

**Claudia Grauf-Grounds, Ph.D.**  
**Curriculum Vitae**

**Current Title:** Chair and Professor  
Marriage and Family Therapy (MFT)

**Address:** Seattle Pacific University  
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Seattle, WA 98119

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**Licenses:** State of California Marriage and Family Therapist (MFC17348),  
licensed 8/82; biannual continuing education requirements completed  
State of Washington Marriage and Family Therapist (LF00001498),  
licensed 7/01; biannual continuing education requirements completed

**EDUCATION**

University of Southern California Los Angeles, California	Ph.D. Sociology Graduate Certificate in MFT Nationally-Accredited Program (COAMFTE) M.A. Sociology	1988   1981
Fuller Theological Seminary Pasadena, California	M.A. Theology/MFT Marriage & Family Therapy program	1978
Stanford University Palo Alto, California	B.A. Psychology Honors in Humanities (Thesis: <i>Luther's concept of the Imago Dei</i> )	1976

**PROFESSIONAL POSITIONS & EXPERIENCE**

**Seattle Pacific University, Seattle WA** **1/1/00 to present**  
Chair and Professor, Department of Marriage and Family Therapy  
Administrator for master's program in COAMFTE/nationally accredited program; teach  
courses in marriage and family therapy and supervise

**University of Washington, Seattle WA** **8/02 to present**  
Clinical Instructor of Family Medicine  
Precept family practice physician residents in behavioral medicine through the Department  
of Family Medicine

**Private practice, Seattle WA and San Diego CA** **3/85 to present**  
Private practice of individual, couple and family psychotherapy; Minirth-Meier and New Life  
Clinics West Clinic Director; Miramar Comprehensive Counseling

- Grossmont Family Practice Residency, San Diego CA** **8/94 to 12/99**  
Clinical faculty: trained family practice MD residents in behavioral medicine with a psychiatrist; developed longitudinal curriculum in collaborative care for the new residency; provided mental health training for Stanford's Physician Assistant Program
- University of San Diego, San Diego CA** **2/89 to 12/99**  
Faculty: full-time and part-time lecturer
- Bethel Seminary** **4/98 to 12/99**  
Permanent Associate Faculty: taught in and developed new master's program in MFT; developed and coordinated Practicum sites
- Catholic Charities;** **5/91 to 8/94**  
**Ocean Beach Community Services** **1/90 to 6/92**  
Family therapy supervisor for MFT and pre/post Ph.D. Psychology Interns
- New Jersey Department of Education** **1/84 to 12/85**  
Evaluator and specialist for state school substance abuse programs
- Biola University (Rosemead Graduate School)** **9/81 to 6/83**  
Adjunct Faculty; taught MA courses and supervised PhD students
- Clinical Internships** **1976 to 1982**  
Outpatient clinical intern for substance abuse clinic; USC family therapy clinic intern; premarital counselor for church; weight therapist and group facilitator

### ***TEACHING EXPERIENCE***

#### Courses taught at Seattle Pacific University

- MFT 6100 Social Ecology of the Family
- MFT 6340 Experiential Family Therapy (Emotion Focused Therapy)
- MFT 6401 Group Therapy I
- MFT 6410 Treatment of Couples
- MFT 6411 Premarital Education
- MFT 6620 Assessment in Family Therapy
- MFT 6640 Medical Family Therapy
- MFT 6645 Beliefs, Spirituality & Health
- MFT 6933-6939 Clinical Practicum I-VII
- MFT 6340 Experiential Theory & Family Therapy
- Co-taught 30-hour AAMFT Approved Supervisor Course for professionals (01-04)

#### Courses taught at University of San Diego

- MFT 233 Family Studies & Development
- MFT 232 Family and Individual Assessment
- MFT 231 Ethnicity and Family Therapy
- MFT 227 Marital Therapy B
- MFT 220 Human Development
- EDUC-574 Child Abuse Seminar
- MFT 300-302 Clinical Practicum

Courses taught at Bethel Seminary

MF 121 Individual Development Within the Family  
MF 142 Assessment in Marriage and Family Therapy  
MF 151 Supervised Clinical Experience

Courses taught at BIOLA University/Rosemead Graduate School of Psychology

IMFT 651 Survey of Marital and Family Assessment  
Supervised Ph.D. Clinical Psychology Interns

**PEER REVIEWED PUBLICATIONS**

Patterson, J.E., Williams, L., Edwards, T., Chamow, L. & Grauf-Grounds, C. (2009). *Essential Skills in Family Therapy: From the First Interview to Termination (2<sup>nd</sup> Edition)*. New York: Guilford Press.

Grauf-Grounds, C., Edwards, S., MacDonald, D., Quek, K. & Schermer Sellers, T. (2009). Developing Graduate Curriculum Faithful to Professional Training and a Christian Worldview. *Christian Higher Education, 8*, 1-17.

