

Sean D. Davis, Ph.D.
Distinguished Professor
Alliant International University
2030 West El Camino Ave, Suite 200, Sacramento, California 95833
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Education

- Ph.D. Virginia Polytechnic Institute and State University, 2005

Marriage and Family Therapy, COAMFTE Accredited

Chair: Fred P. Piercy, Ph.D.

Dissertation: *Common and Model-Specific Factors: What Marital Therapy Model Developers, Their Former Students, and Their Clients Say About Change*
(awarded the 2005 AAMFT Graduate Student Research Award and 2006 AAMFT Dissertation Award. First person to win both awards.)

Committee Members: Douglas K. Sprenkle, Scott W. Johnson, Margaret L. Keeling

Internship: Visiting Faculty in the University of Kentucky's Marriage and Family Therapy Program
- M.S. Brigham Young University, 2002

Marriage and Family Therapy, COAMFTE Accredited

Chair: Mark H. Butler, Ph.D.

Thesis: *Common Pitfalls of Beginning Marriage and Family Therapists Utilizing Enactments*
- B.S. Brigham Young University, 2000

Major in Family Science, Minor in Psychology
- A.A.S. Utah Valley State College, 1998

Behavioral Science

Scholarship

RESEARCH INTERESTS

- Common factors of change in Marriage and Family Therapy
- Bridging the scientist/practitioner gap in MFT research and training
- International Marriage and Family Therapy education
- Nature and family therapy

PEER-REVIEWED PUBLICATIONS

Whiting J.B., Fife S.T., Davis S.D., Ogles B.M., Bailey R.J. (2025). Corrective Experiencing as a Common Factor in Couple Therapy: Creating New and Positive Emotions in Relationships. *Family Process*. Dec;64(4):e70087. doi: 10.1111/famp.70087. PMID: 41199136.

Lappan, S. N., Davis, S. D. (in press). Suggested guidelines for applying a systemic lens to psychedelic-assisted psychotherapy. *Psychedelic Medicine*

Shojaeifar, S., Abooei, A., Afshani, S. A., Kazemi, F., & Davis, S. D. (2025). The Structural Model of the Relationship Between Emotion Regulation and Romantic Relationship Quality: The Mediating Role of Relationship Obsessive-Compulsive Disorder (ROCD). *The American Journal of Family Therapy*, 1–22.
<https://doi.org/10.1080/01926187.2025.2547631>

++Espinoza, S., Davis, S., & Seshadri, G. (2024). Perceptions of the effect of parental deportation on adult intimate relationships. *Journal of Marital and Family Therapy*, 50, 390–406. <https://doi.org/10.1111/jmft.12697>

***Quinn, B., Davis, S. D., Greaves, B., Furrow, J., Palmer-Olsen, L., & Woolley, S. (2023). Caregiver openness in emotionally focused family therapy: A critical shift. *Family Process*, 1-19.

Davis, S. D., Fife, S. T., Whiting, J. B., & Bradford, K. P. (2020). Way of being and the therapeutic pyramid: Expanding the application of a common factors meta-model. *Journal of Marital and Family Therapy*, 1-16.

+Davis, S. D., & Hsieh, A. (2019) What does it mean to be a common factors informed family therapist? *Family Process*, 1-12. Doi: 10.1111/famp.12477

- Maxwell, M., Davis, S. D., Miller, M., and Woolley, S. R. (2018). Covenant attachment: A constructivist grounded theory of Christian couples and God. *Journal of Marital and Family Therapy*.
- Laszloffy, T. A., & Davis, S. D. (2018). Nurturing nature: Exploring ecological self-of-the-therapist issues. *Journal of Marital and Family Therapy*. Doi: 10.1111/jmft.12312
- Grady, J., Banford Witting, A., Kim, A., & Davis, S. (2018). Differences in Unit Cohesion and Combat-Related Mental Health Problems Based on Attachment Styles in US Military Veterans. *Contemporary Family Therapy*, 40, 249-258. <https://doi.org/10.1007/s10591-017-9444-8>
- Wilson, K. L., Glebova, T., Davis, S. D., & Seshadri, G. (2017). Adolescent mothers in foster care: Relational ethics, depressive symptoms and health problems through a contextual therapy lens. *Contemporary Family Therapy*, 39, 150-161. Doi: 10.1007/s10591-017-9417-y
- **Karam, E., Blow, A., Sprenkle, D. H., & Davis, S. D. (2015). Strengthening the Systemic Ties that Bind: Integrating Common Factors into MFT Curricula. *Journal of Marital and Family Therapy*, 41, 136-149. Doi: 10.1111/jmft.12096.
- Karam, E., Davis, S. D., & Sprenkle, D. H. (2015). Targeting Threats to the Therapeutic Alliance: A Primer for MFT Training. *Journal of Marital and Family Therapy*, 41, 389-400. Doi: 10.1111/jmft.12097.
- Dattilio, F. M., Piercy, F. P., & Davis, S. D. (2014). The divide between “evidence-based” approaches and practitioners of traditional theories of family therapy. *Journal of Marital and Family Therapy*, 40, 5-16. Doi: 10.1111/jmft.12032.
- **Fife, S. T., Whiting, J. B., Bradford, K., & Davis, S. D. (2014). The therapeutic pyramid: A common factors synthesis of techniques, alliance, and way of being. *Journal of Marital and Family Therapy*, 40, 20-33. Doi: 10.1111/jmft.12041.
- +Davis, S. D., Lebow, J., & Sprenkle, D. H. (2012). Common factors of change in couple therapy. *Behavior Therapy*, 43, 36-48.
- Blow, A. J., Davis, S. D., & Sprenkle, D. H. (2012). Therapist-worldview matching: Not as important as matching to clients. *Journal of Marital and Family Therapy*, 38, 13-17.
- Woolley, S. R., Wampler, K. S., & Davis, S. D. (2012). Enactments in couple therapy: Identifying therapist interventions associated with positive change. *Journal of Family Therapy*, 34, 284-305.
- Butler, M. H., Davis, S. D., & Seedal, R. (2008). Common pitfalls of beginning therapists utilizing enactments. *Journal of Marital and Family Therapy*, 34, 269-286.

