

EDUCATION

Ph.D., Marriage and Family Therapy, Expected 2020
Florida State University, Tallahassee, FL

M.A., Marital and Family Therapy, 2016
University of San Diego, San Diego, CA

B.A., Psychology, 2010
University of California San Diego, San Diego, CA

RESEARCH EXPERIENCE

- 2016-Present Graduate Research Assistant, Department of Family and Child Sciences, Florida State University, Tallahassee, FL.
Examine the effects of mind-body practices on couple health and functioning.
Organize and analyze primary and secondary data for manuscript preparation and dissemination of empirical evidence focused on a relational framework for change.
- Graduate Research Assistant, The Family Institute, Florida State University, Tallahassee, FL.
Design and implement empirical investigations into the interplay between hemodynamics, cardiac functioning, and interpersonal relationships and their impact on psychosocial health. Train and supervise undergraduate research assistants in sound and ethical research practices.
- 2014-2016 Research Assistant, Department of Psychiatry, University of California San Diego, San Diego, CA.
Aided National Institutes of Health study to identify psychosocial predictors of varied psychiatric disorders that develop after a traumatic brain injury.
Implemented structured family interviews while utilizing inter-rater reliability to assess, transcribe and score family functioning.
- 2009-2010 Research Assistant and Early Interventionist, Autism Intervention Research Program, University of California San Diego, San Diego, CA.
Contributed to the National Institutes of Health's Autism Center for Excellence focus on the experimental analysis and treatment of autism. Participated in the development, implementation and evaluation of behavior management plans for children. Employed Applied Behavior Analysis in-home based program to deliver and investigate effective intervention methods and treatment plans for children.

CLINICAL AND PROFESSIONAL CREDENTIALS

- 2017-Present Supervisor Candidate, American Association for Marriage and Family Therapists
 2016-Present Marriage and Family Therapist Intern, Florida
 2016-Present Marriage and Family Therapist Intern, California
 2016 Teaching Training Recognition, Program for Instructional Excellence, Florida State University

CLINICAL SERVICE

- 2019-Present Marriage and Family Therapist/Social Worker
 Tallahassee Memorial Hospital Behavioral Health Center, Tallahassee, FL
 Conduct psychosocial and behavioral health assessments and develop evidenced-based treatment plans to stabilize and improve functioning. Collaborate with in- and out-patient providers to provide short and long term care.
- 2016-Present Clinical Supervisor & Marriage and Family Therapist Intern
 Center for Couple and Family Therapy, Florida State University, Tallahassee, FL
 Provide clinical supervision to doctoral and master level clinicians. Implement evidenced based practices and behavioral medicine amongst individuals, couples and families experiencing difficulties in biopsychosocial functioning. Facilitate collaboration with interdisciplinary health providers to advance client welfare.
- 2015-2016 Marriage and Family Therapist Intern
 UC San Diego Family Medicine Collaborative Care Program, San Diego, CA
 Integrated family-centered systemic and evidenced informed behavioral health services within a biopsychosocial-spiritual framework in primary care. Applied comprehension of psychiatric diagnosis, psychopharmacology, behavioral medicine strategies, and evidenced based practices, to guide and develop an effective treatment plan and use of interventions.

TEACHING EXPERIENCE

- 2018-Present Instructor, Florida State University, Tallahassee, FL
 FAD 4601, *Foundations of Counseling*
 FAD 4275, *Family Diversity* (Online)
- 2016-2017 Graduate Teaching Assistant, Florida State University, Tallahassee, FL
 FAD 2230, *Family Relationships: A Life Span Development Approach*
 FAD 3343, *Contexts of Adult Development and Aging*
 FAD 4805, *Practicum in Family and Child Science*
- 2016 Guest Lecturer, Florida State University, Tallahassee, FL
 FAD 3432, *Stress and Resilience in Individuals and Families: "Death, dying & grief in families."*

PUBLICATIONS

Manuscripts Published in Professional Journals

Jaurequi, M.E. (2019). Adult attachment and mindfulness on mental health: A systematic research synthesis. *Journal of Relationships Research*, 10(e17), 1-10.
doi.org/10.1017/jrr.2019.15

Kimmes, J. G., **Jaurequi, M. E.**, Roberts, K., Harris, V. W., & Fincham, F. D. (in press). An examination of the individual and dyadic associations between relationship mindfulness and psychological and relational well-being in a sample of couples. *Journal of Marital and Family Therapy*. Advance online publication. doi: 10.1111/jmft.12388

Seibert, G.S., **Jaurequi, M.E.**, May, R.W., Cooper, A.N., Ledermann, T., Kimmes, J.G., & Fincham, F.D. (2018). Self-control, sleep disturbance and the mediating role of occupational burnout in married couples. *Journal of Social and Personal Relationships*. Advance online publication. doi: 10.1177/0265407518815978

Kimmes, J. G., **Jaurequi, M. E.**, May, R. W., Srivastava, S., & Fincham, F. D. (2018). Mindfulness in the context of romantic relationships: Initial development and validation of the relationship mindfulness measure. *Journal of Marital and Family Therapy*, 44(4), 575-578.

