

# Gregory Scott Seibert

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## EDUCATION

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**Florida State University** Tallahassee, FL  
Doctorate of Philosophy in Marriage and Family Therapy Aug 2014 - Present

**University of San Diego** San Diego, CA  
Master of Arts in Marriage and Family Therapy May 2014

- USD Dean's Merit Scholarship/ GPA 3.92

**Metropolitan State University of Denver** Denver, CO  
B.A. in Psychology Dec 2011

- Magna Cum Laude / GPA 3.93

## PROFESSIONAL EXPERIENCES

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**Tallahassee Memorial Behavioral Health Center** Tallahassee, FL  
Marriage and Family Therapist/Social Work Intern Sep 2016 – Present

- Conduct individual and group therapy sessions for adolescents and adults with a variety of presenting problems in short-term inpatient treatment
- Collaborate on patient treatment plans with providers and medical team staff both inside and outside of TMH

**Florida State University Center for Couple and Family Therapy** Tallahassee, FL  
Marriage and Family Therapist Supervisor Aug 2015 – Dec 2015

- Provided clinical supervision for first year PhD students in fulfillment of Supervision in MFT course (FAD-6606).

Marriage and Family Therapist Intern Aug 2014 – Aug 2016

- Provide individual, couples, and families therapy for a variety of presenting problems

**University of California at San Diego Division of Family Medicine** San Diego, CA  
Marriage and Family Therapist Trainee May 2013-May 2014

- Provided individual, couples, and families therapy for a variety of presenting problems
- Participated in Behavioral Science Clinics with resident physicians regarding techniques for interviewing and treating patients with mental health concerns, and provide feedback to resident physicians
- Worked in collaboration with primary care providers to address mental health concerns of patients, provide brief behavioral health consultations with patients, and formulate treatment plans of shared patients

**United States Air Force (Staff Sergeant)** Multiple Locations  
Aircrew Flight Equipment Sep 2003 – Oct 2012

- Inspected, packed, cleaned, tested, and maintained aircrew equipment that assisted in survival before and after ejection from the aircraft
- Supervised and mentored airmen; provided input and formal feedback regarding performance

## **PROFESSIONAL ORGANIZATIONS**

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- American Association of Marriage and Family Therapists May 2012 - Present
- Association for Psychological Science Mar 2015 – Present

## **SERVICES**

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- Served on the review board for the College of Human Sciences Dissertation Award Program Aug 2016 – May 2017

## **AWARDS**

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- Florida State Emeritus Veteran Academic Award (\$500) x 2 Fall 2015 and Spring 2016

## **PUBLICATIONS**

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May, R. W., **Seibert, S. G.**, Sanchez-Gonzalez, M. A., & Fincham, F. D. (2018). School burnout and heart rate variability: Risk of cardiovascular disease and hypertension in young adult females. *Stress: The International Journal on the Biology of Stress*, 1-6, <https://doi.org/10.1080/10253890.2018.1433161>

Kimmes, J. May, R. W., **Seibert, G. S.**, Jaurequi, M. E., & Fincham, F. D. (2017). An examination of the association between trait mindfulness and cardiovascular reactivity to martial conflict. *Mindfulness*, 1-10.

**Seibert, G. S.**, Bauer, K. N., May, R. W., Fincham, F. D. (2017). Emotion regulation and academic underperformance: The role of school burnout. *Learning and Individual Differences*, 60, 1-9. <https://doi.org/10.1016/j.lindif.2017.10.001>

May, R. W., Hutchinson, M., **Seibert, S. G.**, Sanchez-Gonzalez, M. A., & Fincham, F. D. (2017). Improving cognitive performance via high intensity interval aerobic exercise: A randomized controlled trial. *Journal of Exercise Physiology online*.

Fincham, F. D., **Seibert, G. S.**, May, R. W., Wilson, C. M., & Lister, Z. D. (2017). Religious coping and glycemic control in couples with type 2 diabetes. *Journal of Marital Family Therapy*, 44(1), 138-149. <https://doi.org/10.1111/jmft.12241>

Cooper, A., **Seibert, G. S.**, May, R. W., Fitzgerald, M. C., & Fincham, F. D. (2017). School burnout and intimate partner violence: The role of self-control. *Personality and Individual Differences*. <http://dx.doi.org/10.1016/j.paid.2017.02.047>

May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., Fitzgerald, M. C., & Fincham, F. D. (2016). Dispositional self-control: Relationship with aerobic capacity and morning surge in blood pressure. DOI: 10.1080/10253890.2016.1260543