*Davis, S. D. & Piercy, F. P. (2007). What clients of MFT model developers and their former students say about change, Part I: Model dependent common factors across three models. *Journal of Marital and Family Therapy*, 33, 318-343.

*Davis, S. D. & Piercy, F. P. (2007). What clients of MFT model developers and their former students say about change, Part II: Model independent common factors and an integrative framework. *Journal of Marital and Family Therapy*, 33, 344-363.

*Blow, A. J., Sprenkle, D. S., & Davis, S. D. (2007). Is who delivers the treatment more important than the treatment itself?: The role of the therapist in common factors. *Journal of Marital and Family Therapy*, 33, 298-317.

Davis, S.D. (2005). Beyond technique: An autoethnographic exploration of how I learned to show love towards my father. *The Qualitative Report*, 10, 532-541.

Huebner, A. J., Shettler, L., Matheson, J. L., Meszaros, P. S., Piercy, F. P., & Davis, S. D. (2005). Examining ethnic differences in predictors of female adolescent smoking in rural Virginia. *Journal of Child and Adolescent Substance Abuse*, 15, 27-61.

Davis, S. D., & Butler, M. H. (2004). Enacting relationships in Marriage and Family Therapy: A conceptual and operational definition of an enactment. *Journal of Marital and Family Therapy*, 30, 319-334.

Davis, S. D., Piercy, F. P., Meszaros, P. S., Huebner, A. J., Shettler, L., & Matheson, J. L. (2004). Female adolescent smoking: A Delphi study on best prevention practices. *Journal of Drug Education*, 34, 295-311.

Huebner, A. J., Shettler, L., Matheson, J. L., Meszaros, P. S., Piercy, F. P., & Davis, S. D. (2004). Factors associated with former smokers among female adolescents in rural Virginia. *Addictive Behaviors*, 30, 167-173.

*Three of the five most cited journal articles of all articles published in the top-ranked *Journal of Marital and Family Therapy* between 2005-2008.

**Awarded the 2014 and 2015 *Journal of Marital and Family Therapy* article of the year award.

***One of the top five most downloaded articles in *Family Process* for 2023.

++Awarded the 2024 *Journal of Marital and Family Therapy* Inclusivity Article of the Year award.

+Invited publication

BOOKS

Nichols, M. P., & Davis, S. D. (2020). *Family therapy: Concepts and methods* (12th ed.). Columbus, OH: Pearson.

- Nichols, M. P., & Davis, S. D. (2019). *Essentials of family therapy* (7th ed.). Columbus, OH: Pearson.
- Lebow, J., Chambers, A., & Breunlin, D. C (Eds) (2018). *Encyclopedia of Couple and Family Therapy*, New York: Springer. (I was an associate editor for this project, in charge of editing approximately 75 chapters)
- Nichols, M. P., & Davis, S. D. (2016). *Family therapy: Concepts and methods* (11th ed.). Columbus, OH: Pearson.
- Bean, R. A., Davis, S. D., & Davey, M. P. (Eds.) (2014). *Clinical Supervision Activities for Increasing Competence and Self-Awareness*, New York: Wiley-Blackwell.
- Sprenkle, D. H., Davis, S. D., & Lebow, J. (2009) *Common factors in couple and family therapy: The overlooked foundation for effective practice*. New York: Guilford Press.
- Datillio, F. M., Jongsma, A. E., & Davis, S. D. (2010). *The family therapy treatment planner*. (2nd ed.). New York: John Wiley & Sons.

BOOK CHAPTERS

- Davis, S. D., (2022). Common factors in couple therapy. In Lebow, J. L., & Snyder, D., (Eds), *Clinical Handbook of Couple Therapy* (6th ed). New York: Guilford.
- Davis, S. D. (2018). Sprenkle, Douglas. In *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Davis, S. D., Gonzalez, V. & Sahabzada, S. (2018). Therapeutic alliance in couple and family therapy. In *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Lou-Barton, G. & Davis, S. D. (2018). Systems theory. In *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Davis, S. D. (2017). Common factors in couple and family therapy. In *Encyclopedia of Couple and Family Therapy*. New York: Springer. Doi: 10.1007/978-3-319-15877-8_515-1
- Davis, S. D. (2017). Piercy, Fred. In *Encyclopedia of Couple and Family Therapy*. New York: Springer. Doi: 10.1007/978-3-319-15877-8_790-1
- Davis, S. D. (2016). Enactments in five developmental stages. In Weeks, G., Fife, S., & Peterson, C. (Eds.) *Techniques for the Couples Therapist: Essential Interventions*. New York: Routledge.
- Davis, S. D. & Espinoza, S. A. (2016). Enactments. In Weeks, G., Fife, S., & Peterson, C. (Eds.) *Techniques for the Couples Therapist: Essential Interventions*. New York: Routledge.
- Davis, S. D., Dattilio, F. M., & Gonzalez, A. (2014). Family Therapy. In Cautin, R., & Lilienfeld, S. (Eds), *Encyclopedia of Clinical Psychology*, New York: Wiley-Blackwell.

Davis, S. D., & Gonzalez, A. (2014). A new experience with the family of origin. In Bean, R. A., Davis, S. D., & Davey, M. P. (Eds.), *Clinical Supervision Activities for Increasing Competence and Self-Awareness*, New York: Wiley-Blackwell.

Piercy, F. P., Soekandar, A., Limansubroto, C., & Davis, S. D. (2005). Family therapy with Indonesians. In M. McGoldrick, J. Pearce, & J. Giordano (Eds.), *Ethnicity and family therapy* (3rd ed. pp. 332-338). New York: Guilford.

Benningfield, A. B. & Davis, S. D. (2005). Family business consultation: Opportunities for MFTs. In S. M Harris, D. C. Ivey, & R. A. Bean (Eds.), *A practice that works: Strategies to supplement your stand alone therapy practice* (pp. 211-223). New York: Taylor & Francis.

BOOK REVIEWS

Davis, S. D. (2012). [Review of the book *Cognitive Behavior Therapy with Couples and Families: A Comprehensive Guide for Clinicians*.] *American Journal of Family Therapy*.

Davis, S. D. (2011). [Review of the book *Life With Pop*]. *Journal of Marital and Family Therapy*.

Davis, S. D. 2010. [Review of the book *Ethics and Professional Issues in Couple and Family Therapy*]. *Journal of Couple and Relationship Therapy*.

