

Zachary R. Trevino, M.S., LMFT-Associate

Curriculum Vitae

May 10, 2023

Couple, Marriage, and Family Therapy Program
Department of Community, Family, & Addiction Sciences
College of Human Sciences
Texas Tech University
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Education

2020-Present	Texas Tech University, Lubbock, TX Ph.D. – Couple, Marriage, and Family Therapy, COAMFTE Accredited Expected Degree: December 2023 Dissertation: <i>Understanding The Therapeutic Experience of Latino Men: An Interpretative Phenomenological Analysis</i>
2020	Texas Tech University, Lubbock, TX M.S. - Couple, Marriage, and Family Therapy, COAMFTE Accredited
2018	Texas Tech University, Lubbock, TX B.S. - Human Development and Family Studies

Research Agenda

In my research, I aim to understand help-seeking behaviors among Latino family systems with the intention to focus on culturally relevant clinical adaptations and factors that promote resilience in Latino individuals, couples, families, and communities. My research aims to contribute to the field of couple, marriage, and family therapy by (1) understanding help-seeking behaviors and disparities among Latinos systems, (2) strengthening clinical training and education by providing practical insights and guidelines for clinicians working with Latino systems, (3) encouraging the utilization of culturally responsive evidence-based practices and strategies to improve treatment outcomes when working with Latino populations.

Scholarly Publications

* indicates undergraduate or graduate student mentorship

Trevino, Z.R., *Marroquin, C., Fife, S., *Williams, T., *Nordfelt, R., *Gomes, A., Childhood sexual abuse and couple relationships: A grounded theory on healing. (2023). *The American Journal of Family Therapy*.

Hung, Yi Hsin., Miles, A'lyric., **Trevino, Z.R.** *Bishop, A., Racial Trauma and Tik Tok: A Qualitative Content Analysis. (2023). *Contemporary Family Therapy*.

Janes, E. E., **Trevino, Z. R.**, Koehl, H., & Hung, Y.-H. (2022). Internal family systems and spirituality: Implications for supervision. *Contemporary Family Therapy*.

Lauricella, D., Silva, M., **Trevino, Z.R.**, Romero, R., & Soloski, K. L. (2021). Working with Latino populations: Applying culture to promote change. *Journal of Feminist Family Therapy*.

Manuscripts Invited for Revisions

Lauricella, D., **Trevino, Z.R.**, & Marroquin, C. Winning Together: In-Session Change with Chronically Conflictual Couples. (Invited for revisions) *Contemporary Family Therapy*.

Manuscripts Under Review

Trevino, Z.R., Hawkins, L.G., Mullet, N. A Thematic Analysis on Modern Challenges of Individuals Interracial Relationships. (Submitted May 2023). *The American Journal of Family Therapy*.

Professional Conference Presentations

Trevino, Z.R., Hawkins, L.G., & Silva, M. (2020, February). *Working with intercultural couples: Considerations for providing culturally competent therapy*. Presented at the Texas Association of Marriage and Family Therapy (TAMFT) Annual Conference, Houston, TX.

Trevino, Z.R., Garza, R., Guzman, A., & Piland, N. (2020, October). *Shame and Latino Men: Clinical Considerations for Marriage and Family Therapists*. To be presented, date not rescheduled at the Healthy Families Annual Conference, Lubbock, TX.

Koehl, H., Marroquin, C., Lauricella, D., **Trevino, Z.R.**, (2021, March). *Change Moments in Couples Therapy*. Presented at the Texas Association of Marriage and Family Therapy (TAMFT) Annual Conference, virtual.

Trevino, Z.R., Hung, Yi Hsin, Miles, A'lyric., (2022, April). Racial Trauma and Tik Tok: A Qualitative Content Analysis. Presented at the Texas Association of Marriage and Family Therapy (TAMFT) Annual Conference.

Data Analysis Programs Used

MPlus, SPSS.

Teaching Experience

2023 Graduate Course, Teaching Assistant, Community, Family, and Addiction Sciences, Texas Tech University, Lubbock, TX

CMFT 6370: Diversity in Marriage & Family Therapy.

- Spring 2023, 3.0 Credit Hour, 25 students
- Duties: Syllabus and course development.
- Teaching, managing student questions, grading assignments.

