

# Francesca Otero-Vargas

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## EDUCATION

**Florida State University, College of Human Sciences** Tallahassee, FL

*Doctor of Philosophy in Marriage and Family Therapy*

Graduation Date: May 2023 – Anticipated

**Appalachian State University, Human Development and Psychological and Counseling** Boone, NC

*Master of Arts in Marriage and Family Therapy, Systemic Multicultural Counseling Certificate*

Graduation Date: May 2019

GPA: 4.0

**Florida State University, College of Human Sciences** Tallahassee, FL

*Bachelor of Science in Family and Child Sciences, Additional Major: Psychology*

Graduation Date: May 2017

GPA: 3.7

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## CLINICAL EXPERIENCE

**Center for Couple and Family Therapy**

*Clinic Therapist, Marriage and Family Therapy Ph.D. Program*

**August 2019 – Present**

Florida State University – Tallahassee, FL

- Provides psychotherapy to individuals, couples, and families from a variety of cultural and socioeconomic backgrounds.
- Receives weekly group and individual supervision.

**Daymark Recovery Services**

*Day Treatment, SOAR Classroom Blowing Rock Elementary*

**August 2018 – August 2019**

Blowing Rock, NC

- Provided individual therapy sessions for clients.
- Provided co-therapy sessions for clients.
- Provided groups skills sessions for clients.
- Provided psychoeducation focused on the use of mindful movements and breathing.
- Actively participated in Child and Family Team Meetings for clients.
- Wrote clinical notes and entered them into the BUI database.

**Appalachian State Marriage and Family Therapy Clinic**

*MFT Clinic Intern*

**August 2018 – May 2019**

Boone, NC

- Provided individual therapy sessions for clients.
- Managed intakes and other administrative aspects of the clinic.

**Center for Couple and Family Therapy**

*Undergraduate Practicum Student*

**August 2016 – May 2017**

Florida State University – Tallahassee, FL

- Managed the administrative aspects of the clinic.
  - Provided assistance to doctoral students in the Marriage and Family Therapy Program and to the clinical faculty.
  - Actively contributed to the case conceptualization and development of evidenced-based treatment plans through observation of live sessions.
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## RESEARCH EXPERIENCE

**Research Team Lead, Appalachian State University (2018-2019)**

*Gender Identity Discourse in the Wake of North Carolina HB2*

- Provided critical perspective.

- Scheduled, organized, and reported on status of research meetings/activities.
- Kept detailed meeting minutes.
- Conducted outreach to stakeholders.
- Managed and replied to project-related correspondence.
- Assisted in the development of the IRB application.
- Assisted in the development of the research guide and interview questionnaire.
- Assisted in the development of the demographic questionnaire on the Qualtrics system.
- Assisted in participant recruitment and interviewing.
- Attended conferences to present on research status and findings.

**Graduate Research Assistant, Appalachian State University (2017-2019)**

- Prepared literature reviews.
- Completed article searches for research purposes.
- Assisted in administrative tasks such as completing reports.
- Assisted with the editing and preparation of manuscripts, presentations, and other material.
- Assisted with tasks related to the production of academic journals.
- Assisted in preparing materials for submission to granting agencies and foundations.
- Assisted in coding qualitative data.
- Organized, maintained, and updated social media content for the Marriage and Family Therapy Program.
- Maintained the program email account and correspondence.
- Engaged in correspondence for recruiting purposes.
- Handled confidential and sensitive data with integrity.
- Met regularly with faculty supervisor to discuss research assignments and weekly tasks.
- Completed other tasks as assigned.

**Qualitative Coding, Appalachian State University (2017 – 2018)**

Benson, K.E. (2017). *Unexpectedly Queer: Families with Trans and Gender Expansive Children*. National Council on Family Relations Conference. Orlando, FL.

**RESEARCH PRESENTATIONS**

Benson, K., Otero-Vargas, F., Smith, K., Gray, C., Adams, H., Kessler, J., Randolph, C., van Eeden-Moorefield, B. (2018, Nov). Gender Identity Discourse in the Wake of North Carolina HB2. National Council on Family Relations Annual Conference.

**TEACHING EXPERIENCE**

**Teaching Assistant**

**August 2019 – Present**

*FAD 3343: Contexts of Adult Development and Aging*

Florida State University – Tallahassee, FL

- Holds responsibility in grading labs, critical analysis papers, quizzes, and other assignments.
- Provides feedback in a timely manner and respond to day-to-day course correspondence.