Grauf-Grounds, C. (2007). Increasing social support to manage chronic illness. In D. Linville & K.M. Herlein (Eds.), *The Therapists' Notebook for Family Healthcare*. New York: Haworth Press.

Grauf-Grounds, C. (2007). A creative encounter with anticipatory loss. In D. Linville & K.M. Herlein (Eds.), *The Therapists' Notebook for Family Healthcare*. New York: Haworth Press.

Grauf-Grounds, C. & Edwards, S. (2007). Developing a Ritual to Honor Trauma: A Training Community's Witness. *Journal of Systemic Therapies, 26*, 38-50.

Grauf-Grounds, C. & Buckton, A. (2007). Patterns of Conversation between Clergy and their Parishioners and Referral to other Professionals. *Journal of Pastoral Care and Counseling, 61*, 31-38.

Grauf-Grounds, C. & Schermer Sellers, T. (2006). Developing Internships and Creating Jobs in the field of Medical Family Therapy: Some Lessons Learned. *Families, Systems & Health, 24*, 230-237.

Grauf-Grounds, C. (2004). Book Review. *Families, Systems & Health 22*, 485-486.

Edwards, T., Patterson, J.E., Grauf-Grounds, C., & Groban, S. (2001). Psychiatry, MFT & Family Medicine Collaboration: The Sharp Behavioral Health Clinic. *Families, Systems & Health, 19*, 25-35.

Patterson, J.E., Williams, L., Grauf-Grounds, & Chamow, L. (1998). *Essential Skills in Family Therapy: From the First Interview to Termination*. New York: Guilford Press.

Patterson, J.E., Bischoff, R., Scherger, J.E. & Grauf-Grounds, C. (1996). University Family Therapy Training and Family Medicine Residency in a Managed-Care Setting. *Families, Systems & Health, 14*, 5-16.

Grauf-Grounds, C. (1982). Language as a change agent: metaphor in the work of Jay Haley and in the parables of Jesus. *Journal of Psychology & Theology, 10*, 212-220.

## **MANUSCRIPTS IN PROCESS**

Grauf-Grounds, C. *Survival Strategies for Clergy Families: Lived Wisdom for Pastors from Pastors*

Grauf-Grounds, C. *Understanding Why Couples Fight and What to do about It.*

Grauf-Grounds, C., MacDonald, D. & Harris, J. *Suggestions for Best Practices in Clinical Referral.*

Grauf-Grounds, C., Buckton, A. & Boreman, J. *Patterns of Conversation between Therapists and their Clients and Referral to other Professionals.*

Grauf-Grounds, C & Bayona, J. *Patterns of Conversation between Physicians and their Patients and Referral to other Professionals.*

## **PEER REVIEWED PRESENTATIONS**

Grauf-Grounds, C & T. Schermer Sellers Helping the Family Cope with Chronic Illness—MS as a Case Example. *43<sup>rd</sup> Annual Spring Conference: Society of Teachers of Family Medicine.* Denver, CO. 4/2009.

Schermer Sellers, TS, Grauf-Grounds, C., White, L, & Heffernan, A. *What Medicine Can Learn from a Family's Wisdom – 20 years with M.S. 10<sup>th</sup> Conference on Collaborative Family Healthcare.* Denver, CO. 11/2008.

Grauf-Grounds, C. & Seller, T.S. A Ritual to Honor Trauma. *28<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine.* New Orleans, LA. 2/2008.

Grauf-Grounds, C., Schermer Sellers, T., Bayona, J., & Edwards, S. Taboo Topics in Healthcare: Spirituality, Sexuality and Physician Burn-Out. *9<sup>th</sup> Conference of Collaborative Family healthcare Association.* Asheville, North Carolina. 11/2007.

Lamson, A.L., Schermer Sellers, T., Hodgson, J.L. & Grauf-Grounds, C. Nurturing the Professional Woman: Redefining Success. *65<sup>th</sup> Annual Conference of the American Association for Marriage and Family Therapy.* Long Beach, California. 10/2007.

Grauf-Grounds, C. AAMFT Approved Supervisor Refresher Course. *Washington Association for Marriage and Family Therapy.* Seattle, WA. 2/2007.

Grauf-Grounds, C. & Schermer Sellers, T. "Collaboration in Action: Creating New Internships and Jobs for Medial Family Therapists: Lessons Learned." *8<sup>th</sup> Conference of Collaborative Family Healthcare Association.* Newport, Rhode Island. 11/2006.

Schermer Sellers, T. & Grauf-Grounds, C. "Reclaiming the Lives of Burned-out Practitioners: Researched Strategies for Balancing Family, Career, and Passion. *26<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine.* Austin, Texas. 3/2006.