**Seibert, G. S.**, May, R. W., Fitzgerald, M. C., & Fincham, F. D. (2016). Understanding school burnout: Does self-control matter? *Learning and Individual Differences*, 49, 120-127. <http://dx.doi.org/10.1016/j.lindif.2016.05.024>

May, R. W., Bamber, M., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., Leonard, J. T., Salsbury, R. A., & Fincham, F. D. (2016). Effects of mindfulness meditation on aortic hemodynamics and heart rate variability. *Stress*. Doi: 10.3109/10253890.2016.1146669

May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., & Fincham, F. D. (2016). Physiology of school burnout in medical students: Hemodynamic and autonomic functioning. *Burnout Research*, 3, 63-68. Doi:<http://dx.doi.org/10.1016/j.burn.2016.05.001>

May, R. W., Sanchez-Gonzalez, M. A., **Seibert, G. S.**, Samaan, J. S., & Fincham, F. D. (2015). Impact of a motivated performance task on autonomic hemodynamic cardiovascular reactivity. DOI: 10.1080/10253890.2016.1191467

### **MANUSCRIPTS SUBMITTED**

**Seibert, G. S.**, Jaurequi, M. E., May, R. W., Cooper, A. N., Kimmes, J. G., & Fincham, F. D. (Under review). Examining the relationship between occupational burnout and sleep disturbance in a close relationship context: The role of self-control.

Lucier-Greer, M., Quichocho, D., May, R. W., **Seibert, G. S.**, & Fincham, F. D. (Under review). Managing stress and school: The role of posttraumatic stress in predicting emerging adult well-being and collegiate burnout. *Emerging Adulthood*.

May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., Fincham, F. D. (Under review). Cardiac coherence biofeedback training to decrease school burnout and improve wellness. *Stress*.

### **MANUSCRIPTS IN PREPARATION**

Lister, Z. D., Wilson, C. M., ...**Seibert, G. S.** (In progress). Religious behaviors predictive of relationship outcomes in Caribbean married couples.

Lister, Z. D., Wilson, C. M., ...**Seibert, G. S.** (In progress). Parental religious practices linked to parent child interaction in Caribbean families.

### **POPULAR MEDIA**

Suttie, J. (2018, Feb 6). Could mindfulness help you control your anger. *Greater Good Magazine*. Retrieved from [https://greatergood.berkeley.edu/article/item/could\\_mindfulness\\_help\\_you\\_control\\_your\\_anger](https://greatergood.berkeley.edu/article/item/could_mindfulness_help_you_control_your_anger)

Harrison, P. (2017, June 19). Religion shapes glucose control in marriages with diabetes. *News & Perspective*. Retrieved from <http://www.medscape.com/viewarticle/881785>

Religious coping may affect couples dealing with type 2 diabetes. (2017, June 7). Retrieved from <https://medicalxpress.com/news/2017-06-religious-coping-affect-couples-diabetes.html>

### **PRESENTATIONS**

**Seibert, G. S.**, May, R. W., & Fincham, F. D. (2018, May). School Burnout, Self-Control, and Substance Use. Poster to be presented at the 30<sup>th</sup> Association for Psychological Science Annual Convention, San Francisco, CA.

Bauer, K. N., May, R. W., **Seibert, G. S.**, & Fincham, F. D. (2018, May). School Burnout, Self-Control, and Sleep Quality: A Longitudinal Analysis. Poster to be presented at the 30<sup>th</sup> Association for Psychological Science Annual Convention, San Francisco, CA.

Terman, J. M., May, R. W., **Seibert, G. S.**, & Fincham, F. D. (2018, May). Developing a Measure of Burnout Stigma. Poster to be presented at the 30<sup>th</sup> Association for Psychological Science Annual Convention, San Francisco, CA.

May, R. W., **Seibert, G. S.**, Bauer, K. N., & Fincham, F. D. (2018, March). School burnout, self-control, and sleep: Cross-leg panel analysis. Poster to be presented at the 2018 Society for Personality and Social Psychology annual convention, Atlanta, GA.

