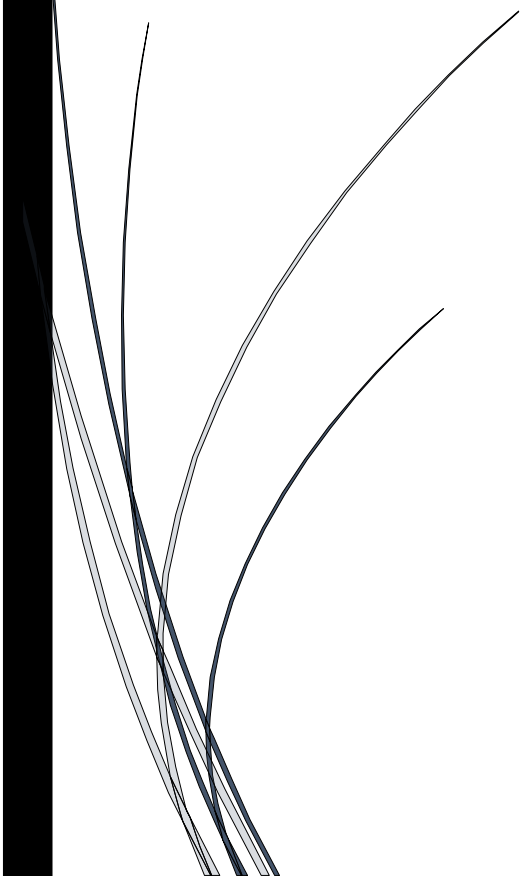


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Part I. Section I:
Research Philosophy Statement

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**EXPECTED MATERIALS
HERE**



Part I. Section II:

Publications

*Appendix A: Dansby, Hayes, & Schleiden,
(2017) Reviewer Comments,*

Editorial Response, Submission

Decision, & Published Manuscript

*Appendix B: Dansby, Turns, Whiting, &
Crane (2017) Cover Letter,*

Reviewer Comments, Editorial

Response, & Revised Manuscript

*Appendix C: Dansby, Soloski, Gonzalez,
& Hayes (2017) Cover Letter,*

Reviewer Comments & Submitted

Manuscript



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References

Published Manuscripts

***Dansby, R. A.**, Hayes, N. D., & Schleiden, C. (2017). A guide for assessing clients' attachment to the Sacred: The Spiritual Attachment History. *Contemporary Family Therapy*, 39(1), 1-11. doi: 10.1007/s10591-017-9402-5

Dansby, R. A., & Bertram, D. E. (May, 2017). Moderation as a teacher of cultural competency in higher education. *Journal of Faith and the Academy*.

Revise and Resubmit Manuscripts

***Dansby, R. A.**, Turns, B., Whiting, J. B., & Crane, J. (Revision Submitted May 26, 2017). *Experiences of having a sibling with autism: A qualitative content analysis*. Manuscript submitted to the *Journal of Family Psychotherapy*.

***Dansby, R.**, Soloski, K. L., Gonzalez, N., & Hayes, N. (Received Revise and Resubmit Decision, April 1, 2017). *A latent growth curve mediation model of adolescent attachment and clinical depression in young adulthood*. Manuscript submitted to the *Journal of Marital and Family Therapy*.

Manuscripts Under Review

Whiting, J. B., **Dansby, R. A.**, Cravens, J., & Banford, A. (Submitted April, 2017). Blaming victims of intimate partner violence: A content analysis of online social media comments. Manuscript submitted to the *Journal of Marital and Family Therapy*.

* = Documentation provided

A Guide for Assessing Clients' Attachment to the Sacred: The Spiritual Attachment History

Rachael A. Dansby¹ · Nicholas D. Hayes¹ · Cydney Schleiden¹

Published online: 8 February 2017
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Abstract Current research supports that many people relate to God or a higher power in ways consistent with attachment theory, yet nothing exists assisting therapists in gathering attachment-focused background information regarding their clients' spiritual lives. This paper fills that gap with the Spiritual Attachment History (SAH), a semi-structured interview guide adapted from an ICEEFT Training in Emotionally Focused Couple Therapy attachment history handout, to help the authors meet their clients' spiritual and relational clinical concerns. We describe how we developed the SAH and provide a case study of its incorporation into two treatment plans. We also discuss implications for training, for use by marriage and family therapists, for cross-cultural research, and the ethics of addressing spirituality as a cultural issue.

Keywords Attachment theory · Spirituality · Faith · Culture/diversity · Qualitative assessment

This paper qualified for expedited review and has been approved by the Internal Review Board of Texas Tech University.

