

MONA MITTAL

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EDUCATION

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|------|---|---|
| 2002 | Texas Tech University | Ph.D. Marriage and Family Therapy
<i>Dissertation</i> – <u>Understanding Theoretical, Clinical, and Research Training Experiences of International Doctoral Students in Marriage and Family Therapy Programs in the United States</u> |
| 1998 | Tata Institute of Social Sciences (TISS), India | MA in Social Work
<i>Specialization</i> – Family and Child Welfare
<i>Thesis</i> – <u>Clinical and Non-Clinical Approaches of Intervention into Marital Discord</u> |
| 1996 | Lady Irwin College
Delhi University, India | BS in Home Science
<i>Specialization</i> – Child Development |

WORK EXPERIENCE

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| 8/02 to Present | Assistant Professor
Department of Marriage and Family Therapy | Syracuse University |
| 5/03 to Present | Director of Clinical Research
Department of Marriage and Family Therapy | Syracuse University |
| 8/01 to 5/02 | Research Assistant to Dr. Mike McCarty, HDFS Program
➤ Assisted in establishing a research project and collecting data on individual differences in tool use strategies among infants and toddlers | Texas Tech University |
| 1/01 to 7/01 | Research Assistant to Dr. Elizabeth Wieling, MFT Program
➤ Interviewed faculty supervisors and parent educators working in a program providing in-home family therapy services and analyzed data
➤ Conducted a literature review on in-home family therapy services in the U.S. and analyzed qualitative data on in-home therapy with an ethnically diverse population | Texas Tech University |
| 5/00 to 7/00 | Research Assistant to Dr. Elizabeth Wieling, MFT Program
➤ Analyzed qualitative data for a research project conducted to study the affects of father absenteeism among Mexican-Americans | Texas Tech University |
| 0/98 to 4/99 | Research Assistant to Dr. Steven Harris, MFT Program
➤ Conducted a literature review and meta-analysis for an article on the importance of using self-disclosure instruments in clinical research.
➤ Assisted in writing a grant on domestic violence. | Texas Tech University |

TEACHING EXPERIENCE

Spring 2005	<ul style="list-style-type: none">➤ MFT 684 Family Therapy Perspectives and Cultural Diversity (<i>Master's-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum➤ MFT 860 Marriage and Family Therapy Practicum	Syracuse University
Fall 2004	<ul style="list-style-type: none">➤ MFT 673 Child Development and Family Therapy (<i>Master's-level Course</i>)➤ MFT 600 Qualitative Research Methods (<i>Doctoral-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum➤ MFT 860 Marriage and Family Therapy Practicum	Syracuse University
Summer 2004	<ul style="list-style-type: none">➤ MFT 760 Marriage and Family Therapy Practicum➤ MFT 860 Marriage and Family Therapy Practicum	Syracuse University
Spring 2004	<ul style="list-style-type: none">➤ MFT 684 Family Therapy Perspectives and Cultural Diversity (<i>Master's-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum➤ MFT 860 Marriage and Family Therapy Practicum	Syracuse University
Fall 2003	<ul style="list-style-type: none">➤ MFT 875 Cultural Diversity (<i>Doctoral-level Course</i>)➤ MFT 671 Introduction to Family Systems (<i>Master's-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum➤ MFT 860 Marriage and Family Therapy Practicum	Syracuse University
Summer 2003	<ul style="list-style-type: none">➤ MFT 673 Child Development and Family Therapy (<i>Master's-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum	Syracuse University
Spring 2003	<ul style="list-style-type: none">➤ MFT 684 Family Therapy Perspectives and Cultural Diversity (<i>Master's-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum	Syracuse University
Fall 2002	<ul style="list-style-type: none">➤ MFT 671 Introduction to Family Systems (<i>Master's-level Course</i>)➤ MFT 760 Marriage and Family Therapy Practicum	Syracuse University
Spring 2001	<ul style="list-style-type: none">➤ Co-taught Diversity Issues in MFT with Dr. Elizabeth Wieling MFT 6370 (<i>Doctoral-level Course</i>)	Texas Tech University
Fall 2000	<ul style="list-style-type: none">➤ HDFS 2320 – Basic Interpersonal Skills (<i>Undergraduate-level Course</i>)	Texas Tech University
Spring and Summer 2000, Fall 1999	<ul style="list-style-type: none">➤ HD 2303 – Life Span Human Development (<i>Undergraduate-level Course</i>)	Texas Tech University

CLINICAL EXPERIENCE

- 5/03 to Present ➤ Clinical Practice, Rochester, NY
- 8/99 to 6/02 **Therapist** (*In-home and School based Therapy Program*) **Texas Tech University**
- **Syracuse University** issues
 - Worked with delinquent adolescents and their families in in-home and in-school settings
- 8/98 to 2/00 **Therapist** (*Marriage and Family Therapy Clinic*) **Texas Tech University**
- Provided individuals, couples, and families with psychotherapy
 - Co-therapist for a divorced women's group
- 8/98 to 8/99 **Therapist** (*Juvenile Justice Adolescent Empowerment Program*) **Texas Tech University**
- Provided non-residential individual therapy services to adolescents in trouble with law

ADDITIONAL RESEARCH EXPERIENCE

- Summer 2004 ➤ Invited Participant: Family Research Consortium, NIMH Funded, July 16-18, 2004.
- Summer 2005 ➤ Invited Participant and Presenter: Family Research Consortium, NIMH Funded, June, 22-25, 2005.

