

Curriculum Vitae

Tina Schermer Sellers, M.S., LMFT

Behavioral Scientist – Family Medicine
Medical Family Therapist – Oncology, Women’s Health, Family Practice
Marriage & Family Therapist and Certified Sex Therapist
Clinical Professor, Family Therapy & Family Medicine
Director, Medical Family Therapy

Academic and Professional Degrees and Licensure

Licensed Marriage and Family Therapist. Washington State. August 1994 – present. LF00001378
AASECT Certified Sex Therapist, 2006 - present
M.S. Marriage & Family Therapy. Seattle Pacific University. March, 1991
Training Certificate in Marriage & Family Therapy. Presbyterian Counseling Service Marriage & Family Therapy Training Center. June 1990
B.A. Education. San Diego State University. June 1982.
Clinical Member and Approved Supervisor AAMFT

Teaching, Training and Administrative Experience

Consultant for Loma Linda University School of Science and Technology. San Bernardino, CA. Consultant for the development of graduate Medical Family Therapy programs at the masters and doctoral levels. Focus: Curriculum and internship development, strategic plan and organization development. 9/2007
Trainer for Regence Blue Shield of Washington and Oregon. Provide training for their behavioral health panel of providers in both states on how to develop skills in collaborating with physicians on patient care. Title: Inside Tips for Collaborating with Physicians. Jan 2006, Feb 2007.
Director, Medical Family Therapy Post-graduate Certificate, Seattle Pacific University, 9/00-present
Wrote, launched and direct the only post-graduate training program in Medical Family Therapy on the west coast. This is an integrated multidisciplinary healthcare delivery model which places specifically trained psychosocial providers in medical clinics to form collaborative medical teams for treating difficult patients/families with complex illness profiles.
Clinical Faculty, Seattle Pacific University, Department of Marriage & Family Therapy, Seattle, WA. 1/92 – present. Courses: Graduate Human Sexuality, Group Process, Clinical Practicum Integration, Clinical Supervision, Psychopharmacology and Medical Issues, Medical Family Therapy, Grief, Loss and Culture, Applied Medical Family Therapy, Medical Family Therapy Clinical Practicum. Also: Provide AAMFT approved supervision for family therapy clinic interns at the University Counseling Clinic.
Clinical Faculty, University of Washington School of Medicine, Department of Family Medicine, Seattle, WA. 9/99 – present. Behavioral science preceptor for family medicine residency students.
Performance Consultant. Ward-Smith, Inc. 9/02-9/04.
Innovation Trainer and Consultant, Firemark, Inc. www.fivefacesofgenius.com. 9/00-present

Director, The Family Therapy Clinic at Seattle Pacific University, Seattle, WA. 7/98 – 9/99. Direct a staff of 10 Marriage & Family Therapy interns, provide training, supervision and administration.

Adjunct Faculty, the Marriage & Family Therapy Training Center at Presbyterian Counseling Service, Seattle, WA. 9/94 – 2001 Course: AAMFT approved graduate course in Human Sexuality.

Lecturer, Bethany Presbyterian Church, Stephen's Ministry Program.

Lecturer, University Presbyterian Church. Adult Education Parenting Workshop: Topic: Children and Fears

Lecturer, Seattle University. Course: Sociology and the Family.

Lecturer, Bethany Presbyterian Church. Adult Education Courses in Grace and Addiction

Lecturer, University Presbyterian Church. Adult Education Course in Communication and Relationship.

Clinical Experience

Founder and Executive Director, Northwest Collaborative Health and Northwest Cancer Resource Center. 9/97 – present

Designed and established a non-profit collaborative biopsychosocial and spiritual medical family therapy practice working collaboratively with patient/families and physicians – neurology, rheumatology, gynecology, family practice, medical oncology, radiation oncology, surgery, radiology, pathology and plastic surgery.

Licensed Marriage & Family Therapist, private practice, Seattle, Wa. 9/90 – present.

Practice includes service to individuals, couples, families, groups; supervision to Marriage & Family Therapists, collaborate/consult with primary care and specialty care physicians and psychiatrists. License #: LF 00001378 Washington State

Supervisor of Graduate Medical & Marriage & Family Therapy Interns, Seattle, Wa. 1/94 – present.

Provide 8 hours of supervision per week to first and second year graduate Marriage and Family Therapy students in the MFT program and post-grad student in Medical Family Therapy Certificate program in the Department of Family Psychology at Seattle Pacific University.