NON-PEER REVIEWED PUBLICATIONS

Moniz, V., Davis, S., Glebova, T. & Natrajan, R. Marital satisfaction within police marriages. Presentation and published thesis for a conference “Актуальные проблемы клинической и прикладной психологии” [Current Problems of Clinical and Applied Psychology], Vladivostok, Russia (2012).

MONOGRAPHS

Davis, S. D., Piercy, F. P., Meszaros, P. S., Huebner, A. J., Shetler, L., & Matheson, J. L. (2004). Female adolescent smoking: A Delphi study on best prevention practices. In Matheson, J. L. (Ed.), *Adolescent females and smoking*. Monograph prepared for the Virginia Tobacco Settlement through the Virginia Youth Tobacco Coalition. Blacksburg, VA.

PROFESSIONAL PRESENTATIONS: PEER-REVIEWED

Davis, S. D., Aubin, L., Marques, C., & Bonilla, N. (2024). *Nurturing nature: Integrating ecological systems into family systems*. Seminar presentation at the meeting of the Couples and Family Therapy Student-Led Conference, San Diego, California.

Whiting, J., Fife, S., Davis, S. D., Bradford, K. L., Ogles, B., & Bailey, R. (2023). *Corrective experiencing as a key to clinical change across models*. Panel presentation at the meeting of the Society for Psychotherapy Research, Dublin, Ireland.

- Espinoza, S., Dadras, I., & Davis, S. D. (2019). *The future of family therapy: The use of a contextual self*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Austin, Texas.
- Fife, S. T., Davis, S. D., Bradford, K. & Whiting, J. B. (2018). *I see you: Way of being in MFT practice and supervision*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Louisville, Kentucky.
- Fife, S. T., Whiting, J. B., Davis, S. D., & Bradford, K. (2016). *The therapeutic pyramid: A common factors meta-model*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Indianapolis, Indiana.
- Karam, E. A., Blow, A. J., & Davis, S. D (2015). *Enhancing therapist common factors in MFT practice*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Austin, Texas.
- **Espinoza, S., & Davis, S. D. (2015). *Clinical implications for working with couples affected by deportation*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy California Division, Northridge, California.
- Karam, E. A., Blow, A. J., Davis, S. D., & Sprenkle, D. H. (2013). *Integrating common factors into MFT training*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Portland, Oregon.
- **Davis, L., & Davis, S. D. (2012). *Differences in PTSD symptoms between military and civilian populations*. Poster presented at the meeting of the American Association of Marriage and Family Therapy California Division, Pleasant Hill, California.
- Karam, E. A., Davis, S. D., & Sprenkle, D. H. (2012). *Studying your own practice: Tracking common factors in MFT*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Charlotte, North Carolina.
- Karam, E. A., Davis, S. D., & Sprenkle, D. H. (2011). *Maximizing couple common factors in MFT*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Fort Worth, Texas.
- Whiting, J. B., & Davis, S. D. (2011). *Co-creating the supervisory relationship: Pitfalls and promising practices*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Fort Worth, Texas.
- Karam, E. A., & Davis, S. D. (2010). *Getting specific about the common factors in MFT supervision*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Atlanta, Georgia.
- **Poggi, G., Davis, S. D., & **Macias, K. (2010). *Cohabiting couples: The impact of economic crisis*. Poster presented at the meeting of the American Association of Marriage and Family Therapy, Atlanta, Georgia.

- Fife, S., Whiting, J. Davis, S. D., & Bradford, K. (2009, November). *The therapeutic pyramid: Connecting techniques, the therapeutic relationship, and the therapist's way of being*. Paper presented at the meeting of the National Council of Family Relations, San Francisco, California.
- **Kauptert, K. & Davis, S. D. (2009, November). *MFT trainee's theoretical preference selection process*. Poster presented at the meeting of the National Council of Family Relations, San Francisco, California.
- Davis, S. D. & Sprenkle, D. H. (2009, October). *MFT common factors: Practice, research, and training*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Sacramento, California.
- Davis, S. D. & *Crandall, N. (2009, October). *From no sex to yes please: LDS couples' sexual satisfaction*. Poster presented at the meeting of the American Association of Marriage and Family Therapy, Sacramento, California.
- Karam, E. A., Sprenkle, D. H., & Davis, S. D. (2009, October). *Nurturing the therapeutic alliance in MFT*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Sacramento, California.
- Cole, E. M. & Davis, S. D. (2009, October). *Integrating cultural competence into common factors in MFT*. Seminar presented at the meeting of the American Association of Marital and Family Therapy, Sacramento, California.
- Davis, S. D. & Sprenkle, D. H. (2007, October). *MFT common factors: Practice, research, and training*. Seminar presented at the meeting of the American Association of Marriage and Family Therapy, Long Beach, California.
- Davis, S. D., Brimhall, A. S., Matheson, J. L., & Ward, D. B. (2007, October). *The MFT assistant professor job search: Fact and fiction*. Poster presented at the meeting of the American Association of Marriage and Family Therapy, Long Beach, California.
- Davis, S. D. & Butler, M. H. (2006, October). *Common pitfalls in enacting relationship change*. Poster presented at the meeting of the American Association of Marriage and Family Therapy, Austin, Texas.
- *Davis, S. D., Butler, M. H., Gardner, B. C., Brimhall, A. S., & Bird, M. H. (2005, October). *Enacting marital change: A contemporary developmental model*. Pre-conference institute conducted at the meeting of the American Association of Marriage and Family Therapy, Kansas City, Missouri.
- Davis, S. D. (2005, October). *The next step: A common factors conceptual framework for MFT*. Poster presented at the meeting of the American Association of Marriage and Family Therapy, Kansas City, Missouri.

Davis, S. D. (2004, September). *Softening in couple's therapy: A common factors perspective*. Poster presented at the meeting of the American Association of Marriage and Family Therapy, Atlanta, Georgia.

Meszaros, P. S., Piercy, F. P., Huebner, A., Matheson, J., Davis, S. D., & Shetler, L., (2003, November). *Female adolescent smoking: A family health concern*. Symposium conducted at the meeting of the National Council on Family Relations, Vancouver, British Columbia.