- May, R. W., Jaurequi, M. E., Bauer, K. N., **Seibert, G. S.**, Cooper, A. N., Tanner, K., & Fincham, F. D. (2017, November). School burnout and sleep quality. Poster to be presented at the 40th Annual Society of Southeastern Social Psychologist, Jacksonville, FL.
- Lucier-Greer, M., May, R. W., Quichocho, D. N., **Seibert, G. S.**, & Fincham, F. D. (2017, November). *Posttraumatic stress, self-control, & adverse outcomes in emerging adults*. Paper to be presented at the 79<sup>th</sup> Annual Conference for National Council on Family Relations, Orlando, FL.
- Seibert, G. S.**, Cooper, A. N., Lancaster, M., Jaurequi, M. E., May, R. W., & Fincham, F. D. (2017, October). *Self-control, burnout, & sleep disturbance: A dyadic account*. Poster presented at the 77th Annual American Association of Marriage and Family Therapists, Atlanta, GA.
- Lancaster, M., Cooper, A. N., **Seibert, G. S.**, May, R. W., & Fincham, F. D. (2017, October). *Partner abuse via technology: The role of attachment*. Poster presented at the 77th Annual American Association of Marriage and Family Therapists, Atlanta, GA.
- Fincham, F. D., Cooper, A. N., **Seibert, G. S.**, May, R. W., Stauner, N., & Exline, J. J. (2017, May). *Post-election affect: Supernatural attribution and political party*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Harrison, A. M., **Seibert, G. S.**, May, R. W., Cooper, A. N., Jaurequi, M. E., Kennedy, A. L., Wagner, J. M., Hutchinson, M. E., Janzen, A. T., & Fincham, F. D. (2017, May). *Affect following election results: Self-control predictive for the losers, not the victors*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Cooper, A. N., **Seibert, G. S.**, May, R. W., Stauner, N., Exline, J. J., & Fincham, F. D. (2017, May). *Post-election anger towards God: Supernatural attribution, emotion dysregulation and depression*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Jaurequi, M. E., May, R. W., Kimmes, J., **Seibert, G. S.**, & Fincham, F. D. (2017, May). *Measuring trait and dyadic mindfulness in romantic relationships*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- May, R. W., **Seibert, G. S.**, Janzen, A. T., Rogge, R. D., Jaurequi, M. E., & Fincham, F. D. (2017, May). *School burnout inventory: An item response theory analysis*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Bauer, K. N., May, R. W., **Seibert, G. S.**, Janzen, A. T., Jaurequi, M. E., & Fincham, F. D. (2017, May). *Emotion regulation and academic underperformance: The role of school burnout*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Seibert, G. S.**, May, R. W., Jaurequi, M. E., Wagner, J. M., Janzen, A. T., & Fincham, F. D. (2017, May). *Dyadic mindfulness and cardiovascular responses during conflict*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Seibert, G. S.**, May, R. W., Harrison, A. M., La Puente, L. N., Hyde, N. A., & Fincham, F. D. (2016, May). *Emotional dysregulation, school burnout, and academic success*. Poster session presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Fitzgerald, M. C., Allen, J. W., **Seibert, G. S.**, May, R. W., Fincham, F. D. (2016, September). *The Relationship between IPV, self-control, and school burnout*. Poster presented at 76th Annual American Association of Marriage and Family Therapists, Indianapolis, IN.

- May, R. W., **Seibert, G. S.**, Leonard, T. J., Salsbury, R. A., Sanchez-Gonzalez, M. A., Fincham, F. D. (2016, May). *Cardiac coherence biofeedback training to decrease school burnout and improve wellness*. Poster session presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Fitzgerald, M. C., May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., Fincham, F. D. (2016, May). *Morning surge in blood pressure and the role of self-control*. Poster session presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Leonard, T. J., Clingan, A. K., Sicard, M., May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., Fincham, F. D. (2016, May). *Biomarkers of school burnout: Ambulatory blood pressure, cardiac sympathovagal tone, and systemic inflammation*. Poster session presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Seibert, G. S.**, May, R. W., Fitzgerald, M. C., & Fincham, F. D. (2016, February). *School burnout and academic performance: The role of self-control*. Poster session presented at Florida State University College of Human Science's Research and Creativity Day, Tallahassee, FL.
- Leonard, J. T., May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A. & Fincham, F. D. (2016, February). *Uncovering cardiovascular biomarkers of School Burnout*. Poster session presented at Florida Undergraduate Research Conference, Tampa, FL.
- May, R. W., **Seibert, G. S.**, Carlos, F. L., Sicard, M. T., Ortiz, N. C., & Fincham, F. D. (2015, October). *School burnout predicts academic outcomes independently of interpersonal rejection*. Poster session presented at the 7th Annual Conference on Emerging Adulthood, Miami, FL.
- Seibert, G. S.**, May, R. W., Carlos, F. L., Salsbury, R. A., Fincham, F. D. (2015, October). *Emotion regulation mediates the relationship between school burnout and academic underperformance*. Poster session presented at the 7th Annual Conference on Emerging Adulthood, Miami, FL.
- Carlos, F.L., **Seibert, G. S.**, May, R. W., Daugherty, E. C. M., & Fincham, F. D. (2015, October). *Self-forgiveness among emerging adults: Potential affective and motivational antecedents*. Poster session presented at the 7th Annual Conference on Emerging Adulthood, Miami, FL.
- Seibert, G. S.**, May, R. W., Sanchez-Gonzalez, M. A., Fincham, F. D. (2015, May). *School burnout, physical activity and health outcomes*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.
- Bauer, K. B., **Seibert, G.S.**, May, R. W., Vidor S. E., & Fincham, F. D. (2015, May). *The interplay between social network site use and school burnout with academic underperformance*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.
- May, R. W., **Seibert, G. S.**, Sanchez-Gonzalez, M. A., Leonard, J. T., Vidor, S. E., & Fincham, F. D. (2015, May). *The relationship between hemodynamics, heart rate variability, and school burnout in medical students*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.
- Ortiz, Natalia; May, R. W., **Seibert, G. S.**, Fincham, F. D. (2015, May). *The relationship between school burnout and diminished self-control*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.