Medical Family Therapist. Northwest Cancer Center. 11/96 – 8/97

Designed a pilot project, grant funded by the Northwest Cancer Foundation to provide on-site Medical Family Therapy services to patients receiving adjuvant chemotherapy for a cancer or blood related disease diagnosis. Collected data to determine the effect of services on patients, staff and physicians. Also collected and examined cost-off set and insurance reimbursement data.

Consultant, Seattle Breast Center Multidisciplinary Team, Seattle, Wa. 11/95 – 2004

Consult weekly to a team of 28 multidisciplinary physicians regarding the psychosocial needs of women newly diagnosed with breast cancer. Additional consultation provided to nurses and staff. Staff privileges at Northwest Hospital.

Marriage & Family Therapy Intern. Youth Eastside Services, Bellevue, Wa. 2/89 – 8/90.

Papers, Publications, Presentations & Research

Sellers, T., Grauf-Grounds, C. "A Families Wisdom – 20 years with M.S." Collaborative Family Healthcare Association's 10th Annual Conference in Denver, CO. Nov. 6-9, 2008.

Sellers, T. "Working with Couples Whose Sex Life Isn't Working: Current Cultural Factors Diminishing Couples' Sexual Satisfaction" 5th Global Conference on Persons & Sexuality – Probing Boundaries sponsored by Inter-disciplinary.net. November 3-5, 2008. Salzburg, Austria

Sellers, T. "The Surprising Erotic Life of the Elderly, Disabled and Chronically Ill". 4th Global Conference on The Erotic – Exploring Critical Issues sponsored by Inter-disciplinary.net. October 31 - November 2, 2008. Salzburg, Austria

Sellers, T. "Normative Sexual Development – what we need to know and why we need to know it". WAMFT Newsletter – Spring 2008. 5/2008.

- Sellers, T. "Nurturing the Professional in the Modern World". *Conversations Toward Wholeness – Creating Climates in Which Women and Men Can Flourish in Christian Higher Education*. Sponsored by the Consortium for Christian Colleges and Universities. April 9 – 11, 2008. San Diego, CA.
- Sellers, T. "Working with Couples Whose Sex Isn't Working: Factors in Modern Life Diminishing Couple's Sexual Satisfaction". Society for the Scientific Study of Sexuality – Western Region Annual Conference. April 10-13, 2008. San Diego, CA.
- Sellers, T.; Grauf-Grounds, C. "A Ritual to Honor Trauma – coping with vicarious trauma and clinician burnout". STFM's 28th Annual Conference on Families and Health, New Orleans, LA. Feb 28 – Mar 2, 2008.
- Sellers, T. "A New Covenant Discussion of the Gift of Sexuality". Featured speaker for the Valentine's Dinner at University Presbyterian Church, Seattle Washington. Feb 9, 2008.
- Sellers, T.; Grauf-Grounds, C; Bayona, J.; Edwards, S. "Taboo Topics in Healthcare – addressing sexuality, spirituality and physician burn out in healthcare". Collaborative Healthcare – Putting It All Together. The 9th annual conference of CFHA (Collaborative Family Healthcare Assn) in Asheville, NC. Nov. 7-10, 2007.
- Sellers, T. "An Erotic God – A Response to *All Sexed Up* by Dan Rhodes". *The Other Journal – an intersection of theology and culture*. Issue 10, Nov 2007.
- Sellers, T.; Grauf-Grounds, C; Lamson, A. "Nurturing the Professional Woman – Redefining Success". The Annual Conference of AAMFT (American Association for Marriage & Family Therapy) in Long Beach, CA. Oct. 10-13, 2007.
- Sellers, T.; Whitney, S; Whitney, M. "A New Covenant Approach to the Gift of Sexuality". P.R.E.S.S. Summer Lecture Series, Bethany Community Church., Seattle, Washington. August 22, 2007.
- Sellers, T. "Taboo Topics in Healthcare – addressing sexuality and spirituality in patient care encounters". Illness and Disability Interest Group of the annual conference of AFTA (American Family Therapy Association) in Vancouver, BC. June 20-24, 2007.
- Sellers, T. "Working with couples when their sex isn't working: Life in the convergence zone". [WAMFT Newsletter – Spring 2007](#). 6/2007
- Sellers, T. "The Adventure of a Lifetime: Accident or Art". Office of Student Life, Seattle Pacific University. 2/2007
- Sellers, T. "Christians Caught Between the Sheets – A Call for a New Christian Sexual Ethic". Paper presented at the Programme On Sex, Intimacy and Love – Session I: Creating a Framework for Healthy Sexuality. The Institute for Medicine, Psychology and Religion. Holy Cross Seminary, Brookline, MA. 11/3/2006.
- Grauf-Grounds, C., Sellers, T. "Collaboration in Action: Creating Internships and Potential Jobs for Medical Family Therapists: Lessons Learned". Collaborative Family Healthcare Association's 8th Annual Conference. Newport, Rhode Island. 11/2-5/2006.
- Sellers, T. 2006. "Christians Caught Between the Sheets – how abstinence only ideology hurts us". *The Other Journal – an intersection of theology and culture*. Issue 7, June 2006. <http://www.otherjournal.com/article.php?id=158&cvview=1#cmt>
- Grauf-Grounds, C., Sellers, T. "Collaboration in Action: Creating Internships and Potential Jobs for Medical Family Therapists: Lessons Learned". *Family, Systems and Health*. Spring 2006. Vol. 24, No. 2, pp. 230-237.
- Sellers, T. "Fresh Strategies for Fresh Energy – Practical Tools for Finding Time in a Crazy World." Professional Excellence 2006 - Oregon Federal Executive Board. Portland, OR. 4/2006.
- Sellers, T., Grauf-Grounds, C. Reclaiming the Lives of Burned-out Practitioners – Researched Strategies for Balancing Family, Career and Passion. 26th Annual Society of Teachers in Family Medicine Conference on Families and Health. Austin, Tx., March 1-5, 2006.
- Sellers, T., Batts, J., Ostman, C. "Women of Dual Call – Qualitative Study of Women Dually Called to both Motherhood and Career." Faith, Hope and Work Conference. San Diego, CA. Feb 9-11, 2006.
- Sellers, T., Cooper, E. "Reclaiming the Lives of Burned Out Practitioners – Researched Strategies for Balancing Family, Career and Passion." Collaborative Family Healthcare Association's 7th Annual Conference. Seattle, Wa. 10/6-9/2005.