*equal author contributions

**current student or alumni

PROFESSIONAL PRESENTATIONS: INVITED

Davis, S. D. (2025, June). *Building a thriving career in academia*. Invited presentation at Virginia Polytechnic Institute and State University, Blacksburg, Virginia.

Davis, S. D. (2024, January). *Common factors in couple and family therapy*. Invited presentation at University of California San Diego, San Diego, California

Davis, S. D. (2024, February). *The inextricable link between nature and family therapy*. Invited presentation at the CFT Speaker Series, Systemwide, Alliant International University.

Davis, S. D. (2024, November). *Healing from an affair*. Invited presentation at Daybreak University, Anaheim, California. Also broadcast to therapists throughout South Korea.

Davis, S. D. (2023, June). *Strategic therapy*. Invited plenary address at South Korean Family Therapy Conference, Daybreak University, Anaheim, California.

Davis, S. D. (2022, September). *Avoiding burnout*. Invited presentation at the Student Government Association, Systemwide, Alliant International University.

Davis, S. D. (2021, September). *Preparing for life after graduation*. Invited presentation at the Student Government Association, Systemwide, Alliant International University.

Davis, S. D. (2020, October). *Ten theories in 60 minutes: A review*. Invited presentation at Virginia Tech, Falls Church, Virginia.

Davis, S. D. (2020, February). *Common factors in couple and family therapy*. Invited presentation at the University of Minnesota, Minneapolis, Minnesota.

Davis, S. D. (2019, February). *Why are you doing this?: Using the therapeutic pyramid to reconnect with your passion for the field and foster deep change in your clients*. Invited presentation at Lipscomb University, Nashville, Tennessee.

- Davis, S. D. (2019, March). *Why are you doing this?: Using the therapeutic pyramid to reconnect with your passion for the field and foster deep change in your clients*. Invited presentation at Turning Point Family Services, Sacramento, California.
- Davis, S. D. (2021, 2020, 2019, 2018, 2017, September). *Common factors in Couple and Family Therapy*. Invited presentation at San Diego State University, San Diego, California.
- Davis, S. D., Hutchings, M., & Marsh-Greenhagen, N. (2017, May). *Acceptance and commitment therapy as a treatment for anxiety*. Invited presentation at the Auburn chapter of the California Association of Marriage and Family Therapists, Auburn, California.
- Davis, S. D. (2017, March). *Why are you doing this?: Using the therapeutic pyramid to reconnect with your passion for the field and foster deep change in your clients*. Invited presentation at Turning Point Family Services, Sacramento, California.
- Davis, S. D. (2017, May). *Common factors in marriage and family therapy*. Invited presentation at the Wright Institute, Berkeley, California.
- Davis, S. D., & Hutchings, M. (2015, October). *Object relations therapy with couples in chronic conflict*. Invited presentation at LDS Family Services, Sacramento, California.
- Davis, S. D. (2015, September). *Thriving in graduate school while keeping your life intact*. Invited presentation at Alliant International University, Mexico City campus.
- Davis, S. D. & Smith, J. (2014, September). *The essentials of clinical supervision*. Invited presentation at LDS Family Services, Sacramento, California.
- Davis, S. D. (2015, July). *BBS-approved supervisor workshop*. Invited presentation at Hope Counseling Center, Roseville, California.
- Davis, S. D. (2014, June). *BBS-approved supervisor workshop*. Invited presentation at Hope Counseling Center, Roseville, California.
- Davis, S. D. (2013, October). *Emotionally-focused couple therapy*. Invited presentation at LDS Family Services, Sacramento, California.
- Davis, S. D. (2013, March). *Common factors of change in Marital and Family Therapy*. Invited teleconference presentation at Virginia Polytechnic Institute and State University, Falls Church, Virginia.
- Moniz, V., Davis, S., Glebova, T. & Natrajan, R. *Marital satisfaction within police marriages*. Presentation and published thesis for a conference “Актуальные проблемы клинической и прикладной психологии” [Current Problems of Clinical and Applied Psychology], Vladivostok, Russia (2012).
- Davis, S. D. (2012, April). *Common factors in couple and family therapy*. Invited presentation for the Alliant International University Student Government Association.

- Davis, S. D. (2012, October). *Creating a passion in Couple and Family Therapy*. Invited plenary address at the California Association of Marriage and Family Therapy Annual Student Research Conference, Pleasant Hill, California.
- Davis, S. D. (2011, April). *What works in couple and family therapy?* Invited presentation at the Wright Institute, San Francisco, California.
- Davis, S. D. (2011, March). *What is really responsible for therapeutic change?* Invited plenary address at the Florida Association of Marital and Family Therapy Annual Conference, Orlando, Florida.
- Davis, S. D. (2010, December). *Common factors of change in Marital and Family Therapy*. Invited teleconference at Virginia Polytechnic Institute and State University Marital and Family Therapy Doctoral Program, Blacksburg, Virginia.
- Davis, S. D. (2010, May). *Emotionally focused couple therapy*. Invited presentation at the conference of the California Association of Marriage and Family Therapists – Sacramento Chapter.
- Davis, S. D. (2010, April). *Common factors of change in Marital and Family Therapy*. Invited teleconference at Virginia Polytechnic Institute and State University, Falls Church, Virginia.
- *Davis, S. D., Stein-Stover, B., Mitroff, I. I., & Wilson, H. (2009, January). *Critical thinking in higher education*. Panel presentation at the Alliant International Faculty Conference, San Jose, CA.
- Davis, S. D. (2008, December). *Enacting change in family therapy*. Invited presentation at the Family Institute of Pinole, San Francisco, CA.
- Davis, S. D. (2008, November). *Couple therapy that works part II: Common factors of change across different couple therapy approaches*. Invited presentation at the conference of the American Association of Marital and Family Therapy – California, Sacramento Division.
- Davis, S. D. (2010, 2009 and 2008, July). *Common factors of change in Marital and Family Therapy*. Invited teleconference presentation at Northwestern University, Chicago, IL.
- Davis, S. D. (2008, May). *Emotionally-focused therapy for couples*. Invited presentation at the conference of the California Association of Marriage and Family Therapists – Sacramento Chapter.
- *Davis, S. D., & Caldwell, B. E. (2008, February). *Emotionally-focused therapy for couples*. Invited presentation at the conference of the American Association of Marital and Family Therapy – California, Sacramento Division.
- Davis, S. D. (2006, November). *Couple therapy that works: Common factors of change across different couple therapy approaches*. Invited presentation at the first annual conference of

the American Association of Marital and Family Therapy – California, Sacramento Division.

