

**KATHLEEN M. PAPE, Psy.D.**

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## **CURRICULUM VITAE**

### **EDUCATION**

Doctorate in Psychology (Psy.D.), 2014; Antioch University Seattle, WA.

Dissertation title: *Mothering and the Functional Self: A Hermeneutic Exploration of Texts on Perinatal Mood and Anxiety Disorders.*

Master of Arts in Existential-Phenomenological Therapeutic Psychology, 1993; Seattle University, Seattle, WA

Psychology Undergraduate Pre-requisites, 1990 – 1993; University of Washington, Seattle, WA

Bachelor of Arts in Humanistic Studies, 1985; St. Mary's of Notre Dame, Notre Dame, IN

### **LICENSURE**

Licensed Psychologist in the State of Washington since 2018; #PY60689536

Licensed Mental Health Counselor in the State of Washington since 1998; #LH00005948

### **PROFESSIONAL CLINICAL EXPERIENCE**

#### **Psychotherapy Private Practice, Seattle, WA**

6/1999 - Present

Provide short- and long-term treatment for individuals and couples experiencing depression, anxiety, life transitions, conflicts in relationships, grief and loss, as well as complex trauma including childhood abuse, neglect, and abandonment.

#### **Graduate Fellow**

##### **Antioch University Seattle, Psy.D. Program**

9/2008- 9/2009

*Supervisor:* Melissa Kennedy, PhD

Collaborated with Antioch faculty member as a research and teaching assistant including literature reviews and writing for publication, contributing to course content and syllabi, serving on task force positions for APA accreditation.

#### **Meditation Instructor**

##### **Samadhi Yoga Studio, Seattle, WA**

10/2006 – 8/2007

Conducted weekly classes utilizing meditation, guided visualization, and relaxation for individuals experiencing anxiety, insomnia, and traumatic stress.

**Spiritual Director and Workshop Facilitator  
Ignatian Spirituality Center, Seattle, WA**

1/2000 – 5/2007

Met with individual clients for spiritual direction. Coordinated and presented workshops on the Ignatian Prayer Experience and on Discernment (i.e. making life decisions which are congruent with one's personality, temperament, and sense of purpose).

**Grief and Loss Workshop Facilitator, Seattle and Bellevue, WA**

Group Leader 11/1998 – 12/2001

Developed and presented one-day workshops and six-week support groups using reflection, meditation, discussion, process, skill building, and support to heal from grief, loss, and difficult life transitions.

**Associated Provider Network/ Compass Health, Everett, WA**

Crisis Clinician, 7/1999 – 2/2000

Responded to individuals and families in crisis, assessed severity and arranged appropriate care including inpatient admission, temporary respite care, access to substance abuse treatment, and referrals to ongoing case management or therapy services.

**Psychiatric Management Resources, Bellevue, WA**

Therapist 2/1999 – 9/1999

Conducted individual and group therapy for chronically and seriously mentally ill adults in a day treatment model. Developed treatment plans, documented client status and response to treatment, and coordinated program services with other service providers.

**Associated Provider Network/ Compass Health, Everett, WA**

Access Clinician II, 12/1997 - 6/1999

*Supervisor:* Sharon Wolfe, MSW

Assessed, triaged, and screened clients seeking mental health services in a five-county region utilizing UNIX and Microsoft computer software and an automated phone system. Coordinated referrals for ongoing care and community support. Assessed clients for crisis services and facilitated seamless access to those services as needed. Maintained a catalog of community resources and referrals for the five-county region.

**Compass Health/Counterpoint Community Mental Health Services, Edmonds, WA**

Clinician II, 3/1994 - 12/1997

Responsible for a caseload of 40 adults experiencing chronic and severe mental illnesses. The work included brief as well as long-term psychotherapy, case management, intake, assessment/diagnosis, treatment planning, crisis intervention, evaluation, and record maintenance. Planned and facilitated psycho-educational and therapy groups for adults, and children's social skills groups.

**Graduate Assistantship Seattle University, Department of Psychology**

9/1991 – 8/1992

*Supervisor:* Steen Halling, Ph.D.

Contributed to an on-going qualitative research project that investigated the experience of social activists.

## PROVISION OF CLINICAL SUPERVISION

### **Private Practice, Seattle, WA**

1/2001 – Present

Washington State Approved Supervisor, as per WAC 246-809-234

Provide supervision and consultation to clinicians pursuing licensure at the master's level. Supervision focuses on ways of engaging with clients and establishing a therapeutic relationship, conceptualizing the client's situation and psychosocial history, and developing therapeutic techniques and methods appropriate for effective interventions. Also address issues of ethical practice and ways of empowering clients in the healing process, as well as the growth and development of the therapist.

