

# Julian F. Crespo, PhD, LMFT

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## Education

PhD in Medical Family Therapy East Carolina University, Greenville, NC	December 2021
Graduate Certificate in Quantitative Methods for the Social and Behavioral Sciences East Carolina University	May 2020
Master of Science, Marriage and Family Therapy East Carolina University, Greenville, NC	May 2018
Bachelor of Science, Psychology Fayetteville State University, Fayetteville, NC	December 2014
Master of Arts, Theology Saint Mary's Seminary and University, Baltimore, MD	May 2007

## Relevant Related Experience

Our Lady of the Lake University, San Antonio & La Feria, TX August 2021 - Current  
*Assistant Professor of Marriage and Family Therapy*

- Teach graduate-level courses in Family Therapy and Cultural Diversity.
- Teach doctoral-level courses in Counseling Psychology.
- Supervise graduate students in English and Spanish in clinical settings.
- Oversee MFT clinic at La Feria campus.
- Serve as an academic advisor to students of Marriage and Family Therapy.

University of Texas at Rio Grande Valley, Edinburg, TX July 2020 – July 2021  
*Primary Care Behavioral Health (PCBH) Fellow*

- Provide behavioral health services to a variety of patients
- Collaborate in PCBH research
- Mentor resident physicians in PCBH focused clinical rotations
- Provide education to resident physicians in evidence-based mental health interventions

Supervisor: Deepu Goerge, PhD LMFT

Greene County Health Care (GCHC), Greenville, NC August 2018 – June 2020  
*Medical Family Therapist (MedFT)*

## Julian F. Crespo, PhD, LMFT

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- Collaborate with medical and other health care professionals to improve patient outcomes and enhance patient satisfaction while addressing a variety of common behavioral and mental health topics.
- Assess, diagnose, and intervene for common DSM-5 psychiatric disorders, and improve Health Behaviors (e.g., sleep, nutrition, physical activity, medication adherence, etc.)
- Collaborate with Chronic Disease Management, Pain Management, Crisis Management (i.e., suicidal ideation, domestic violence, abuse), Smoking Cessation, and Stress Management/Self-Care.
- Function as both mental and behavioral health specialist by offering traditional 50-minute therapy sessions to patients and families, and brief 15-minute Integrated Behavioral Healthcare (IBHC) encounters.
- Collaborate with patients, families, and health care providers in order to assess, diagnose, intervene, and/or initiate healthy lifestyle modifications through the use of health goals.
- Make referrals to other community resources when the patient's needs are outside GCHC offerings (e.g., substance abuse treatment, severe mental health concerns).

Supervisors: Jennifer Hodgson, PhD LMFT  
Angela Lamson, PhD LMFT

Greene County Health Care, Greenville, NC  
*Medical Family Therapy Intern*

August 2016 – August 2018

- Collaborate with medical and other health care professionals to improve patient outcomes and enhance patient satisfaction while addressing a variety of common behavioral and mental health topics.
- Assess, diagnose, and intervene for common DSM-5 psychiatric disorders, and improve Health Behaviors (e.g., sleep, nutrition, physical activity, medication adherence, etc.)
- Collaborate with Chronic Disease Management, Pain Management, Crisis Management (i.e., suicidal ideation, domestic violence, abuse), Smoking Cessation, and Stress Management/Self-Care.
- Function as both mental and behavioral health specialist by offering traditional 50-minute therapy sessions to patients and families, and brief 15-minute IBHC encounters.
- Collaborate with patients, families, and health care providers in order to assess, diagnose, intervene, and/or initiate healthy lifestyle modifications through the use of health goals.
- Make referrals to other community resources when the patient's needs are outside GCHC offerings (e.g., substance abuse treatment, severe mental health concerns).

Supervisors: Jennifer Hodgson, PhD LMFT  
Angela Lamson, PhD LMFT

East Carolina University's Marriage  
and Family Therapy Clinic  
*Marriage and Family Therapist*

May 2017 – June 2020

- Assess, diagnose, and intervene for common DSM-5 psychiatric disorders.

## Julian F. Crespo, PhD, LMFT

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- Function as a mental health specialist by offering traditional 50-minute therapy sessions to individuals, couples and families.
- Function as an intake specialist.