Kimmes, J. G., May, R. W., Seibert, G. S., **Jaurequi, M. E.**, & Fincham, F. D. (2018). The association between trait mindfulness and cardiovascular reactivity during marital conflict. *Mindfulness*, 9(4), 1160-1169.

Book Chapters

Miller, R.B., & **Jaurequi, M.E.** (in press). Innovations in systemic family therapy effectiveness research. In K.S. Wampler, R.B. Miller, & R.B. Seedall (Eds.), *The handbook of systemic family therapy: The profession of systemic family therapy*. Hoboken, NJ: John Wiley & Sons.

Manuscripts Under Review

Jaurequi, M.E., Kimmes, J.G., Seibert, G.S., Roberts, K., & Ledermann, T. (under review). The mediating role of trait mindfulness between adult insecure attachment and anxiety: a dyadic approach. Submitted to *Journal of Social and Personal Relationship*.

Roberts, K., **Jaurequi, M.E.**, Kimmes, J.G., Selice, L. (under review). Trait mindfulness and relationship satisfaction: The role of forgiveness among couples. Submitted to *Journal of Marital and Family Therapy*

May, R.W., Bauer, K.N., Seibert, G.S., **Jaurequi, M.E.**, & Fincham, F.D. (revise and resubmit). A temporal evaluation of school burnout and sleep. Submitted to *Learning and Individual Differences*

Manuscripts in Preparation

Jaurequi, M.E., Seibert, G.S., & Kimmes, J.G., (in progress). The benefits of relationship mindfulness among relationship satisfaction and sleep: a longitudinal study

Non-Peer Reviewed Publications

Jaurequi, M., & Patterson, J. (2015, September 1). More Than an Observer: The Family Therapist and Psychotropic Medication. *Family Therapy Magazine*, 14(5), 44-47.

Publications as Featured in Popular Media

Suttie, J. (2018, Feb 6). Could mindfulness help you control your anger. *Greater Good Magazine*. Greater Good Science Center at UC Berkeley. Retrieved from https://greatergood.berkeley.edu/article/item/could_mindfulness_help_you_control_your_anger

Newman, K.M., Smith, J.A., Suttie, J., Eva, A.M., & McConchie, J. (2018, Dec 18). The top 10 insights from “science of a meaningful life” in 2018. *Greater Good Magazine*. Greater Good Science Center at UC Berkeley. Retrieved from https://greatergood.berkeley.edu/article/item/the_top_10_insights_from_the_science_of_a_meaningful_life_in_2018

PRESENTATIONS

Jaurequi, M. E., Roberts, K., & Kimmes, J. G. (2019, August). *Attachment, mindfulness, and anxiety: A dyadic approach*. Oral poster presentation at Annual Conference, American Association for Marriage and Family Therapy, Austin, TX.

Roberts, K., **Jaurequi, M. E.**, & Kimmes, J. G. (2019, August). *Forgiveness, mindfulness, and relationship satisfaction*. Oral poster presentation at Annual Conference, American Association for Marriage and Family Therapy, Austin, TX.

Lancaster, M., Srivastava, S., **Jaurequi, M. E.**, Jackson, L., & Youngberg, S., (2019, August). *Supervisory responsibilities within MFT dual relationships*. Forum given at Annual Conference, American Association for Marriage and Family Therapy, Austin, TX.

Jaurequi, M. E., Kimmes, J. G., Roberts, K., & Srivastava, S. (2018, November). *Examining relationship mindfulness and couple psychosocial factors*. Oral poster presentation at Annual Conference, American Association for Marriage and Family Therapy, Louisville, KY.

- 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 presentation at Annual Conference, Society of Southeastern Social Psychologist, Jacksonville, FL.
- 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 presentation at Annual Conference, 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 presentation at Annual Conference, Association for Psychological Science, Boston, MA.
- 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*. Oral poster presentation at Annual Conference, American Association for Marriage and Family Therapy, Atlanta, GA.
- 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 presentation at Annual Conference, 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 presentation at Annual Conference, Association for Psychological Science, Boston, MA.

SERVICE TO PROFESSIONAL ASSOCIATION

- 2016-Present Apprentice Reviewer, *Journal of Marital and Family Therapy*
 2017-Present Ad Hoc Reviewer, *Journal of Social and Personal Relationships*

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- 2014-Present Student Member, American Association for Marriage and Family Therapy
 2014-Present Student Member, California Association of Marriage and Family Therapy
 2014-Present Student Member, Collaborative Family Healthcare Association
 2016-Present Student Member, Association for Psychological Science

AWARDS AND HONORS

- 2019 Travel Grant (\$500), Awarded by Department of Family and Child Sciences, Florida State University
 2018 Travel Grant (\$750), Awarded by Department of Family and Child Sciences, Florida State University
 2017 Travel Grant (\$300), Awarded by Department of Family and Child Sciences, Florida State University