

Carlos A. Ramos Ph.D., LMFT, BCaBA
AAMFT Approved Supervisor
Associate Professor of Psychology
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Our Lady of the Lake University
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Education

- **Ph.D.** in Marriage and Family Therapy
Nova Southeastern University Fort Lauderdale, FL (Degree Conferred 2018)
- **Masters** in Movement Science in Sport & Exercise Psychology
Barry University Miami, FL (Degree Conferred 2011)
- **Bachelor** of Arts in Psychology
Florida International University Miami, FL (Degree Conferred 2008)
- **Associates** of Arts in Psychology
Broward Community College Pembroke Pines, FL (Degree Conferred 2006)

Professional Certifications and Affiliations

- Licensed Marriage and Family Therapist (2022-Current)
- Board Certified Associate Behavior Analyst (2010-Current)
- AAMFT Approved Supervisor (2021-Current)
- Better Outcomes Now (PCOMS) Certified Trainer
- HIPAA Training Certified (Current)
- CITI Research Certified (Current)
- Member of Association for Marriage and Family Therapy (2013-Current)

Work Experience

- **Program Director**, MS in Psychology with a Concentration in Marriage and Family Therapy Our Lady of the Lake University San Antonio, TX (2018-Present)
- **Program Director**, Psychological Services for Spanish Speaking Populations Certificate Program Our Lady of the Lake University San Antonio, TX (2018-Present)
- **Associate Professor**, MS in Psychology with a Concentration in Marriage and Family Therapy Our Lady of the Lake University San Antonio, TX (2018-Present)
- **Graduate Assistant**, Nova Southeastern University Fort Lauderdale, FL (2015-2018)
- **Behavior Analyst**, Florida Mentor Network Miami, Florida (2010 –2016)
- **Behavior Assistant**, Infinite Personal Possibilities Miami, Florida (2008-2010)

Academic Publications

- Ramos, C. A.** (in press). Relational hypnotherapy, lucid dreaming, and sleep paralysis: A case study. *American Journal of Clinical Hypnosis*.
- Ramos, C.A., & Loucka, C. C.** (in press). Milan Systemic Family Therapy. In M. D. Reiter (Ed.). *Family Therapy. Case Conceptualization: Creating Therapeutic Stories Across Models*. Routledge.
- Loucka, C. C., & **Ramos, C. A.** (2025). A solution-focused brief therapy stance on long-term experiences without opioid use: An interpretive phenomenological analysis. *Journal of Systemic Therapies, 44*(1), 61–80. <https://doi.org/10.1521/jsyt.2025.44.1.61>
- Ramos, C. A.** (2024). Tales from the field: Supervisor perspective. Chapter 7: Applying classroom learning. In M. D. Reiter & K. Sabo (Eds.). *Succeeding in your practicum and internship: Tips and tales from supervisors and interns*. Routledge.
- Ramos, C.A., Crespo, J.F., & Peña, E.** (2024). Plurilingual virtual reflecting teams in bilingual therapy and supervision with Latino/a families. In R. Cobb (Ed.), *The therapist's notebook for systemic teletherapy: Creative interventions for effective online therapy*. Routledge.
- Crespo, J., **Ramos, C.A.** (Jan/Feb 2024). From adversity to empowerment: using ancestral stories to guide latinx therapy. *Family Therapy Magazine, Vol 23, No. 1*.
- Ramos, C. A., & Flemons, D.** (2022). Context-enriched conversation analysis of relational hypnotherapy with a client diagnosed with a phobia of blood and needles. *Journal of Systemic Therapies, 41*(1), 52-70.
- Ramos, C. A.** (2022). [Review of the book *The heart and mind of hypnotherapy: Inviting connection, inventing change* by D. Flemons]. The International Society of Hypnosis (ISH) newsletter.
- Ramos, C.A., Castro J., & Velez J.A.G.** (2021). Therapeutic Latinx Story-Sharing or Chismorro. In: m. polanco, N. Zamani, & C.D.H. Kim (Eds.) *Bilingualism, Culture, and Social Justice in Family Therapy*. AFTA SpringerBriefs in Family Therapy. Springer, Cham.
- Ramos, C. A.** (2019). Inviting comfortable connections: A case study of a young latino male with "dysfunctional anger." *Journal of Systemic Therapies, 38*(3), 27-40.
- Ramos, C. A.** (2018). *Context-Enriched Conversation Analysis of Relational Hypnotherapy with a Client Diagnosed with a Phobia of Blood and Needles*. Doctoral dissertation. Nova Southeastern University. Retrieved from NSUWorks, College of Arts, Humanities and Social Sciences – Department of Family Therapy. (37)

Teaching Experience

PSYC 8351 – Introduction to Systemic Approaches to Psychotherapy (3 Credits)

Introduction to strengths-based approaches to psychotherapy to work with individuals, couples, families, and larger systems. Emphasis on solution-focused, narrative therapy, collaborative, and brief systemic approaches.