Davis, S. D. (2007, April). *How does therapy work?: Common factors of change in Marriage and Family Therapy*. Invited presentation for Alliant International University, Irvine Campus.

Davis, S. D. (2005, March). *Self-of-the-therapist issues in marital and family therapy*. Invited presentation for FAM 686, Theories and Methods in Marriage and Family Therapy, University of Kentucky.

Davis, S. D. (2005, February). *Suicide assessment and prevention*. Invited presentation for FAM 686, Theories and Methods in Marriage and Family Therapy, University of Kentucky.

Davis, S. D. (2001, November). *Enhancing your communication skills*. Invited presentation for United Way, Provo, UT.

*Equal author contributions

**Current student or alumni

GRANT WRITING

Wang, L., & Davis, S. D. (2011). Educational stipend program – Marriage and Family Therapists. Educational stipend program funded through the California Department of Mental Health. (Funded for \$1,200,000).

Davis, S. D. (2006). 2006 AAMFT Thesis/Dissertation Award (awarded \$750 to assist AAMFT conference travel costs).

Davis, S. D. (2005). 2005 AAMFT Graduate Student Research Award (awarded \$2250 to offset dissertation research costs).

Davis, S. D. (2003). Dr. Michael Sporakowski Travel Grant. Department of Human Development, Virginia Tech (funded for \$500).

EDITORIAL REVIEW BOARDS

2019-present *Family Process* editorial review board.

2014-2024 *Journal of Marital and Family Therapy* Editorial Council (A group of 10 editorial review board members tasked with helping the editor chart the future of *JMFT*.)

2008-2024 *Journal of Marital and Family Therapy* (Awarded Reviewer of the Year Award in 2010).

AD HOC REVIEWER

2018-2019 *Family Process*

2013 *Military Psychology*

2012 *Journal of Couple and Relationship Therapy*

2012-present *Contemporary Family Therapy*

2010 *Psychological Services*

2010 *Behavior Therapy*

2006-2008 *Journal of Marital and Family Therapy*

Teaching

INTERNATIONAL COURSES TAUGHT

PSY 6654, Psychology of Ethnic Diversity

Graduate Instructor, Alliant International University – Italy Immersion Program, co-taught with Dr. Jeffrey Jackson.

PSY 7311, Couples Therapy (taught most years from 2008-2018)

Graduate Instructor, Alliant International University – Mexico City Campus

PSY 7330, Chemical Dependency and the Family

Graduate Instructor, Alliant International University – Mexico City Campus

COURSES TAUGHT/TRAINING RECEIVED

PSY 6350/51, MFT Theories and Techniques I (online)

Graduate Instructor, Alliant International University

PSY 8311, Advanced Couples Therapy

Graduate Instructor, Alliant International University

PSY 9360, MFT Advanced Practicum

Graduate Instructor, Alliant International University

PSY 6312, MFT Theories & Techniques I

Graduate Instructor, Alliant International University

PSY 9325, Advanced MFT Research II (Qualitative)

Graduate Instructor, Alliant International University

PSY 6317, Parent/Child Therapy Techniques
Graduate Instructor, Alliant International University

PSY 8500, Common Factors in MFT
Graduate Instructor, Alliant International University

PSY 6311, Introduction to Psychopathology
Graduate Instructor, Alliant International University

PSY 7614, Human Sexuality
Graduate Instructor, Alliant International University

PSY 6313, Family Therapy Techniques
Graduate Instructor, Alliant International University

PSY 7360, Practicum and Reflecting Practices
Graduate Instructor, Alliant International University

PSY 7311, Couples Therapy
Graduate Instructor, Alliant International University

PSY 7312, Sex Therapy in MFT
Graduate Instructor, Alliant International University

PSY 6308, Interviewing Techniques
Graduate Instructor, Alliant International University

Integrating Multiculturalism into courses at Alliant International University. Three-day training for CSPP program directors at San Diego, CA., summer 2008.

FAM 776, Use of DSM-IV in MFT
Graduate Instructor, University of Kentucky

FAM 740, Couples and Sex Therapy
Graduate Instructor, University of Kentucky

FAM 554, Working With Parents
Graduate Instructor, University of Kentucky

FAM 787, Supervised Experiential Practice of Marriage and Family Therapy
Sole provider of *individual supervision* to master's level MFT students; co-instructor of *group supervision* with Dr. Gregory Brock, University of Kentucky

FAM 776, Familial Play Therapy
Graduate Instructor (co-taught with Dr. Kay Bradford), University of Kentucky

FAM 360, Introduction to Family Intervention: Working With Families and Individuals
Undergraduate Instructor, University of Kentucky

FAM 253 (online course), Human Sexuality: Development of Behavior and Attitudes
Undergraduate Instructor, University of Kentucky

FAM 252, Introduction to Family Science
Undergraduate Instructor, University of Kentucky

HD 4344, Community Programs in Family Life
Undergraduate Instructor, Virginia Polytechnic Institute and State University

HD 5984, Teaching in Higher Education
Virginia Polytechnic Institute and State University, Fall 2003-Spring 2004. Completed Human Development Department Graduate Student Teacher Training Courses.

Professional/Clinical Recognition and Experience

ACADEMIC AWARDS AND DISTINCTIONS

2025 Coauthor of one of the most downloaded articles from 2023 in *Family Process*.

2024 *Inclusivity Article of the Year* award from the *Journal of Marital and Family Therapy* (shared with two co-authors).

2020 *Training Award*, American Association of Marriage and Family Therapy. A nationally competitive award for excellence in training.

2018 *Certificate of Awesomeness* award from the Student Government Association at Alliant International University's Sacramento campus for outstanding mentorship to students.

2015 *Journal of Marital and Family Therapy* article of the year award (shared with three co-authors)

2014 *Journal of Marital and Family Therapy* article of the year award (shared with three co-authors)

2011 Alliant International University Provost's Pillar Award for Excellence in Scholarship.

2010 Reviewer of the Year Award, *Journal of Marital and Family Therapy*.

2010 Coauthor of the most downloaded article in *Journal of Marital and Family Therapy*.

2008 Author or co-author of three of the five most cited articles of all articles published in the top-ranked *Journal of Marital and Family Therapy* during 2005-2008.