### **Seattle University, Master of Arts in Existential-Phenomenological Psychology, Seattle, WA**

9/2012 – Present

Provide clinical supervision to second-year masters students who are on internship. We meet in groups of four to five students on a weekly basis during the school quarter. Topics covered include the therapeutic relationship, case conceptualization, encountering clients from diverse backgrounds, managing clinic dynamics, therapist growth and care, crises in clinical care (e.g. suicidality, violence, psychosis, homelessness, and barriers to services), and coordinating with social and professional services.

### **Counterpoint Community Mental Health Services, Edmonds, WA**

4/1996- 12/1997

Provided direct clinical supervision and teaching to master's level interns in all phases of treatment. Taught psychosocial assessment, evaluation, diagnosis, and record maintenance, as well as therapeutic process in group and individual psychotherapy, brief therapy, case management, and termination.

## TEACHING EXPERIENCE

### **Lecturer**

#### **Seattle University, Seattle, WA**

Supervisors: Kevin Krycka, Psy.D., and Randall Horton, Ph.D., Program Directors MA in Psychology; Erica Lilleleht, PhD and Kathleen Cook, Ph.D., Program Chairs, Psychology  
9/2013 – Present

Courses Taught:

- Introduction to Psychology (Undergraduate, Psychology)
- Psychology of Gender (Undergraduate, Psychology)
- Therapeutic Communications (MA in Psychology)
- Supervision Seminar (MA in Psychology)
- Issues in Psychotherapy (MA in Psychology)
- Maternal Theory and Care (MA in Psychology)
- Lifespan Development (MA in Psychology)
- Modern Selves and Global Society (Undergraduate, Honors College)

### **Adjunct Faculty, Masters in Counseling Psychology**

#### **Bastyr University, Kenmore, WA**

Supervisor: Amy Davis, Psy.D., Clinical Training Director

8/2013

Developed and taught a course on Mind-Body Approaches for Health in the Master of Arts in Counseling Health Psychology program.

## FORMAL CLINICAL TRAINING EXPERIENCE

### **Fremont Community Therapy Project, Seattle, WA**

Intern 7/2012 – 6/2013

*Supervisor:* Laura S. Brown, PhD, ABPP

As part of a full-time, doctoral internship in clinical psychology, I provided psychotherapy for individuals and couples, teaching Dialectical Behavioral Therapy skills groups, and conducting psychological assessments. As part of this training opportunity, I received approximately six hours per week of supervision and consultation and two hours per week of didactic training. The population served at this clinic included those with severe mental illnesses, complex trauma histories, and limited resources. In addition, informal peer consultation was a daily aspect of this feminist theory-informed clinic.

### **Fremont Community Therapy Project Practicum: Assessment, Seattle, WA**

Assessment Clinician 3/2011 – 6/2011

*Supervisor:* Laura S. Brown, PhD, ABPP

As part of a 300-hour practicum, I am conducted psychological assessments on underserved clients, including assessments for learning disabilities, and recommended accommodations in the academic environment. As part of this practicum, I completed a course of independent study in client-centered, therapeutic psychological assessment.

### **Fremont Community Therapy Project, Seattle, WA**

Practicum/Pre-internship Therapist 9/2009 – 8/2010

*Supervisor:* Laura S. Brown, PhD, ABPP

Completed 1080 hours of experience with low-income, underserved populations. This included individual psychotherapy and intervention, assessment, group and individual supervision, and didactic learning activities. The clinic modeled a feminist therapy ethic, and so community decision making and organizational tasks were also a part of my experience.

### **Antioch Community Counseling & Psychology Clinic, Seattle, WA**

Practicum Therapist 1/2008 – 3/2009

*Supervisor:* Melissa Kennedy, PhD

As part of the Health Psychology Concentration, doctoral students worked with diverse, low-income clients experiencing varying degrees of distress in response to chronic and severe medical illnesses, and long-term and recent trauma. Responsibilities included intake and assessment, referral to community-based services for specific needs, crisis intervention, brief and long-term psychotherapy.

### **Counterpoint Community Mental Health Services, Edmonds, WA**

Outpatient Therapist Internship, 9/1992 - 6/1993

As a requirement of the Seattle University MA in psychology program, I completed a nine month, 600- hour practicum experience. I was responsible for a caseload of 10-12 adults experiencing chronic and severe mental illnesses. Treatment modalities included brief as well as long-term individual psychotherapy, psycho-educational and therapeutic groups, case management, intake, assessment/diagnosis, treatment planning, crisis intervention, evaluation, and record maintenance. I was supervised on-site as well as by a faculty member of the Seattle University MA in Psychology program.

## PUBLICATIONS

Pape, K.M. (2015). The Face of the Other in Motherhood. In K. Krycka, G. Kunz, & G. Sayre (Eds.) *Psychotherapy for the Other*. Pittsburgh, PA: Duquesne University Press.

Pape, K.M. (2012). Review of Erika Horwitz's *Through the maze of motherhood: Empowered mothers speak*. In *Journal of the Motherhood Initiative for Research and Community Involvement*, 3, 271-272.