PSYC 6380 – Research Design and Procedures (3 Credits)

Addresses research methodologies used in psychotherapy research. Data gathering and analysis related to data-based decision making for intervention and service delivery is addressed. The use of evidence-based practices in community organizations and marriage and family therapy is also covered. Students examine qualitative and quantitative methods, evaluate and design research, and learn to translate research findings into clinical practice

PSYC 6327 – Psychosocial Support in the Borderlands: Acompañamiento Psicosocial en la Frontera (3 Credits)

Transdisciplinary study of Latin American conceptual, theoretical, and methodological innovations of response to social suffering. Undertaking of the development of responses of care to address human problems endured by Latin American communities living in the U.S. at the borderlands of political, cultural, social, historical, economic, linguistic, and institutional power. Emphasis on practices of psychosocial acompañamiento [support] when working with individuals, couples, families, and communities of Latin American descent.

PSYC 8303 – Professional Practice Skills and Issues (3 Credits)

Investigation of professional issues relevant to ethics, professional organizations, family law, certification and licensure, and finance relative to practice.

PSYC 8352 – Pre-Practicum Psychotherapy Lab: Basic Interviewing Skills (3 Credits)

Approaches to systemic and individual interviewing. Special attention to the beginning stages of therapy and to common presenting concerns. Laboratory preparation of students to begin practicum.

PSYC 8356 – Family Processes Across Cultures (3 Credits)

Familiarization with systems on a variety of levels and across a diversity of cultures. Emphasis on the cultural and contextual aspects of normalcy. Issues in healthy family functioning and assessment.

PSYC 8301 – Group and Family Processes (3 Credits)

Focus upon understanding group process and facilitation. Review of strategies for prevention of interpersonal and systems dysfunction utilizing communication groups, family enrichment, parenting groups, etc.

PSYC 8357 – Advanced Systemic Approaches to Psychotherapy (3 Credits)

Presentation and analysis of contemporary methods in systemic therapy. Emphasis on development of a metatheoretical perspective in psychotherapies in general and systemic therapies in particular.

PSYC 9332 – Psychological Hypnosis (3 Credits)

An examination of standard theories of hypnosis with particular emphasis on the work of the Ericksonians. Review of research in hypnosis and current developments. Beginning skills in trance induction and utilization. Examination of ethical issues in the use of hypnosis.

Supervision Experience

PSYC 8390-Practicum (3 Credits)

Live supervision at Our Lady of the Lake's Community Counseling Service

PSYC 9197 Co-Supervision (doctoral therapy team)

Service to OLLU University – Committees

- Academic Policies Committee (2021-Current)
- COAMFTE Eligibility Criteria Accreditation Report—co-wrote the 80-page document (2018)
- Led the Accreditation Review for the MFT Program in San Antonio – Co-wrote the 800-page Self Study; Led the Site Visit (Result – 7 Year Reaccreditation Decision)
- COAMFTE Annual Accreditation Reports (2019, 2020, 2021, 2022, 2023)
- Marriage and Family Therapy Program RGV Campus Committee (2020).
- Chair of San Antonio MFT Faculty Search Committee (2020)
- Co-Chair of RGV MFT Faculty Search Committee (2020)
- Dissertation Committees (2019-Present)
- PsyD Clinical Orals Qualifying Examinations Committee (2018, 2019, 2020, 2021,2022).
- PsyD Application Review and Interview Committee (2019, 2020, 2021,2022).
- Transdisciplinary work group for the initiation of a BCaBA certificate program (2020).

Service to the Community

- Training on Culturally-Attuned Conversational Practices with Spanish-speaking Latino Families for Licensed School Psychologists (2023)
- Academic Co-presentation for school psychologists on Bilingualism and Culture (2019)
- Pro bono Group Therapy. La Posada Guadalupe (2019)
- Academic Co-presentation for school psychologists on Culture and Privilege (2020)
- PSYC 8390–Live Supervision for Spanish-speaking therapy teams (Summer 2019, Spring 2020, Summer 2020, Fall 2020)
- Community Beach Cleanup (2018-2022)
- Volunteer Medical Family Therapist (April of 2016 to July of 2018)

Professional Presentations

Ramos, C.A., & Loucka, C. (2025). *SFBT and long-term experiences without opioid use.* Texas Association for Marriage and Family Therapy Conference, Austin, Texas.