OTHER EXPERIENCE

- 8/98 to 5/99 **Graduate Assistantship** - *Child Development Research Center* **Texas Tech University**
- Supervised children between the ages 5 months - 2 years
- 4/98 to 6/98 **Social Work Intern** - *Recovery and Healing from Incest (RAHI)* **New Delhi, India**
- Conducted a print media analysis of articles written on incest between 1990-1998
 - Initiated and established a network of organizations working in this field
- 5/97 to 4/98 **Social Work Intern** – *Special Cell for Women and Children, Mumbai Police* **Mumbai, India**
- Surveyed homes to understand the issue of violence against women
 - Analyzed the police system to understand their handling of women's issues
 - Counseled individuals, couples, and families and provided them access to resources (information, institutions, and organizations)
 - Organized and conducted a three day workshop on sexual abuse for trainee teachers
 - Participated in community awareness workshops on legal rights and police structure
- 5/96 to 4/97 **Social Work Intern** – *Chatrapati Maharaj Hospital* **Thane, India**
- Conducted group sessions with children in the Paediatric ward and made it child friendly
 - Worked with children considered "difficult in the classroom setting" in a Zila Parishad school
 - Counseled individuals, couples, and families and assisted them with services and resources
 - Submitted a proposal seeking to establish a corpus fund for the hospital
- 12/95 to 2/96 **Child Development Intern** – *CASP-PLAN Community Action Project* **New Delhi, India**
- Worked with adolescents on issues of personal growth and development and nutrition

- 1995 **Student Assistant** – *National School of Drama (NSD)* **New Delhi, India**
- Assisted two NSD professionals in organizing a workshop to help children in their personal growth using theater and role-play as a medium

AWARDS

- Academic Scholarship – Texas Tech University. 1998-2002.
- G. Natesha Iyer Prize – Best student in Law and Social Work, TISS, India. 1998.
- Certificate for participating in a nationwide workshop with mentally challenged children for three days. 1996.

ACADEMIC ACTIVITIES

- Committee Member - Graduate Coordinating Committee, Texas Tech University. 2000-2002.
- Third Year Student Representative – Association of MFT Students, Texas Tech University. 2000-2001.

FUNDED GRANTS

- Alford, K. A., Mudrick, N. R., Mittal, M., Sandberg, J., Moreno, R. P., Smith, C. J., Taylor, A. C., & Miller, M. Promoting Child Welfare: Training Professionals to Support for Healthy Marriages, Relationships, and Families. U.S. Department of Health and Human Services Administration of Children and Families (2003). \$852,000
- Mittal, M. Experiences of Women in Doctoral Marriage and Family Therapy Training Programs. College of Human Services and Health Professions (2004). \$5,000
- Taylor, A.C., Mittal, M., Moreno, R. P., Sandberg, J., Krishnamurthy, A., Burgess, N. Healthy Marriage Resource Center. U.S. Department of Health and Human Services Administration of Children and Families (2004). \$425,000
- Mittal, M., Keefe, R. H., Middlemiss, M. A., Bruening, K. S., & Moreno, R. P. Interdisciplinary and Community Partnership: Developing, Supporting, and Sustaining University and Community Agency Collaborations. Syracuse University (2005). \$5,000

GRANT PROPOSALS SUBMITTED BUT NOT FUNDED

- Mittal, M. Faculty Perspectives and Attitudes Regarding Recruitment and Training of International Students in MFT Programs in the U.S. College of Human Services and Health Professions Faculty Development Fund (2002). \$5000

PUBLICATIONS IN REFERRED JOURNALS

- Wang, M., Sandberg, J., Zavada, A., Mittal, M., Gosling, A., Rosenberg, T., Jeffery, A., & McPheters, J. (2006). "Almost there"... Why Clients Fail to Engage in Family Therapy: An Exploratory Study. *Contemporary Family Therapy*. Accepted for Publication.
- Mittal, M. & Wieling, E. (2005). Training Experiences of International Doctoral Students in

Marriage and Family Therapy. *Journal of Marital and Family Therapy*. In Press.

- Mittal, M. & Hardy, K.V. (2005). A Re-examination Of The Current Status And Future Of Family Therapy In India. *Contemporary Family Therapy*, 27 (3), 285-299.
- Mittal, M., & Wieling, E. (2004). The influence of therapists' ethnicity on the practice of feminist family therapy: A pilot study. *Journal of Feminist Family Therapy*, 16 (2), 1-24.
- Mittal, M., & Wieling, E. (2002). Expanding the horizons of marriage and family therapists: Towards global interconnectedness. *Journal of Feminist Family Therapy*, 14 (1), 53-63. *Equal Contributors.
- Harris, S. M., Dersch, C. A., & Mittal, M. (1999). Look who is talking: Measuring self-disclosure in MFT. *Contemporary Family Therapy*, 21 (3), 405-415.