- Sellers, T., Batts, J., Thomas, K., Ostman, C. Women Called: A qualitative study of Christian women dually called to motherhood and career. *The Journal of Psychology and Theology – 2006 Special Edition on Gender and Christianity*. 2005. Vol. 33, No. 3, 198-209.
- Sellers, T., Recipient of a \$5,000 Lily Foundation Grant for the study of the integration of theology and vocation.
- Sellers, T. "Collaboration in Healthcare: Mental health and physical health providers working together". WAMFT News – Spring 2005
- Sellers, T. "Collaborative Healthcare: Marketing to Physicians". Presentation to the Seattle Counselors Association. 11/04.
- Sellers, T., Grauf-Grounds, C. "Exploring Bridges and Barriers to Collaboration Among Providers of Care." Caring for Patients and Families in Uncertain Times, The 24th Annual Conference of the Society of Teachers in Family Medicine. Amelia Island Resort, Amelia Island, Florida. 2/25-29/2004.
- Sellers, T. "Insider Tips for Collaborating with Physicians" WAMFT News – Fall 2003
- Sellers, T., Rahib, Shakaim. "Communication with Families" Emerging Trends in Health Communication – Research and Teaching Forum. The Annual Conference of the American Academy on Physician and Patient, Linthium, Maryland. 10/2003.
- Sellers, T., Grauf-Grounds, C. "Listening Deeply – Incorporating Spirituality into our Personal and Professional Lives." Listening to Patients and Families – Lessons Lived, Lessons Learned, 23rd Annual Conference of the Society of Teachers in Family Medicine. Kiawah Island, South Carolina. 3/2003.
- Sellers, T. "Collaborative Sellers, T. " Life In a Balance – strategies that work for dual career families" WAMFT News – Fall 2002
- Sellers, T. "Collaborative Sellers, T. " MFT's Perfectly Poised for Work in Medical Family Therapy" WAMFT News – Fall 2002
- Sellers, T. "Making It Work: Successfully Balancing Family and Career". University of Washington Training and Development "Network" Conference. Seattle, WA. 3/2002
- Sellers, T. "Sexuality and the Cancer Patient – A Tender Place". Annual Conference of the Society of Teachers in Family Medicine. San Diego, CA. 2/2002.
- Sellers, T. "Making It Work: Successfully Balancing Family and Career". The Washington Professional Chapter of the National Association of Women in Communication. Spring Luncheon, Seattle, WA. 5/2002
- Sellers, T. "Healthcare In the Treatment of Cancer". Best Practices in Collaborative Family Healthcare. Biennial Conference of the Collaborative Family Healthcare Association. Clearwater, Florida. 1/2002.
- Sellers, T "The Emerging Field of Medical Family Therapy". WAMFT News – Spring 2001
- Sellers, T., Grauf-Grounds, Claudia. "Using Medical Consultation for Collaborative Training." Celebrating the Family in Family Medicine, Annual Conference of the Society of Teachers in Family Medicine. Kiawah Island, South Carolina. 3/2001.
- Sellers, T "The Role of Spirituality in the Management of Stress". WAMFT News – Winter 2001
- Sellers, T. "Why Licensure is Critical for Marriage & Family Therapists in the State of Washington". Address to the Washington State Legislative Review Board for Senate Bill 5877.
- Sellers, T, Moser-Wellman, A. Five Faces of Genius Innovation Training. Tfa/Leo Burnett Advertising, Business Training, Santa Fe, New Mexico. Innovation Training & Coaching for Firemark, Inc. 9/2000
- Sellers, T, Moser-Wellman, A. Five Faces of Genius Innovation Training. Coca-Cola Business Training, Greensboro, GA. Innovation Training & Coaching for Firemark, Inc. 11/2000
- Sellers, T. Recipient of \$10,000 Northwest Cancer Center Foundation grant for research on identifying and creating a treatment model for the reduction of psychosocial stress on patients and families undergoing treatment for cancer.. 3/2000
- Sellers, T. (Spring 2000) "A Model of Collaborative Healthcare in Outpatient Medical Oncology." *Families, Systems & Health*. Vol 18, No. 1: 19-33.
- Sellers, T. "Sexuality and Cancer" Family Medicine Resident Training. Department of Family Medicine, University of Washington School of Medicine. Seattle, Washington. 4/2000
- Sellers, T. "Sexuality and Cancer" Annual Conference of the Oncology Nursing Society – Washington State Chapter. Seattle, Washington. 3/2000.