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Introduction

Assessment plays a critical role in psychotherapy, and it is no exception when working with issues of spirituality and attachment. Researchers have developed both quantitative and qualitative tools to assess spirituality and attachment separately (e.g. Bullis 1996; Hodge 2001a; Wei et al. 2007), yet to date, there are no tools for conducting a person's spiritual history through the lens of attachment. To fill this gap, we developed the Spiritual Attachment History (SAH) from emergent clinical experiences related to insecure attachment with God and others. A thorough review of literature revealed there was nothing to help us (1) adequately understand how this insecure attachment with the Sacred developed or (2) aid us in our treatment of their presenting concerns. To meet our clients' assessment and treatment needs, we adapted an attachment history guide from an International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) Externship training. This paper represents the authors' initial experiences with using the SAH in assessment of spiritual-relational concerns, highlighting our application with two diverse clinical examples.

Spirituality and Therapy

Defining Spirituality

Researchers have established that spirituality is a difficult concept to define, and thus, a wide range of definitions exist (e.g. Gross 2005). In a study synthesizing definitions of spirituality across literature, emerging themes included: (1) meaning and purpose, (2) connection and relationships, (3) the relationship with God, god(s), or Transcendent Other, (4) experiencing the self as transcendent, (5) vital principle,

**EXPECTED MATERIALS
HERE**



Part I. Section III: Presentations

*Appendix A: National Workshop
Confirmation*

Appendix B: AAMFT Presenter Contract

Appendix C: AAMFT Conference Program

Appendix D: AAMFT Workshop Handout

*Appendix E: AAMFT Workshop
Evaluations*



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References

International

Smock Jordan, S., Poll, V., **Dansby, R. A.**, Eddy, B., Finch, K., Gonzalez, N., ... Zielinski, M. (November, 2016). What works in learning SFBT? [Workshop]. *Solution Focused Brief Therapy Association Annual Conference*. Halifax, Nova Scotia, Canada.

Dansby, R. A., Bennett, C. B. (October 14, 2016). "Self of the tutor": An interdisciplinary approach to optimal tutoring via self-care [Paper presentation]. *International Writing Centers Association Annual Conference*. Denver, Colorado.

Bennett, C. B., & **Dansby, R. A.** (October, 2014). Family studies in the center: Crossing disciplines to embrace vulnerability [Paper presentation] *International Writing Center Association Conference*. Orlando, Florida.

National

***Dansby, R. A.**, Turns, B., & Crane, J. (September 16, 2016). Giving voice to non-diagnosed siblings living with autism spectrum disorders [Workshop]. *American Association for Marriage and Family Therapy Annual National Conference*. Indianapolis, Indiana.

State

Dansby, R. A. (February, 2017). How couples stay available and responsive during conflict [Poster]. *Texas Association of Marriage and Family Therapy Annual Conference*. Austin, Texas.

Dansby, R. A., Whiting, J. B., Cravens, J., & Ballard, T. (February, 2017). Victim blaming responses to high profile violence claim [Poster]. *Texas Association of Marriage and Family Therapy Annual Conference*. Austin, Texas.

Dansby, R. A., Marshall, J. A, Mueller, K., Bolte, S. W., Bolden, B. (February, 2015). Couple therapy and children's autism: Deterrents and resources [Poster]. *Texas Association for Marriage and Family Therapy Annual Conference*, Austin, Texas.

Local

Dansby, R. A., & Bertram, D. E. (February 2017). Moderation as a teacher of cultural competency in higher education. *Paper presentation at the Journal of Faith and the Academy Annual Conference*, Montgomery, AL.

* = Documentation Included

**EXPECTED MATERIALS
HERE**



Part I. Section IV (a):

Additional Research Training

Appendix A: R Statistical Software Training

Appendix B: CITI Human Subjects Training



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References

R Statistical Software Training. (Weeks 5 - 10). Instructors: Dr. Wang's Research Lab Members, CFAS Department, Texas Tech University, Lubbock, Texas.

❖ **Documentation Provided:** Training Schedule & Sign-in Sheet

CITI Human Subjects Training for Social and Behavioral Investigators – Basic/Refresher Course.

(September 21, 2016). Texas Tech University, Lubbock, Texas.