2006 AAMFT Dissertation Award, a nationally competitive award for an outstanding completed dissertation. The first person in the history of AAMFT to win both the Dissertation and Graduate Student Research Awards.

2005 AAMFT Graduate Student Research Award, a nationally competitive award for innovative dissertation research.

1999 Winner of a Brigham Young University academic scholarship, a competitive scholarship awarded to select members of the general student body based on outstanding academic achievement.

1997 Maintained standing on the high honor roll, Utah Valley State College.

1997 Winner of the Utah Valley State College Behavioral Science departmental scholarship, a competitive, full tuition scholarship awarded to one person each year.

1993 Salutatorian, Escalante High School.

PROFESSIONAL ORGANIZATIONS/CREDENTIALS

2010-present California Board of Behavioral Sciences Approved Supervisor

2008-present Approved Supervisor, American Association of Marriage and Family Therapy

2006-present Clinical Fellow, American Association of Marriage and Family Therapy

2008-present California Licensed Marriage and Family Therapist (#45885)

2001-present PREP/ENRICH Certified Counselor.

2006-present American Association of Marriage and Family Therapy – California

2006-2008 Member, AAMFT-California Sacramento Steering Committee

2006-2007 Kentucky Licensed Marriage and Family Therapist (#KY-0634).

2006-2008 California Marriage and Family Therapy Intern (#51865)

2005-2006 Kentucky Marriage and Family Therapy Associate (#05-0033).

2004-2008 AAMFT Supervisor in Training.

2004-2006 Kentucky Association for Marriage and Family Therapy.

2005-2006 Associate Member, American Association for Marriage and Family Therapy.

2001-2005 Student Member, American Association for Marriage and Family Therapy.

1999-2000 Kappa Omicron Nu, National Honor Society for family, home, and social sciences.
Award given for being in top 10% of class.

1999-2000 BYU Pre-Marriage and Family Therapy Student Association, a student organization designed to assist undergraduates in preparation for training in marriage and family therapy.

CLINICAL/SUPERVISION EXPERIENCE

2018-present *The Davis Group Trainings and Retreats for the Healing Arts, LLC*, CAMFT-approved continuing education provider. Provide CEU trainings to social workers, marriage and family therapists, and professional counselors in California.

2016-present *The Davis Group Counseling and Wellness Services*, Roseville and Palo Alto, CA. Owner and Director of agency which employs several licensed therapists, clinical supervisors, and registered associates providing individual, couple and family counseling and clinical supervision.

2010-2017 *Marriage and Family Therapy Intern Supervisor*, Sacramento, CA. Supervising 1-3 California registered MFT interns in my private practice.

2008-present *Marriage and Family Therapy Private Practice*, Sacramento, CA. Practicing under personal license.

2007-2008 *Marriage and Family Therapist Intern*, Sacramento, CA. Practicing as an MFT Intern under the supervision of Amy Ellis, LMFT #40536 and Dr. Ben Caldwell, LMFT #42723.

2006-2007 *Marriage and Family Therapist Intern*, LDS Family Services, Sacramento, CA. Supervised by AAMFT and CA-BBS Approved Supervisor.

2005-2006 *MFT Private Practice*, Lexington, Kentucky. Supervised by AAMFT Approved Supervisor until licensure in 2006.

2005 *Marriage and Family Therapist Intern*, Family Center, University of Kentucky. Supervised by MFT faculty, AAMFT Approved Supervisors.

2004-2005 *Marriage and Family Therapy Supervisor in Training*, Family Center, University of Kentucky. Supervision of Master's level Marriage and Family Therapy students in clinical practica. Supervision of supervision provided by Gregory W. Brock, Ph.D., AAMFT Approved Supervisor.

2004-2005 *Marriage and Family Therapist, Intern*, Family Center, University of Kentucky, Lexington, Kentucky. Couple therapy, family therapy, HIV-AIDS counseling, domestic violence, depression, anxiety, trauma, adolescent, child (425 hours). Supervised by MFT faculty, AAMFT Approved Supervisors.

2004 *Marriage & Family Therapy Supervisor in Training*, Family Therapy Center, Virginia Tech, Blacksburg, Virginia. Supervision of Doctoral Marriage & Family Therapy students in clinical practica. Supervision of Supervision by Scott Johnson, Ph.D., AAMFT Approved Supervisor.

2002-2004 *Marriage and Family Therapist, Student*, Family Therapy Center, Virginia Polytechnic Institute and State University, Blacksburg, Virginia. Divorce adjustment, marital, domestic violence, anxiety, depression, family, adolescent, extramarital affairs, pre-marital, child (325 hours). Supervised by MFT faculty, AAMFT Approved Supervisors.

2002-2003 *Emergency Relief Clinician*, New River Valley Community Services. Provided on-call crisis intervention and psychological evaluations at local jails and hospital emergency rooms.

2000-2002 *Marriage and Family Therapist, Student*, Comprehensive Clinic, Brigham Young University, Provo, Utah. Marital, pre-marital, family, multigenerational, individual, sexual addictions, extramarital affairs, divorce adjustment, paraphilias (500 hours). Supervised by MFT faculty, AAMFT Approved Supervisors.

RESEARCH AND ADMINISTRATION/PROFESSIONAL WORK HISTORY

2020-present *Distinguished Professor of Couple and Family Therapy* at Alliant International University, Sacramento. Responsibilities include conducting research, delivering community and university service, and teaching graduate MFT courses.

2018-2019 *Site Director* of the Couple and Family Therapy Online Program at Alliant International University. Responsibilities include managing the growth and day to day operations of the online program under the direction of the systemwide director Dr. Manijeh Daneshpour.

2015-2020 *Professor of Couple and Family Therapy* at Alliant International University, Sacramento. Responsibilities include conducting research, delivering community and university service, and teaching graduate MFT courses.

2013-2014 *Clinical Coordinator* of Marriage and Family Therapy at Alliant International University, Sacramento. Responsibilities include recruiting and maintaining relationships with MFT internship sites and monitoring all clinical aspects of student progression through the MFT program.