- Sellers, T., Grauf-Grounds, Claudia. "Medical Family Therapy Certification: The Seattle Pacific Model." Celebrating the Family in Family Medicine, Annual Conference of the Society of Teachers in Family Medicine. San Diego, California. 3/2000.
- Sellers, T. "Making a Place for Illness ... then Keeping Illness in it's Place." Medicine, Mind, Body & IBD. Annual conference of the Crohn's & Colitis Foundation of America – Washington State Chapter. Seattle, Washington. 2/2000.
- Sellers, T., Tsagalakis, T. "What's Under the Bed? Helping Children Cope with Fears". Parenting Conference, University Presbyterian Church. Seattle, Washington. 2/2000.
- Sellers, T., "The Role of Family Therapy in Chronic Illness Settings – Oncology As a Case Example." 1999 National Counsel of Family Relations Annual Conference. Irvine, CA. 11/99.
- Sellers, T., "Models of Collaboration and Integrative Care – Breast Cancer As a Case Example." 1999 Women's Health Legislative Summit. Leavenworth, Washington. 11/99.
- Sellers, T., "Divorce ... I didn't sign up for this". Trinity Western University, Langley, British Columbia, Canada. 11/99
- Sellers, T., White, E. "Informing and Caring for the Patient at Diagnosis and Beyond." Part of a CME physician training sponsored by the Seattle Breast Center and Northwest Hospital entitled: "Early Breast Cancer: A Patient's Eye View From Start to Finish." 3/99.
- Sellers, T., Shell, Judy "Cultivating Patient-Family Physician Resources to Manage Cancer: An Interdisciplinary Approach" Paper presented at: Healing Communities: Joining Together in a Changing World. Annual Families & Health conference of the Society of Teachers in Family Medicine. Kiawah Island Resort, Kiawah Island, South Carolina. 3/99.
- Sellers, T., Schwartz, A. "Strength for Living – managing cancer related fatigue." A program for cancer patients, caregivers and healthcare providers at Northwest Hospital. 2/99.
- Sellers, T. "Medical Family Therapy: trekking through a new land". Paper presented at the Fall Training Conference of the Washington Association of Marriage & Family Therapy Student Associate Membership. 9/98
- Sellers, T. "Models of Collaboration in a Specialty Setting – Oncology as a Case Example" Paper presented at: Treating Families Across Disciplines. Annual conference of the Society of Teachers in Family Medicine and the Collaborative Family Healthcare Coalition. Kiawah Island Resort, Kiawah Island, South Carolina. 3/98.
- Sellers, T. "A New Kind of Cancer Care"; A KING 5 Special Report by Jean Enerson. Seattle, Wa. February 12, 1998.
- Sellers, T. "Medical Family Therapy – Model and Culture" Presentation for the Second Tuesday Training Lecture Series put on by the Marriage & Family Therapy Training Center at Presbyterian Counseling Service. Seattle, Wa. 2/98.
- Sellers, T.; Ewing, J.; Moline, M.; Gray, R. "One Departments Process: Integrating Collaborative Training into a Graduate Mental Health Program." Presentation for: Models of Collaboration. Annual Conference of the Collaborative Family Healthcare Coalition. The National Institutes of Health, Bethesda, Maryland. 2/97.
- Sellers, T. "Personal Relationships Through the Cancer Experience." Presentation to 'Conquering Cancer' – an education and support forum for cancer patients, families and friends. Northwest Hospital, Seattle. Wa. 11/96.
- Sellers, T. Recipient of \$10,000 Northwest Cancer Center Foundation grant for research on identifying and creating a treatment model for the reduction of psychosocial stress on patients and families undergoing treatment for cancer. 11/96
- Sellers, T; Naden, M; Moline, M; Gray, R. "Tracking Curriculum Change: Integrating Collaborative Training into a Graduate Mental Health Program." Presentation for: Collaboration Between Primary Care and Mental Health: serving the needs of the patient.. Conference put on by the University of Washington Department of Family Medicine. Seattle, Wa. 9/96.
- Sellers, T, Landrum, E. Recipient of a \$2,000 Seattle Breast Center Foundation grant for the research and development of a psychosocial needs assessment report for the Multidisciplinary Team of the Seattle Breast Center. Seattle, Wa. 4/96.