2021 Graduate Course Teaching Assistant, Community, Family, and Addiction Sciences, Texas Tech University, Lubbock, TX

CMFT 5370: *Ethics & Issues in Professional Development* (Masters Course)

- Fall 2021, 3.0 Credit Hour, 29 Students
- Duties: Syllabus and course development.
- Teaching, managing student questions, and grading assignments.

2020 Undergraduate Course Teaching Assistant, Community, Family, and Addiction Sciences, Texas Tech University, Lubbock, TX CFAS 2300:

Communication, Civility, and Ethics.

- Online/ In-person Primary Course Instructor
- Fall 2020, 3.0 Credit Hour, 60 Students
- Spring 2021, 3.0 Credit Hour, 60 Students
- Summer II 2021, 3.0 Credit Hour, 20 Students
- Fall 2021, 3.0 Credit Hour, 60 Students
- Duties: Implementation of the course and designing experiential learning activities for student engagement. Managing lecture and discussion and grading assignments.

2019 Doctoral and Master's Course Training, Couple, Marriage, and Family Therapy Program, Texas Tech University, Lubbock, TX.

- Coordinated and presented over the clinical policies and procedures for master's and doctoral clinicians (30 students) at the University Medical Center Children's Behavioral Health Clinic.

- 2018 **Doctoral and Master's Couple, Marriage, and Family Therapy Program Orientation, Texas Tech University, Lubbock, TX.**
- Coordinated training and presented to incoming master's and doctoral students regarding the Family Therapy Clinic policies and procedures (30 students).
- 2018 **Master's Course, Training, Couple, Marriage, and Family Therapy Program, Texas Tech University, Lubbock, TX.**
- CMFT 5300: Introduction to MFT
 - Led training and presentation to first year master's students regarding how to utilize the technology (recording system) and clinic software for the Family Therapy Clinic.

Clinical Experience

- 2022 – Current **Therapist, Zachary Trevino Therapy, Lubbock, TX**
- Provide individual, couples, and family therapy to clients of all ages
 - Conduct initial assessments and create treatment plans
 - Maintain accurate and up-to-date client records
 - Collaborate with other professionals to provide comprehensive care
 - Attend supervision and continuing education as required by licensure
- 2022 - Current **Medical Family Therapist, University Medical Center, Lubbock, TX •** Provide brief psychotherapy consultations to families on the pediatric and pediatric ICU floor and burn unit.
- Initiate the Early Predictors of Posttraumatic Stress Disorder (STEPP) assessment to patients and their families
 - Provide clinical referrals
 - Work collaboratively with medical staff and other personnel. •
Work with diverse populations both demographically and diagnostically.
- 2021 **Therapist, Private Practice, Phoenix Moon Healing, Lubbock, TX**
- Provide family, couple, and individual psychotherapy
 - Intake, assessment, and diagnosis of clients.
 - Treatment planning and collaboration with supervisor
 - Working with diverse populations both demographically and diagnostically. Presenting problems include anxiety disorders, schizophrenia, sexual abuse, alcohol addiction, marital problems, and co-parenting.

- 2020-2021 **Therapist Intern, Children's Behavioral Health Clinic, University Medical Center, Lubbock, TX**
- Provide therapy to children and their families following medical treatment
 - Treatment plans organized around providing support for their medical recovery and their mental health recovery
 - Collaborate with other health care professionals at the hospital 2019-2020 **Therapist Intern, Covenant Hospital, Levelland, TX.**
 - Total Direct Clinical Hours as of May 2020: 116
 - Provided therapy to children and their families following medical treatment.
 - Treatment plans organized around providing support for their medical recovery and their mental health recovery.
 - Collaboration with other healthcare professionals.
- 2018-2020 **Therapist Intern, Texas Tech Family Therapy Clinic, Lubbock, TX.**
- Total Direct Clinical Hours as of May 2020: 281
 - Total Indirect Clinical Hours as of May 2020: 90.5 • Family, couple, and individual psychotherapy.
 - Intake, assessment, and diagnosis of clients.
 - Treatment planning and collaboration with supervisor for treatment of clients
 - Worked with diverse populations, including major depressive disorders, anxiety disorders, bipolar disorders, and autism.

Supervision Experience

- 2021-2023 **Supervisor Candidate, Texas Tech Family Therapy Clinic, Lubbock, TX.**
- Provide individual supervision, video supervision, and live supervision for several students.
 - Provide guidance over several student's case notes and treatment plans.