2008-2015 *Associate Professor of Marriage and Family Therapy* at Alliant International University, Sacramento. Responsibilities include conducting research, delivering community and university service, and teaching graduate MFT courses.

2008-2013 *Site Director*, Marriage and Family Therapy Program, Alliant International University, Sacramento. Responsibilities include managing day-to-day operation of the MFT program at the site level under the direction of Systemwide MFT Program Director, Dr. Scott Woolley.

2006-2008 *Assistant Professor of Marriage and Family Therapy* at Alliant International University, Sacramento. Responsibilities include conducting research, delivering community and university service, and teaching graduate MFT courses.

2006-2008 *Clinical Coordinator* of marriage and family therapy at Alliant International University, Sacramento. Responsibilities include recruiting and maintaining relationships with MFT internship sites and monitoring all clinical aspects of student progression through the MFT program.

2004-2006 *Visiting Faculty* in the University of Kentucky Marriage and Family Therapy program. Participated in departmental and program faculty meetings, served on the department self-study committee, participated in new student admissions process, assisted in coordinating the transition from a 3-year MFT program to 2-year MFT program, taught graduate and undergraduate courses, collaborated on research projects with other faculty members.

2003-2004 *Administrative Assistant* for Fred P. Piercy, Ph.D., Human Development Department Head. Responsibilities include preparing departmental promotional materials, conducting orientation meetings with incoming graduate students, and assisting in various administrative tasks.

2003-2004 *Research Team Member* with Scott Johnson, Ph.D., Anna Beth Benningfield, Ph.D. and fellow MFT students. Investigating the effects of various family issues on the stability of family-owned businesses.

2002-2003 *Research Assistant* for Fred P. Piercy, Ph.D. Conducted a Delphi study on factors of a model smoking prevention program for female adolescents. Developed a web-based survey and conducted qualitative telephone interviews with Delphi panelists. Assisted in analyzing data and preparing a manuscript for publication.

2000-2002 *Research Assistant* for Mark H. Butler, Ph.D. Assisted in reviewing manuscripts for publication in peer-reviewed journals.

2000-2002 *Thesis*. Composed, conducted and defended a master's thesis. Published in *Journal of Marital and Family Therapy*.

2001-2002 *Research Assistant* for Wendy L. Watson, Ph.D. Designed qualitative interviews to assess beliefs that facilitate or constrain a positive elderly caregiving experience. Supervised the transcription of these interviews.

1998-2000 *Research Assistant*, Brigham Young University, Tamara Heaton, M.S. Reviewed and summarized research articles dealing with stressors faced by in-home caregivers of the elderly. Participated in bi-weekly research meetings.

Service

UNIVERSITY COMMITTEE AND ADMINISTRATIVE ASSIGNMENTS

2020-present Student Evaluation and Review Committee member, online CFT program

2013-present Student Evaluation and Review Committee chair, Sacramento campus

2006-present CFT Student Advisor

2008-present Admissions committee member, Alliant International University – Sacramento

2019 President’s Strategic Planning Committee, Alliant International University

2015-2016 Chair, CSPP Performance Evaluation and Review Committee

2014-2015 CFT Faculty Search Committee Member

2013-2016 CSPP Performance Evaluation and Review Committee

2007-2016 Systemwide MFT Doctoral Exam Committee Member, Alliant International University

2012-2014 President’s Strategic Planning Committee, Alliant International University

2013-2014 CFT Clinical Coordinator, Alliant International University – Sacramento

2012-2013 CFT Faculty Search Committee Chair

2011-2012 CFT Faculty Search Committee Chair

2006-2013 Outstanding Student Award Committee, Alliant International University

2006-2009 I-MERIT committee member, Alliant International University – Sacramento

2006-2013 Student Evaluation and Review Committee Member (chair from 2007-2009)

2007-2010 MFT Comprehensive Exam Committee, Alliant International University

2008-2013 MFT Site Director, Alliant International University – Sacramento

2008-2014 MFT PhD Degree Committee Chair, Alliant International University

2008-2013 COAMFTE Committee, Alliant International University

2008-2013 Jay Haley Scholarship Committee, Alliant International University

2008-2013 Diversity Committee member, Alliant International University – Sacramento

2008-2013 Admissions committee chair, Alliant International University – Sacramento

2008-2013 MFT Student Organization Faculty Advisor, Alliant International University – Sacramento

2008-2013 California School of Professional Psychology Program Director’s Task Force, Alliant International University

2006-2008 MFT Clinical Coordinator, Alliant International University – Sacramento
2006-2008 Diversity Committee Chair, Alliant International University – Sacramento
2007-2008 MFT Faculty Search Committee Chair, Alliant International University – Sacramento
2007 MFT Curriculum Sequencing Committee member, Alliant International University – Sacramento
2004-2006 Admissions committee member, University of Kentucky
2004-2005 Departmental Self Study Committee member, University of Kentucky

PROFESSIONAL COMMUNITY SERVICE – COMMITTEE MEMBERSHIP

2025-present, Non-Profit Board Member, MoonRock Ranch (a local nonprofit that helps children struggling with mental health through equine experiences).
2012-2013 Chair, MFT Doctoral Educator’s Summit Planning Committee
2011-2012 Member, MFT Doctoral Educator’s Summit Planning Committee
2009-2013 Member, Greater Sacramento MFT Educator’s Consortium
2008-2013 Member, Greater Sacramento MFT Educator’s Consortium Bylaws Committee
2008-2009 Chair, Greater Sacramento MFT Educator’s Consortium
2006-2008 Member, AAMFT-California Sacramento Steering Committee

COMMUNITY SERVICE – PRESENTATIONS & PUBLICATIONS

Davis, S. D. (June 2024). *Avoiding burnout*. Continuing education presentation at The Davis Group Counseling and Wellness Services, Roseville California.
Davis, S. D. (March 2024). *High-conflict couples*. Continuing education presentation at The Davis Group Counseling and Wellness Services, Roseville California.
Davis, S. D. (February 2024). *Working with affairs*. Continuing education presentation at The Davis Group Counseling and Wellness Services, Roseville California.
Davis, S. D. (March 2020, 2023). *Indigenous healing practices*. Seven-day continuing education workshop to students and alumni at Alliant International University (24 participants).
Davis, S. D. (July 2018). *How to build a thriving fee-for-service private practice*. Two-day workshop to students and alumni at Alliant International University (18 participants).