Grauf-Grounds, C. "Exploring Collaboration between MFTs, Physicians, and Clergy." Poster Session. *63<sup>rd</sup> Annual Conference of the American Association for Marriage and Family Therapy.* Kansas City, Kansas. 10/2005.

Blount, F. A., Grauf-Grounds, C., & Stoller, D. "An Introduction to Collaborative Care: Pre-Conference Workshop." *7<sup>th</sup> Conference of Collaborative Family Healthcare Association*. Seattle, Washington 10/2005.

Grauf-Grounds, C. "Referral Patterns Between Family Physicians, Psychotherapists, and Clergy in Washington State." *25<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. Amelia Island, Florida. 2/2005.

Grauf-Grounds, C. and Schermer Sellers, T. "Exploring Bridges and Barriers to Collaboration between Providers of Care." *24<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. Amelia Island, Florida. 2/2004.

Schermer Sellers, T. & Grauf-Grounds, C. "Poster Session: A Model of Spiritually Informed Collaborative Care in Outpatient Oncology." *Integrating Research on Spirituality and Health and Well-Being into Service Delivery: A Research Conference*. Natcher Center National Institute of Health. Bethesda, Maryland. 4/2003.

Grauf-Grounds, C. & Schermer Sellers, T. "Listening Deeply: Incorporating Spirituality Into Our Professional and Personal Lives." *23<sup>rd</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. Kiawah, South Carolina. 3/2003.

Grauf-Grounds, C., Naden, M., & Ekey, M. "Three Perspectives on the Soul of Psychotherapy." *Christian Association for Psychological Studies, Western Regional Conference*. Seattle, Washington. 6/2002.

Grauf-Grounds, C. "Should Spirituality be added to the Biopsychosocial Paradigm of Patient Care?" *22<sup>nd</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. San Diego, California. 3/2002.

Grauf-Grounds, C., Haas-Cunningham, S., & Wagner, J. "Integrating Spirituality and Collaborative Health Care." *Collaborative Family Healthcare Association: Best Practices in Collaborative Family Healthcare*. Tampa, Florida. 1/2002.

Grauf-Grounds, C. & Schermer Sellers, T. "Using Medical Consultation for Collaborative Training." *21<sup>st</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. Kiawah, South Carolina. 3/2001.

Grauf-Grounds, C. & Schermer Sellers, T. "Medical Family Therapy Certification: The Seattle Pacific Model." *20<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. San Diego, California. 3/2000.

Edwards, T., Grauf-Grounds, C., Groban, S., & Patterson, J.E. "Multiple Perspectives, Integrative Solutions: The SHARP Biopsychosocial Consultation Model." *20<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. San Diego, California. 3/2000.

Edwards, T., Grauf-Grounds, C., Patterson, J.E. "Psychiatry, MFT & Family Medicine Collaboration: The SHARP Model." *4<sup>th</sup> Collaborative Family Healthcare Coalition: Collaborative Family Healthcare Goes Mainstream*. Bethesda, Maryland. 1/2000.

Grauf-Grounds, C. "Educating Treatment-Reluctant Patients: The Case of Depression." *19<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. Kiawah Island, South Carolina. 3/1999.

Grauf-Grounds, C. "Psychiatry, Family Therapy and Family Practice Together: Training Second and Third-year Residents Longitudinally in a HMO." *18<sup>th</sup> Annual Conference on Families and Health: Society of Teachers of Family Medicine*. Kiawah Island, South Carolina. 3/1998.

Patterson, J.E., Bischoff, R., and Grauf-Grounds, C. "Collaborative Training in a HMO." *2<sup>nd</sup> Collaborative Family Healthcare Coalition Conference*. Washington, DC. 1/1995.

Grauf-Grounds, C. "Multiple Supervisors: Developmental issues for Interns." Poster Session. *52<sup>nd</sup> Annual Conference of the American Association for Marriage and Family Therapy*. Chicago, Illinois. 11/1994.

Terry, L., Grauf-Grounds, C., Bischoff, R.J., & Williams, L. Supervision Using Live Data: Four Approaches. *30<sup>th</sup> Anniversary Conference of California Association of Marriage and Family Therapists*. Irvine, California. 4/1994.

Grauf-Grounds, C. "Clergy Marital Health: The Role of Family Cohesion." Poster Session. *51<sup>st</sup> Annual Conference of the American Association for Marriage and Family Therapy*. Anaheim, California. 10/1993.

### **AWARDS & GRANTS**

2007 Supervisor of the Year. Washington Association for Marriage and Family Therapy.

Seattle Pacific University Lilly SERVE Faculty Grant for Theology & Vocation, 2004-2005.  
"Models of Work-Family Connectedness in Clergy Families"

Seattle Pacific University Faculty Research Grant, 2002-2003.  
"Patients, Clients or Parishioners: Exploring the bridges and barriers to collaboration between providers of care."