Work Experience

2018-2020

Administrative Assistant, Texas Tech Family Therapy Clinic, Lubbock, TX.

- Managed and scheduled therapists' clinical blocks
- Managed and scheduled client intake appointments
- Payment collection and processed bank deposits
- Managed Titanium (clinic software) calendar
- Data entry into SPSS: Clinic assessments/measures
- Client file management, closed and archived files appropriately
- Community outreach/fairs

2019

Administrative Assistant, Texas Tech Children's Behavioral Health Clinic, Lubbock, TX.

- Helped with clinical policies/procedural development
- Managed and scheduling therapists' clinical blocks
- Managed and scheduled client intake appointments
- Payment collection and processed bank deposits
- Managed Titanium (clinic software) calendar
- Client file management, closed and archived files appropriately

Invited Guest Lectures

2022 Masters Course, Guest Lecture, Developing Cultural Competencies, Oregon Institute of Technology, Klamath Falls, OR.

- Guest lecture on experiences of race, racism, and culture as a person and professional.

2020 Masters Course, Guest Lecture, Intro to Marriage and Family Therapy, Department of Community, Family and Addiction Sciences, Texas Tech University, Lubbock, TX

- Guest lecture over culture and the therapeutic process

2020 Undergraduate Course, Guest Lecture, Department of Community, Family and Addiction Sciences, Texas Tech University, Lubbock, TX.

- Guest lecture over Symbolic Experiential Family Therapy

2020 Undergraduate Course, Guest Lecture, Group Process and Personal and Family Functioning, College of Health and Human Sciences, DeKalb, IL.

- Guest lecture over graduate school experience

Professional Service

2023 Judge for the McKenzie Lectureship Poster Session, Annual Conference; Lubbock, TX

2023 Mentor for the American Association for Marriage and Family Therapy Minority Fellowship Program

- 2022 Apprentice Reviewer for the *Journal of Marriage and Family Therapy* (JMFT).
- 2021 Apprentice Reviewer for the *Journal of Marriage and Family Therapy* (JMFT).
- 2020 Abstract Reviewer for the Texas Association of Marriage and Family Therapy (TAMFT)
Annual Conference; Austin, TX.
- 2020 Abstract Reviewer for the McKenzie Lectureship Annual
Conference; Lubbock, TX.

Community Presentations

- Journey to MFT Presentation*, December, 2018; Monterrey High School, Lubbock, TX.
- Led presentation and discussion to local high school students' mental health class regarding the career path to becoming an MFT.
- Student Panel and Discussion*, November, 2019; Texas Tech University, Lubbock, TX.
- Participated and led a Q and A panel for undergraduate students interested in pursuing a master's degree in the field of marriage and family therapy.

Community Involvement and Leadership

- 2020 **Texas Tech Student Association of Marriage & Family Therapy**
- Vice President
 - Assisted the organization president with community outreach
 - Coordinated advanced therapy trainings for SAMFT members
- 2018 **Texas Tech Family Therapy Clinic Volunteer (150 hours)**
- As a volunteer, my responsibilities centered on reception support, administrative support, managing closed case files.

Professional Trainings

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) (10 hours)

Gottman Method Couples Therapy, Level 1 and 2 Certificate of completion (40 hours)

Technology Assisted Professional Services (6 Hours)

Teletherapy in 10 days or less (2.5 Hours)

Academic Awards and Honors

- 2018-2019 Community Family and Addiction Sciences General Human Sciences Scholarship, Texas Tech University (\$1,000)
- 2020-2023 Helen DeVitt Jones College of Human Sciences Fellowship (\$10,000 x 3 years)
- 2020-2021 American Association of Marriage & Family Therapy Minority Fellowship Program, Doctoral Fellow (\$20,000 x 1 year)
- 2021 Journal of Marital and Family Therapy Apprentice Reviewer of the Year

Licensures and Certifications

- 2023 Expected certification of American Association of Marriage and Family Therapy (AAMFT) approved supervisor status.
- 2021-present Licensed Marriage and Family Therapist Associate (LMFT-A), Texas. License Number 204169

Professional Affiliations

- 2020-present American Association of Marriage and Family Therapy (AAMFT), member.
- 2019-present Texas Association of Marriage and Family Therapy (TAMFT), member.
- 2018 Texas Tech Student Association of Marriage and Family Therapy (SAMFT), Vice-President