**Seibert, G. S.,** May, R. W., Sanchez-Gonzalez, M. A., Fincham, F. D. (2015, May). *The association between school burnout, physical activity and health outcomes*. Poster session presented at the 73<sup>rd</sup> Annual Scientific Meeting, Savannah, GA (2015, March).

## **RESEARCH EXPERIENCE**

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### **Graduate Research Assistant, Florida State University**

Tallahassee, FL  
Aug 2016-Aug 2017

- Wrote R03 proposing to examine the relationship between specific dyadic coping processes and diabetes management in type 2 diabetic patients and their partners (in progress)
- Wrote Letter of Intent to John Templeton Foundation proposing to examine virtuous character growth and development in patients following diagnosis of type 2 diabetes mellitus (LOI declined)
- Assisted in the development and implementation of experimental protocol
- Trained and supervised undergraduate and graduate research assistances to carry out research protocol to include developing and administering surveys, assessing heart rate variability and hemodynamic functioning via ECG and SphygmoCor machines, and assisting in poster presentations and manuscript writing.
- Created and/or assisted in the development of surveys using an online platform (e.g., SurveyMonkey)
- Assisted in the writing, revisions, analysis, and methodology of numerous manuscripts and poster presentations with collaborators both inside and outside of the Family Institute at Florida State University.
- Utilized SPSS, AMOS, and MPLUS to conduct data analyses for both poster presentations and manuscripts
  - Proficiencies in regression analyses (e.g., Hierarchical Multiple Regression, Moderation, Mediation, Structural Equation Modeling) as well as dyadic data analyses (Actor-Partner Interdependence Modeling) for use with non-independent data.

### **Graduate Research Assistant, University of San Diego**

San Diego, CA  
Aug 2012-May 2014

- Assisted Jo Ellen Patterson, Ph.D. in research on DSM-V controversies
- Lectured psychopathology students on DSM-V controversies
- Served as a liaison between California Association of Marriage and Family Therapists and panel members for the CAMFT 2014 annual conference.
- Developed PowerPoint presentations for faculty discussion in Istanbul Turkey

## **RESEARCH FUNDING**

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May, R. W. (PI), Fincham, F. D. (Co-PI), Ledermann, T. (Co-PI), Wilson, C. (Co-PI), Lister, Z. (Co-PI), **Seibert, G. S.** (Key personnel) (Draft). A prospective multi-site study examining the effects of dyadic coping processes on glycemic control and diabetes management behaviors of Type II diabetic patients and their spouses.

May, R. W. (PI), **Seibert, G. S.** (CO- PI), & Fincham, F. D. (Co-PI). (May 2017). Virtuous character development in romantic couples with type 2 diabetes. John Templeton Foundation. \$249,526. (LOI declined)

## **TEACHING EXPERIENCE**

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### **Instructor of Record, the Florida State University**

Tallahassee, FL  
Aug 2017 - Present

- Methods of Studying Families and Children (CHD 4630-2)

### **Teaching Assistant, the Florida State University**

Tallahassee, FL  
Aug 2014 – Aug 2016

- Utilized BlackBoard to serve as an online mentor to undergraduate students attending Family Relationships (FAD 2230), Contexts of

Adult Development and Aging (FAD 3343), and Contexts in Adolescent Development (CHD 3243)

**Teaching Assistant, Metropolitan State University of Denver**

Denver, CO

- Lectured and graded exams/papers for Introduction to Psychological Testing course
- Researched potential psychological assessments for curriculum development

Aug 2011 – Dec 2011

**Supplemental Instructor, Metropolitan State University of Denver**

Denver, CO

- Lectured, tutored, and mentored Psychology 101 students

Aug 2010 – Dec 2011