## RESEARCH EXPERIENCE

### **Doctoral Dissertation, Antioch University, Seattle, WA (2014)**

*Mothering and the Functional Self: A Hermeneutic Exploration of Texts on Perinatal Mood and Anxiety Disorders*. This dissertation project was a theoretical analysis, utilizing the principles of hermeneutical philosophy, of texts on Postpartum Mood and Anxiety Disorders.

### **Independent Research Project, Seattle, WA (1998- Present)**

*Death, Grace, and Transformation: The Experience of losing a Sibling in Mid to Early Adulthood*.

This project was a qualitative, phenomenological research project to investigate the experience of early adult sibling bereavement. It involved open-ended interviews with adults who had experienced the death of a sibling, and utilized qualitative, heuristic research and analysis, as articulated by Clark Moustakas, to organize themes around the experience of loss.

### **Graduate/Research Assistant, Seattle University Department of Psychology (1991-1993)**

Assisted psychology staff on two research projects including transcription, writing narratives of interviews, participating in dialogue with the researchers on themes in the interviews, and presenting the results of our research at conferences in Michigan and The Netherlands.

## PROFESSIONAL PRESENTATIONS

Pape, K.M. (2018, November). *Open educational resource in the classroom*. Faculty Showcase Presentation, Seattle University, Center for Digital Learning & Innovation.

Pape, K.M. (2017, April). *Pitching hermeneutics*. Conference on Teaching Introductory Psychology Northwest. Highline Community College, Washington.

Pape, K.M. (2012, May). *To be "not learned, save in gracious household ways:" A Hermeneutic analysis of how consumer-market parenting manuals have defined women's roles as mothers*. Paper presented at the International Conference on Mothers and History: Histories of Motherhood, Toronto, Ontario, Canada.

Brown, L.S., Slaughter, S., Pape, K.M., et al. (2010, February). *Creating a feminist therapy community training clinic: Our experiences building the Fremont Community*

*Therapy Project*. Panel presented at the 35th Annual Conference of the Association for Women in Psychology, Portland, OR.

Pape, K. M. (2009, October). *The Face of the other as an ethic of motherhood*. Paper presented at The Psychology of the Other: The seventh annual seminar on the relevance of Emmanuel Levinas' philosophy for the theory and practice of psychology, Seattle, WA.

Kennedy, M. J. & Pape, K. M. (2009, May). *Intuitive Moments: A Phenomenological study of the experience of intuition during psychotherapy*. Paper presented at the Seattle University Phenomenological Research Conference, Seattle, WA.

Pape, K. M. (2008, June). *A Social constructivist lens on the loss of a sibling in early to mid-adulthood*. Paper presented at the Seattle University Phenomenological Research Conference, Seattle, WA.

Pape, K. M. (2002, June). *The Experience of the Changing Self in the Loss of a Sibling*. Paper presented at the International Human Sciences Research Conference, Victoria, BC

Pape, K. M. (1999, June). *Death, Grace, and Transformation: The Experience of Losing a Sibling in Early to Mid-Adulthood*. Paper presented at the International Human Sciences Research Conference in Sheffield, England

Halling, S., Rowe, J. O., Lambo, D., & Pape, K. M. (1993, June). *Dialogal Phenomenology*. Paper presented at the International Human Sciences Research Conference, Groningen, The Netherlands

Halling, S., Rowe, J. O., & Pape, K. M. (1992, July). *The Phenomenology of Social Activism*. Paper presented at the International Human Sciences Research Conference, Michigan, USA

## **PROFESSIONAL AFFILIATIONS**

American Psychological Association, Member since 2007; including Membership in Division 24 (Society for Theoretical and Philosophical Psychology), and Division 35 (Psychology of Women)

Motherhood Institute for Research and Community Involvement (MIRCI), York, CANADA, Member since 2009

Washington Mental Health Counselors Association, Member since 1999

American Mental Health Counselors Association, Member since 1999

Postpartum Support International (PSI) Member since 2011

## **VOLUNTEER EXPERIENCE**

### **Response: Help for Battered Women, Aspen, CO**

Crisis Counselor, 5/1987 – 10/1988

Served as a telephone crisis counselor and advocate to women in domestic violence situations. Facilitated referrals to community agencies for counseling and assisted women in finding safe housing and additional social supports.

### **Institute for Latin American Concern, Creighton University, Omaha, NE**

6/1984-8/1984

As an undergraduate student volunteer, I had the opportunity to live with and become a part of a family and community in the campos of the Dominican Republic. The program focused on building relationships across cultural, linguistic, and socio-economic barriers as well as creating the opportunity for Dominicans living in rural communities to receive basic health care. While living in the campos for 4 weeks, I worked with professionals in small clinics in the mornings. In the afternoons, with other students, we performed outreach services visiting homes on the outer edges of the campos or gave "charlas" (educational talks) on techniques to improve the quality of life through preventative health care.