MANUSCRIPTS PUBLISHED IN EDITED BOOKS

- Mittal, M., Maker, A. H., & Rastogi, M. (2004). South Asians in the United States: Developing a Systemic and Empirically-Based Mental Health Assessment Model. In M. Rastogi and E. Wieling (Eds.), *The Voices of Color: First Person Accounts of Ethnic Minority Therapists*. Sage Publications. *Equal Contributors.

MANUSCRIPTS IN SUBMISSION

- Mittal, M., & Wileing, L. (2005). The Dual Impact of Immigration and Trauma on the Adjustment of Immigrant Families in the United States. *Family Process*. In Submission.

MANUSCRIPTS IN PROGRESS

- Mittal, M. International students in MFT training programs: A systemic and empirically based training model.
- Mittal, M., Alrofd, K., & Alestalo, S. Assessment of child welfare workers' skills for couple relationship intervention.
- Mittal, M., Miller, B., Miller, M. M. Doctoral women's experiences in MFT programs in the U.S.
- Special Section on Developing Evidence-Based Interventions For Families And Communities Affected By Mass Trauma. *Journal of Marital and Family Therapy*. Co-editor.
- **Parents first: Helping families to develop a language to communicate effectively in the wake of mass trauma.** JMFT special section on trauma and families.

PUBLISHED BOOK REVIEWS

- Mittal, M. (1999). Bridging worlds: Understanding and facilitating adolescent recovery from trauma of abuse. *Family Relations: Interdisciplinary Journal of Applied Family Studies*, 48 (4), 437-438.

PROFESSIONAL PRESENTATIONS

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- Wieling, L., Mittal, M., Stora, B. (2005). Trauma in a global context: Towards the development of evidence-based family/community preventive and clinical interventions for populations exposed to traumatic events. Workshop at FRC IV, New Orleans, LA.
 - Wasserman, R., Delevi, R., & Mittal, M. (2004). Impact of world events on inter-faith marital satisfaction. Poster session at AAMFT, Atlanta, GA.
 - Casey, E., Schaffer, K., & Mittal, M. (2004). Disability as a Dimension of Diversity in MFT. Poster session at AAMFT, Atlanta, GA.
 - Allen, S., & Mittal, M. (2004). African Americans' Perspectives on Adoption. Poster session at AAMFT, Atlanta, GA.
 - Wang, M., Zavada, A., Mittal, M., Sandberg, J., Jeffery, A., McPheters, J., & Rosenberg, T. (2003). Pre-treatment dropouts: Why clients never start treatment. Poster session at AAMFT, Long Beach, CA.
 - Dallal-Ferne, D., & Mittal, M. (2003). Are we doing enough? Feminist training in family therapy programs. Poster session presented at AAMFT, Long Beach, CA.
 - Haas-Cunningham, S., Stone Fish, L., Gosling, A., Sandberg, J., Hardy, K., & Mittal, M. (2003). Are we soaring yet? Workshop at AAMFT, Long Beach, CA.
 - Rastogi, M., Wieling, E., Landau, J., Daneshpour, M., & Mittal, M. (2002). Thinking globally: International MFTs in the U.S. Workshop at AAMFT, Cincinnati, OH.
 - Haas-Cunningham, S., Stone Fish, L., Gosling, A., Sandberg, J., Hardy, K., & Mittal, M. (2002). Walking the walk: Diversity meets self Syracuse university style. Workshop at AAMFT, Cincinnati, OH.
 - Mittal, M., & Wieling, E. (2001). Expanding the horizons: Towards a more systemic integration of marriage and family therapists. Round table presentation at NCFR, Rochester, NY.
 - Mittal, M., & Wieling, E. (2000). The influence of ethnicity on the practice of feminist family therapy. Poster session presented at NCFR, Minneapolis, MN.
 - Bryan, L., Kimball, T., Mittal, M., & Webber, S. (2000). Divorced Women's Support Group: Themes and Variations. Poster session presented at the Annual Conference for the Advancement of Women in Higher Education, Lubbock, TX.

REVIEW EXPERIENCE

- Reviewer, Journal of Marital and Family Therapy, 2003, 2004, 2005
- Reviewer, Family Relations, 2005

PROFESSIONAL AFFILIATIONS AND MEMBERSHIP

- Clinical Member- American Association of Marriage and Family Therapy. 2004, 2005, 2006
- Member- International Family Therapy Association. 2004, 2005

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- Associate Member – Texas Association for Marriage and Family Therapy. 2001, 2002.
 - National Council on Family Relations (Family Therapy, Ethnic Minorities, and Feminism and Family Studies Sections). 1999, 2000, 2001, 2002.