- Davis, S. D. (March, 2018). *The basics of establishing a thriving private practice*. Invited presentation at the Alliant International University Student Government Association quarterly meeting, Sacramento California (12 participants).
- Davis, S. D. (November, 2014). *How to not be a broke therapist part II: Life after Alliant*. Invited presentation at the Alliant International University Student Government Association quarterly meeting, Sacramento California (12 participants).
- Davis, S. D. (March, 2014). *Coping with the emotional demands of helping others*. Invited presentation at the Roseville Stake Relief Society's training meeting of the Church of Jesus Christ of Latter-Day Saints (9 participants).
- Davis, S. D. (May, 2014) *Coping with depression and anxiety*. Invited presentation at the Roseville 7th Ward Relief Society monthly meeting of the Church of Jesus Christ of Latter-Day Saints (30 participants).
- Davis, S. D. (November, 2013). *How to not be a broke therapist: Life after Alliant*. Invited presentation at the Alliant International University Student Government Association quarterly meeting, Sacramento California (10 participants).
- Davis, S. D. (May, 2013). *Communication in relationships*. Invited presentation at the Roseville 7th Ward Relief Society monthly meeting of the Church of Jesus Christ of Latter-Day Saints (25 participants).
- Davis, S. D. (September, 2013). *Communication in relationships*. Invited presentation at the Roseville 3rd Ward Relief Society monthly meeting of the Church of Jesus Christ of Latter-Day Saints (20 participants).
- Davis, S. D. (October 2012). *Strengthening your marriage*. Invited presentation at the Roseville 9th Ward Relief Society monthly meeting of the Church of Jesus Christ of Latter-Day Saints (25 participants).
- Davis, S. D. (September 2012). *Parenting difficult children*. Invited presentation at the Roseville 2nd Ward Relief Society monthly meeting of the Church of Jesus Christ of Latter-Day Saints (25 participants).
- Davis, S. D. (July, 2012). *Addictions and Relationships*. Invited presentation at the Rancho Cordova Stake President's Leadership training meeting of the Church of Jesus Christ of Latter-Day Saints (8 participants).
- Davis, S. D. (May, 2012). *Coping with the emotional demands of helping others*. Invited presentation at the Roseville Stake Relief Society's training meeting of the Church of Jesus Christ of Latter-Day Saints (9 participants).
- Davis, S. D. (2011, June). *Q&A with a Licensed Marriage and Family Therapist*. Invited presentation at the Roseville 2nd Ward Relief Society monthly meeting of the Church of Jesus Christ of Latter-Day Saints (25 participants).

- Davis, S. D. (2011, March). *Relationships of all kinds*. Invited presentation at the Sacramento Regional Stake Single Adults Conference of the Church of Jesus Christ of latter-Day Saints (200 participants).
- Davis, S. D. (2010, April). *The two great commandments: How to love yourself so you can love others*. Invited presentation at the Elk Grove, CA Stake Single Adults Conference of the Church of Jesus Christ of latter-Day Saints (115 participants).
- Davis, S. D. (2009, March). *Love at home: Using gospel principles to establish healthy family relationships*. Invited presentation at the Roseville, CA Stake Women's Conference of the Church of Jesus Christ of Latter-Day Saints (125 participants).
- Davis, S. D. (2008, September – 2010, September). *Teaching values to teenagers*. Hour-long weekly course for the Church of Jesus Christ of Latter-Day Saints, Roseville, CA (12 participants).
- Davis, S. D. (2007-2008, September-August). *Principles of marriage and family living*. Hour-long weekly course for the Church of Jesus Christ of Latter-Day Saints, Roseville, CA (26 participants).
- Davis, S. D. (2008, February). Interviewed and quoted extensively as an Alliant faculty member in Valentine's Day articles about romance in three local papers: *Granite Bay View*, *Inside Lincoln*, and *Rocklin View*.
- Davis, S. D. (2007, April). *Shouldn't there be something deeper? Moving beyond techniques in marital communication*. Invited presentation for the Calvine Ward, The Church of Jesus Christ of Latter-Day Saints, Elk Grove, California (2 hours, 20 participants).
- Davis, S. D. (2006, April-July). *Principles of marriage and family living*. Hour-long weekly course for the Church of Jesus Christ of Latter-Day Saints, Lexington, KY (14 participants).
- Davis, S. D. (2006, February). *Developing communication skills*. Invited presentation for the Church of Jesus Christ of Latter-Day Saints, Lexington, KY (1 hour, 30 participants).
- Davis, S. D. (2004, August). *Common factors in marriage and family therapy*. Article in the Virginia Tech Department of Human Development newsletter.
- Davis, S. D. (2003, September). *Helping your family cope with trauma*. Invited presentation at a community preparedness fair for Radford, VA (2 hours, 30 people).
- Davis, S. D. & Jeffs, R. L. (2003, August). *Finding strength in diversity: Learning to appreciate those you don't understand*. Invited presentation for the Church of Jesus Christ of Latter-Day Saints, Radford, VA (2 hours, 25 participants).
- Davis, S. D. (2003, August). *The destructive cycle of gossip: A Bowenian approach to healthy relationships*. Invited presentation for the Church of Jesus Christ of Latter-Day Saints, Christiansburg, VA (1 hour, 30 participants).

- Davis, S. D. (2003, February) *Parenting difficult teens*. Invited seminar for the Church of Jesus Christ of Latter-Day Saints, Christiansburg, VA (2 hours, 15 participants).
- Davis, S. D. & Rowden, T. J. (2002, August). *Forgiveness in Families*. Online article written for Brigham Young University's *Forever Families* website. Article can be retrieved at http://www.foreverfamilies.net/xml/articles/forgiveness_in_families.aspx?&publication=short
- Davis, S. D. (2001, October) *Who knew the first year would be so hard: A look at newlywed marital interaction*. Invited presentation for the Church of Jesus Christ of Latter-Day Saints, Provo, UT (1 hour, 30 participants).
- Davis, S. D. (2001, September). *Building resilient children: A look at shame, attachment, and autonomy*. Invited presentation for the Church of Jesus Christ of Latter-Day Saints, Provo, UT (2 hours, 20 participants).