Sellers, T., Naden, M. Recipient of a \$2,000 Seattle Pacific University research grant for research on collaborative clinical supervision. Seattle, Wa. 11/95.

Awards/Recognition

Feature Article – Holistic Healing – Collaborative treatment of mind, body and spirit makes the difference for patients and families. *Response* Spring 2006, Vol. 29, No. 2.

Conference Chair Award, Collaborative Family Healthcare Association's 7th Annual Conference. Seattle, Wa. 10/6-9/2005

Best Workshop, Sellers, T., Rahib, Shakaim. "Communication with Families" Emerging Trends in Health Communication – Research and Teaching Forum. The Annual Conference of the American Academy on Physician and Patient, Linthium, Maryland. 10/2003.

Volunteer of the Year, Washington Association for Marriage & Family Therapy 2000-2001

Whose Who in Metropolitan Life 2005

Professional Services

Society of Teachers in Family Medicine – Families and Health Conference Steering Committee 2007-

National Executive Board – Collaborative Family Healthcare Association. 2003 – 2007

<http://www.cfhcc.org>

Chair – 2005 Annual Conference of Collaborative Family Healthcare Association. Scheduled for November 2005 in Seattle.

Behavioral Health Advisory Board – Regence Blue Shield of Washington and Oregon. 2003 - present

Executive Board – Secretary, Washington Division, American Association for Marriage and Family Therapy. 1996 – present.

Faculty Advisor for the Alumni Committee, Seattle Pacific University, Department of Family Psychology, Marriage and Family Therapy Program. 1996 – 1998

Member of the Academic Task Force on the development of curriculum and training in Collaborative Family Healthcare for Marriage & Family Therapy Training sites and Family Medicine Residency sites. University of Washington Department of Family Medicine, Seattle, Wa. 11/94 – 2000.

Chair, Alumni Committee of the Marriage & Family Therapy Training Center at Presbyterian Counseling Service, Seattle, Wa. 1994-1996.

Co-editor of the PCS/MFT *Quarterly Newsletter*, published by the Marriage & Family Therapy Training Center at Presbyterian Counseling Service. Seattle, Wa. 1993-1996

Member, Alumni Committee of the Marriage & Family Therapy Training Center at Presbyterian Counseling Service. Seattle, Wa. 1992-1996.

Professional Memberships

American Association of Marriage & Family Therapy, Clinical Member & Approved Supervisor.

For Website refer to Therapist Locator at: <http://www.aamft.org/>

American Association of Sexuality Educators, Counselors and Therapists, Certified Clinical Member

Washington Association of Marriage & Family Therapy, Clinical Member & Executive Board Member.

<http://www.wamft.org>

Collaborative Family Healthcare Association, Member. <http://www.cfhcc.org>

Washington Chapter of the Collaborative Family Healthcare Association, Founding Member.

Society of Teachers in Family Medicine, Associate Member. http://www.stfm.org/index_ex.html

Oncology Nursing Society, Affiliate Member

Puget Sound Oncology Nursing Society, Affiliate Member

The American Academy on Physician and Patient, Member <http://www.physicianpatient.org/>