Ramos, C.A., Healy, D., & Crespo, J.F. (2024). *Virtual therapy in times of change and challenge.* Texas Association for Marriage and Family Therapy Conference, San Antonio, Texas.

Ramos, C.A. & Crespo, J.F. (2023). *Virtual reflecting teams in bilingual therapy and supervision with Latino/a families.* International Family Therapy Association Conference, Malaga, Spain.

- Peña, E., **Ramos, C.A.**, Gil-Wilkerson, A., & Crespo, J.F. (2022, October 20-22). *Integrative approaches to Latinx psychology: The use of narrative, testimonio, and other literary devices in training Spanish-English bilingual therapists* [Symposium Session]. National Latinx Psychological Association Annual Conference, Denver, CO, United States.
- Healy, D., Solorzano, B., Hendren, D., & **Ramos, C. A.** (2022). Hope, Optimism, and Collaboration in Therapeutic Conversations. Presented at Life Changing Conversations Conference. Houston, TX.
- Pena, E., **Ramos, C.**, Nava-Quintero, A., & Davila, L. (2022). The Power of Culture-Based Pedagogy at HSIs: Culturally Responsive Curriculum for Bicultural and Bilingual Therapists-in-Training. Our Lady of the Lake University
- Ramos, C., A.**, & Gil-Wilkerson, A. (2021). Therapeutic Latinx story-sharing or chismorro: Linguistic practices of bilingual (Spanish/English) family therapists. National Latinx Psychological Association.
- Ramos, C., A.**, Castro, J., & Guerrero, J., A. (2021). Therapeutic Latinx Story-Sharing or Chismorro. Presented at San Diego State University: El Spanglish Family Therapy Certificado: Bilingualism, Culture, and Social Justice.
- Roman, D., & **Ramos, C.A.** (2021). MFT approaches to Social Phobia and Alcohol Use Disorder. Presented at TAMFT: Standing in Solidarity Conference.
- Ramos, C.A.** (2019). Context-Enriched Conversation Analysis of Relational Hypnotherapy with a Client Diagnosed with a Phobia of Blood and Needles. Presented at The 13th International Congress on Ericksonian Approaches to Psychotherapy.
- Healy, D., **Ramos, C. A.**, Hudson, M. Logan, A., Stalcup, A., Triplett, D. et al. (2019) Interactional movement: Qigong and tai chi as intersectional dialog. Presented at Life Changing Conversations Conference. Houston, TX.
- Ramos, C.A.**, Castro, J., & Guerrero, A.J. (2019). An Exploration of Bilingualism in a Postmodern Family Therapy Program. Presented at Southwest Latinx Psychology Conference Phoenix, Arizona.
- Ramos, C.A.** (2019). Context-Enriched Conversation Analysis of Relational Hypnotherapy with a Client Diagnosed with a Phobia of Blood and Needles. Presented at The Qualitative Report's 10th Annual Conference Fort Lauderdale, FL.
- Gordon, A., Alakborova, N., & **Ramos, C.A.** (2017). An Introduction to Medical Family Therapy. Presented at The Solution-focused Brief Therapy Conference Santa Fe, New Mexico.
- Ramos, C.A.** (2016). Introduction to the IRB Online Process (IRB Boot camp). Presented at Nova Southeastern University Fort Lauderdale, FL.
- Ramos, C.A.** (2015). Bowen Family Therapy. Presented at The Introduction to Family Therapy in Royal University in Phnom Penh, Cambodia.
- Ramos, C.A.** (2015). The Impact of Sports and Exercise on a Family's Emotional Functioning. Presented at The Florida Association for Family Therapy Annual Conference, Orlando, FL.
- Ramos, C.A.** (2015). Emotional Maturity, Anxiety, and Performance. Presented at Bowen Theory Around The World, Pittsburgh, PA.
- Ramos, C.A.** (2015). Exploring Anxiety, Differentiation of Self, and Triangles. Presented at Counseling, Social Work, and Therapy, Fudan and Tongji University Shanghai, China.

Ramos, C.A. (2015). Survival of the Most Fit: Sports from a Natural Systems Perspective. Presented at 50 Shades of (Mur)Ray Bowen: A Bowen Family Systems Presentation, Fort Lauderdale, FL.

Ramos, C.A. (2013). The Incorporation of Mindfulness in Group Psychotherapy. Introduction to Group Psychotherapy, Royal University Phnom Penh, Cambodia.