Although not funded, co-wrote Robert Wood Johnson Foundation Training Grant with SPU School of Nursing faculty

National Institute of Mental Health Traineeship in Program Evaluation Research, USC, 1979-1981

### **RECENT INVITED PRESENTATIONS, WORKSHOPS & CONSULTATIONS**

Grauf-Grounds, C. "Open Forum: Educators in Church-Affiliated Institutions." *66<sup>th</sup> Annual Conference of American Association for Marriage and Family Therapy*. Sacramento, California. 10/2009

Grauf-Grounds, C. *Understanding Why Couples Fight and What to do about It*. Seattle Pacific University Library Series: Food For Thought. 2/2009.

Grauf-Grounds, C. *MFT Clinical Training and Supervision*. Beijing/Shenyang, China. 3/2008; 12/2006.

Grauf-Grounds, C., Lord, D. & Furrow, J. "Open Forum: Educators in Church-Affiliated Institutions." 65<sup>th</sup> *Annual Conference of American Association for Marriage and Family Therapy*. Long Beach, California. 10/2007

Grauf-Grounds, C., Lord, D. & Furrow, J. "Open Forum: Educators in Church-Affiliated Institutions." 64<sup>th</sup> *Annual Conference of American Association for Marriage and Family Therapy*. Austin, Texas. 10/2006

Grauf-Grounds, C., Lord, D. & Furrow, J. "Open Forum: Educators in Church-Affiliated Institutions." 63<sup>rd</sup> *Annual Conference of American Association for Marriage and Family Therapy*. Kansas City, Kansas. 10/2005

Grauf-Grounds, C., Brown, P., Weathers, B., & Chen, Y. "SPU Forum on Faculty Aging." Seattle, Washington. 4/2005

Grauf-Grounds, C. "Traits of Healthy Families." Redmond Women's Professional Group. 4/2005

Grauf-Grounds, C. "The Integrated Person: Jesus Model of Growth." Westminster Presbyterian Church Women's Retreat. 3/2005, Camp Casey, Washington.

Grauf-Grounds, C. "Beyond Bowen: Church Systems." Presbyterian Church USA Interim Pastor's Training & Curriculum Development for Trainers of Clergy. Seattle, Washington. 1/2005.

Grauf-Grounds, C. "Exploring Bridges and Barriers to Collaboration among Providers of Care." Presbyterian Counseling Services Continuing Education Seminar. Seattle, Washington. 4/2004

Grauf-Grounds, C. "Developing Services for Troubled Marriages." Consultation with pastors of Lake Forest Park Presbyterian Church. 12/2003.

Grauf-Grounds, C. "Research Presentation on Collaboration between Physicians, Psychotherapists & Clergy" SPU Faculty Retreat, 9/2003.

Grauf-Grounds, C. "Jesus, Integrated Care & Community Outreach: Conceptual Foundations & Practical Applications." Workshop for Parish Nursing Conference, 6/2003.

## **PUBLICATIONS IN PROFESSIONAL NEWSLETTERS**

Tri-annual articles on news concerning the financial status of Washington Association for Marriage and Family Therapists (2006-present) as WAMFT Treasurer

Tri-annual articles on news concerning elected Board Members and Candidates, Washington Association for Marriage and Family Therapy (2001-2005)

Quarterly articles written as regional President of Christian Association for Psychological Studies-West for CAPS West Newsletter (1999-2000)

Edward, T., Grauf-Grounds, C., & Patterson, J.E. (1999) Psychiatry, MFT and Family Medicine Collaboration. *Working Together: The Collaborative Family Healthcare Coalition Newsletter*, 4, Issue 4.

## **PROFESSIONAL MEMBERSHIPS**

American Association for Marriage and Family Therapy  
(Clinical Member, Approved Supervisor)

National Council on Family Relations

Christian Association for Psychological Studies (CAPS Clinical Member)

Society for Teachers of Family Medicine (STFM Associate Member);  
Steering Committee 2003-2006

Collaborative Family Healthcare Coalition (Program Planning Committee 2005)

## **ELECTED PROFESSIONAL POSITIONS**

- Washington Association for Marriage and Family Therapy – Treasurer (2006-present); Elections Committee (2001-2002; 2003-2005); Southern California-AAMFT Board of Directors (1990-1992)
- Christian Association for Psychological Studies San Diego Coordinator (1987-1999); CAPS-West Regional President (1998-2001); Conference Coordinator 1994; 2002.
- Board of Directors – San Diego Rescue Mission (1998-2000)

## **EDITORIAL RESPONSIBILITIES**

Review journal articles for: *Families, Systems & Health* and *Journal of Systemic Therapies*