❖ **Documentation Provided:** Completion Report

**EXPECTED MATERIALS
HERE**



Part I. Section IV (b):
Manuscript Reviews

*Appendix A: Journal of Autism and
Developmental Disorders, Review &
Letter to the Editor*

*Appendix B: Journal of Marital and
Family Therapy, Apprentice
Reviewer Program, Review & Letter
to the Editor*



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Journal of Autism and Developmental Disorders, Peer Reviewer

- ❖ **Manuscript Title:** “Association between Anxiety and Emotion Recognition in Parents of Children with Autism Spectrum Disorder.”
- ❖ **Faculty Mentor:** Dr. Jason B. Whiting
- ❖ **Review Submitted:** March 31, 2017
- ❖ **Documentation Provided:** Copy of the Review, Confirmation of Review Submission

Journal of Marital and Family Therapy, Apprentice Reviewer

- ❖ **Manuscript Title:** “Falling in Love with God: A Tentative Theory Exploring Religious Conversion on Marital Relationships”
- ❖ **Faculty Mentor:** Dr. Jason B. Whiting
- ❖ **Review Submitted:** February 20, 2017
- ❖ **Documentation Provided:** Copy of the Review plus Comments to the Editor, Confirmation of Review Submission

**EXPECTED MATERIALS
HERE**



Part II: Clinical Proficiency

Section I: Theory of Change

Section II: Clinical Evaluations

Section III: National Licensing Exam

Section IV: Specialized Clinical
Training

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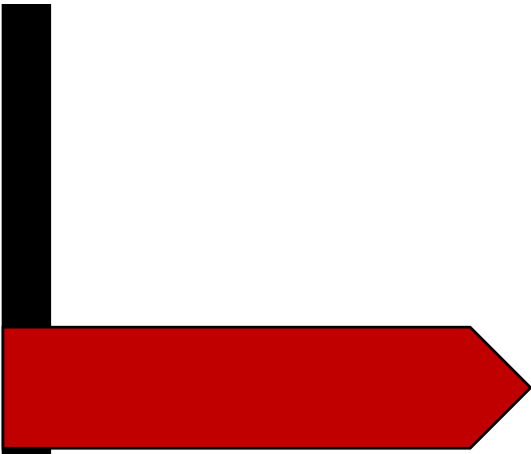
Part II. Section I:

Integrative Theory of Change in
Therapy



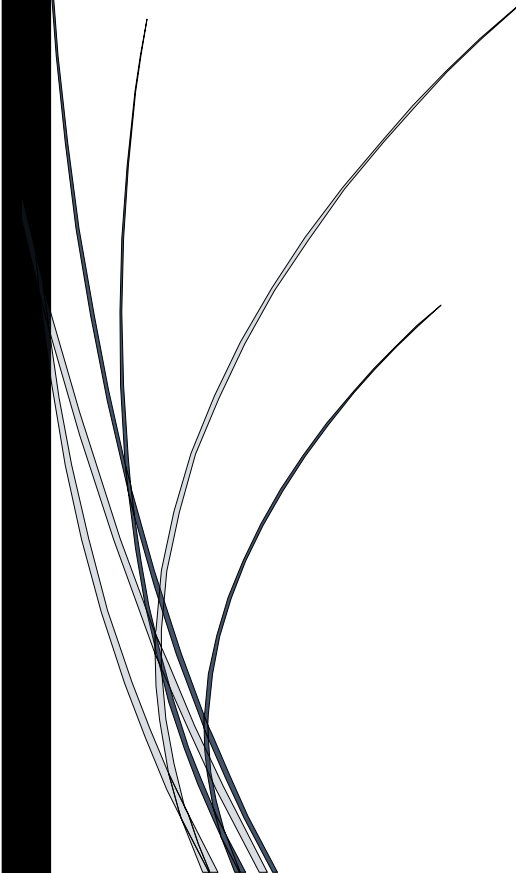
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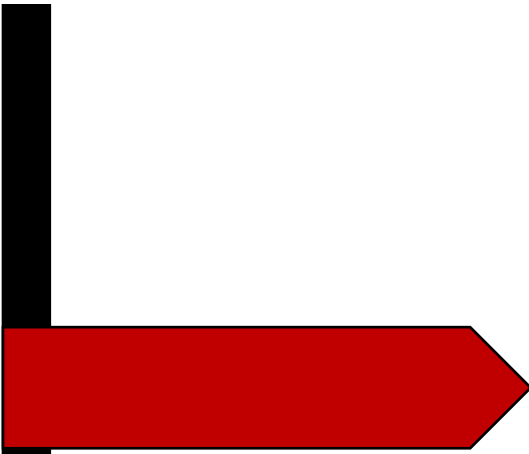