**Teaching Training Recognition**

**2019**

*Program for Instructional Excellence (PIE)*

Florida State University – Tallahassee, FL

**PROFESSIONAL EXPERIENCE**

**Professional Conference Coordinator, Appalachian State University (2018)**

*It's a Family Affair: Trauma, Perinatal Mental Health, and Systemic Therapy in Practice*

- Contracted featured speaker based off of student's reported areas of interest.
- Obtained Continuing Education Hours for Professionals.
- Coordinated with Appalachian State University services to book a room.
- Managed all aspects of the conference including set-up, registration, fee collection, certifications, and evaluations.
- Scheduled catering for the event.

**Co-President, Student Association for Marriage and Family Therapy, Appalachian State University (2018-Present)**

- Coordinated and facilitated organization meetings.
- Coordinated and facilitated Spring Internship Fair for 1<sup>st</sup> Year students.
- Coordinated and facilitated all aspects of the SAMFT Annual Fall Conference.
- Served as a team leader and contact person for all SAMFT officers.
- Attended semesterly club & organization town hall meeting.
- Managed the SAMFT email account and all correspondence.
- Designed SAMFT official organization shirt.

## PROFESSIONAL AFFILIATIONS

Student Member of American Association for Marriage and Family Therapy (AAMFT)	2018 – Present
<ul style="list-style-type: none"> <li>• Margins to Center: Cultural Connections among C/MFTs – topical interest network</li> </ul>	2019
North Carolina Association of Marriage and Family Therapy	2017 – 2019
Yoga Alliance, Registered Yoga Teacher – 200 Hours	2017 – Present

## HONORS AND AWARDS

Dean Scholarship, Florida State University (2019)  
 McKnight Doctoral Fellowship (2019)  
 Graduated Summa Cum Laude, Appalachian State University (2019)  
 Outstanding Educational Program, Appalachian State University (2019)  
 Membership Development Award, Appalachian State University – Nominated – (2019)  
 The Graduate Student Government Association Research Travel Presentation Award, Appalachian State University (2018)  
 North Carolina Tuition Scholarship, Appalachian State University (2017-2018)  
 Graduated Cum Laude, Florida State University (2017)

## STUDENT LEADERSHIP

**Co-President**, Student Association for Marriage and Family Therapy, Appalachian State University (2018-2019)  
**Student Representative**, Student Association for Marriage and Family Therapy, Appalachian State University (2017-2018)  
**Team Leader for Panhellenic Recruitment**, Florida State University (2015-2016)  
**Logistics Chair for PAVE (Promoting Awareness, Victim Empowerment)**, Florida State University (2015)  
**Team Ambassador for Relay for Life**, Florida State University (2015-2016)  
**Recruitment Counselor for Panhellenic Recruitment**, Florida State University (2014-2015)  
**Charter Member of the Alpha Omicron Pi Fraternity – Alpha Pi Chapter**, Florida State University (2013)

## STUDENT ORGANIZATION MEMBERSHIPS

The Fellows Society | Florida State University  
 Student Association of Marriage and Family Therapy | Appalachian State University  
 National Society of Collegiate Scholars | Florida State University  
 Phi Eta Sigma Honor Society | Florida State University  
 Order of Omega Greek Honor Society | Florida State University

## CONFERENCES ATTENDED

American Association for Marriage and Family Therapy, Austin, TX 2019  
 American Association for Marriage and Family Therapy, Louisville, KY 2018  
 National Council on Family Relations Annual Conference, San Diego, CA 2018  
 Appalachian State Student Association of Marriage and Family Therapy Annual Conference, Boone, NC 2018  
 North Carolina Marriage and Family Therapy Association Annual Conference, Winston Salem, NC 2018  
 Appalachian State Student Association of Marriage and Family Therapy Annual Conference, Boone, NC 2017

## TRAININGS RECEIVED

The Gottman Research Institute – A Research-Based Approach to Relationships (Level 1), Florida State University (2019)

Program for Instructional Excellence (PIE), TA Training (2019)  
LGBTQ+ Inclusive Therapy Training, Appalachian State University (2018)  
IRB Basic/Refresher Course - Human Subjects Research (2017)  
Appalachian State University's Online Suicide Prevention Gatekeeper Training (2017)  
Allies & Safe Zones 101, Florida State University (2017)  
Registered Yoga Teacher – 200 Hour Training (2017)

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## **VOLUNTEER WORK**

Tom Moore 5K for Huntington's, NCAMFT	Boone, NC 2019
Personal Care Product Drive with W.A.M.Y Community Action, SAMFT	Boone, NC 2018
Voter Registration	Boone, NC 2018
Hospitality House of Northwest North Carolina	Boone, NC 2018
Damayan Garden Project, Community Volunteer	Tallahassee, FL 2017
Team Ambassador, Relay for Life	Tallahassee, FL 2015-2016