Part II. Section II: Clinical Observation Evaluations

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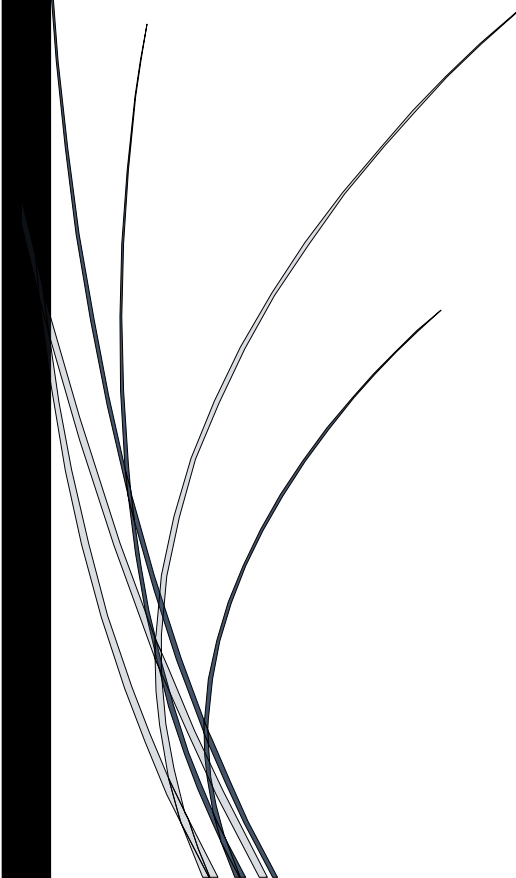


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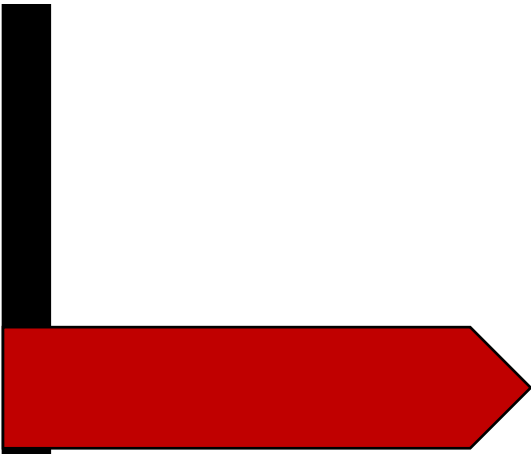


Part II. Section III:
National Licensing Exam & Texas
LMFT-A Documentation

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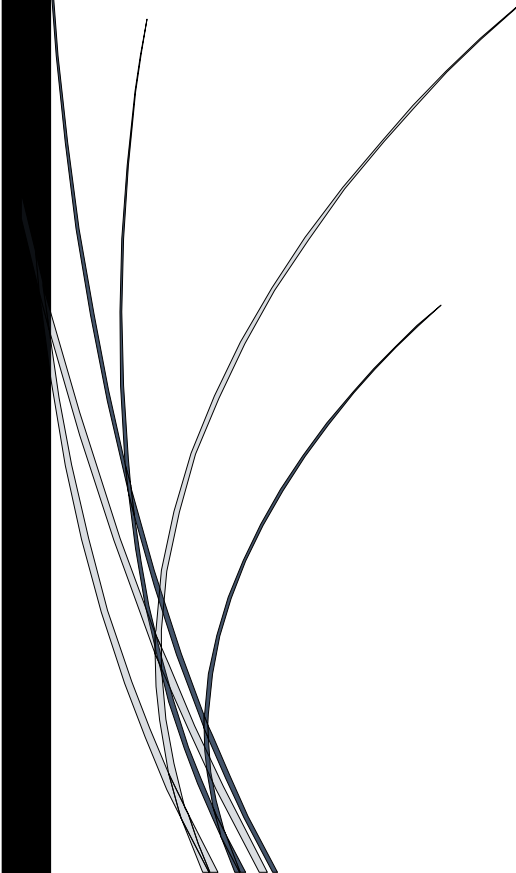


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Part II. Section IV:
Specialized Clinical Training

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**EXPECTED MATERIALS
HERE**



Part III: Supervision Proficiency

Section I: Supervision Philosophy
Statement

Section II: AAMFT Approved
Supervisor Requirements

Section III: Supervisor Candidate
Evaluations

Section IV: Supervision Self-
Appraisals

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Part III: Section I:
Supervision Philosophy Statement



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Part III. Section II:

AAMFT Approved Supervisor
Requirements



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HERE**



Part III. Section III:
Supervisor Candidate Evaluations



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HERE**



Part III. Section IV:
Supervisor Candidate Self-Appraisals



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**EXPECTED MATERIALS
HERE**



Part IV: Teaching Proficiency

Section I: Teaching Philosophy
Statement

Section II: Guest Lectures

Section III: TLPDC Trainings

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HERE**



Part IV. Section I:
Teaching Philosophy Statement



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Part IV. Section II:

Guest Lectures, Student Feedback, & Faculty Evaluations of Teaching

Appendix A: EFT for Couples Guest Lecture

Appendix B: EFT Supervision Guest Lecture

Appendix C: APA Guest Lecture



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References

Guest Lectures

- ***Dansby, R. A.** (February 2, 2017). Emotionally focused therapy for couples: Tracking the cycle and the process of de-escalation. *Guest lecture for MFT 6303: Family Therapy III-Couple/Sex*, Texas Tech University, Lubbock, Texas.
- Dansby, R. A.** (October 12, 2016). Experiential learning of assessment in a clinical setting: The first session. *Guest lecture for MFT 5300: Introduction to Marriage and Family Therapy Practice*, Texas Tech University, Lubbock, Texas.
- ***Dansby, R. A.** (September 14, 2016). The basics of APA citations and how to find scholarly sources. *Guest lecture in CFAS 2300: Community, Civility, & Ethics*, Texas Tech University, Lubbock, Texas.
- ***Dansby, R. A.** (September 13, 2016). Emotionally-focused supervision in marriage and family therapy. *Guest lecture in MFT 6396: Supervision of MFT*, Texas Tech University, Lubbock, Texas.
- Dansby, R. A., & Aragon, M.** (March 8, 2016). Assessment in clinical practice: Using the OQ 45.2, Beck Depression Inventory-II, and Sexual Compulsivity Scale. *Guest lecture in BMFT 645: Marital and Family Diagnosis and Assessment*, Abilene Christian University, Abilene, Texas.
- Dansby, R. A.** (April, 2015). Assessment of social class in therapy. *Guest lecture in BMFT 645: Marital and Family Assessment*, Abilene Christian University, Abilene, Texas.
- Dansby, R. A.** (March, 2015). The use and interpretation of genograms to understand family identity. *Guest lecture in Core 210: Human Identity and Community*, Abilene Christian University, Abilene, Texas.

Teaching via Mentoring

- Dansby, R. A.** (Spring, 2016). Conducting basic research methods for graduate level research. *Research team mentorship for small group research in MFT 6370: Diversity in Marriage and Family Therapy*, Texas Tech University, Lubbock, Texas.

Informal Workshops

- Dansby, R. A.** (Fall 2014). Autism Spectrum Disorder in DSM-5: Status and challenges of meeting the parenting needs of foster children with former DSM-IV-TR diagnoses. *In-service presentation for Central Texas Christian Children's Home staff*. Via Webex Teleconferencing.
- Bennett, B. C., & **Dansby, R. A.** (Fall 2014). Graduate student writing workshop series: Writing literature reviews. *Fall workshop at Abilene Christian University*. Abilene, Texas.
- Dansby, R. A.** (Fall 2014). Graduate student writing workshop series: Editing and APA formatting. *Fall workshop at Abilene Christian University*. Abilene, Texas.
- Dansby, R. A., & Suppes, B.** (Spring 2014). Graduate student writing workshop: Editing and APA formatting. *Spring workshop at Abilene Christian University*. Abilene, Texas.

* = Documentation Provided

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Part IV. Section III:

Teaching, Learning, & Professional Development Center Training



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Continuing Education in Teaching

Writing as a Teaching Strategy. (February 21, 2017). *Teaching, Learning, and Professional Development Center*, Texas Tech University, Lubbock, Texas.

Writing your Teaching Philosophy. (November 2, 2016). *Teaching, Learning, and Professional Development Center*, Texas Tech University, Lubbock, Texas.

30-Minute Miracle Series: Teaching on Controversial Topics. (September 19, 2016). *Teaching, Learning, and Professional Development Center*, Texas Tech University, Lubbock, Texas.

30-Minute Miracle Series: Note-taking: Why We Shouldn't Ban Laptops (April 6, 2016). *Teaching, Learning, and Professional Development Center*, Texas Tech University, Lubbock, Texas.

Writing your Teaching Philosophy. (October 19, 2016). *Teaching, Learning, and Professional Development Center*, Texas Tech University, Lubbock, Texas.

Creating your Teaching Portfolio. (September 22, 2015). *Teaching, Learning, and Professional Development Center*, Texas Tech University, Lubbock, Texas.

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Thank you for reviewing my
qualifying portfolio!