Supervisors: Jacob Jensen, PhD LMFT  
Katherine Didericksen, PhD LMFT  
Andrew Brimhall, PhD LMFT  
Damon Rappleyea, PhD LMFT

Greene County Health Care, Greenville, NC  
*Health Coach*

August 2015 – May 2016

- Collaborate with MedFTs and other medical professionals to address the health of patients and families.
- Intervene on and create treatment plans for issues specific to behavioral health (e.g., sleep, nutrition, diabetes education, etc.)
- Assess for the presence of mental health symptoms using the PHQ and GAD screeners, patients' problems list, and patients' self-report.
- Collaborate with patients, families, and providers to improve presenting health issues (e.g., diabetes, hypertension, insomnia, etc.) during brief 15-minute IBHC encounters at patients' primary care visits.
- Promote health by encouraging measurable and attainable health goals, documenting the goals, and tracking progress at each visit.
- Make referrals to MedFTs and/or providers when the presenting issue was outside of scope of practice (i.e., relating to mental health and/or crisis management).

Supervisors: Jennifer Hodgson, PhD LMFT  
Angela Lamson, PhD LMFT

Glenmary Home Missioners, Plymouth, NC  
*Pastoral Administrator at Saint Joan of Arc Parish*  
*Leadership development*

September 2012 - July 2020

St. Ann Catholic Church, Clayton, NC  
*Leadership development for Hispanic communities*  
*Pastoral Associate for Hispanic Ministry*

June 2008 - September 2012

Rochester College, Bogotá, Colombia  
*Instructor of Religious studies and Philosophy*  
*for Middle and High school students*

July 2007 - June 2008

### **Other Experiences and Services**

ECU Brody School of Medicine  
*Training of Medical residents on Integrated Healthcare Skills*  
*Training of Psychiatry residents on Post-Modern approaches to MFT (Online & In-person)*

August 2019 – May 2020

# Julian F. Crespo, PhD, LMFT

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Diaconate Office, Mount Olive, NC  
*Conferences on Catholic Theology for the Candidates  
to the Permanent Diaconate in the Diocese of Raleigh, NC*

June 2011 – July 2012

Hispanic Ministry, Raleigh, NC  
*Conferences on Marriage Enrichment and  
Community Empowerment for Hispanics*

November 2011 to 2018

## Research Experience

A Grounded Theory study on the biopsychosocial and spiritual factors influencing high readmission rates of diabetic patients after a Diabetic Ketoacidosis crisis (Published).

Developing a Latino-adapted parenting program for Primary Care (Published).

Latino Women's experience of sexual violence: A Phenomenological study (Dissertation).

## Research Interests

Sexual violence against ethnic minorities, intersection of Religious Beliefs and Mental Health, Integrated Behavioral Health for underserved populations, Epistemic marginalization in Mental Health.

## Publications

Haralson, D. M., Brimhall, A. S., Hodgson, J. L., Baugh, E., Knight, S., & **Crespo, J.** (2021). Developing a latinx-adapted primary care parenting program through expert consensus: A delphi study. *Contemporary Family Therapy*, 43(1), 88-99. <https://doi.org/10.1007/s10591-020-09556-4>

Forbes, T. H., Hodgson, J., **Crespo, J.**, Jones, E., & Hardee, S. (2020). Putting the pieces together: An exploration of diabetes ketoacidosis readmissions. *Contemporary Family Therapy*, 42, 436–445 <https://doi.org/10.1007/s10591-020-09551-9>

## Honors and Awards

Outstanding MedFT Student at the Human Development and Family Science Department at East Carolina University, 2021

The Mel Markowski MedFT scholarship, 2019

## Presentations

# Julian F. Crespo, PhD, LMFT

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Why Do They Keep Coming Back? Understanding Hospital Readmissions for Diabetic Ketoacidosis from the Patient and Support Person Perspective, Collaborative Family Healthcare Association, Rochester, NY. (October 2018).

Diversity and Ethics: Did you forget your “self” was in the room, North Carolina Association of Marriage and Family Therapists, Cary, NC. (March 2019).

Developing a Latino-Adapted Parenting program for Primary Care, American Association of Marriage and Family Therapists, Austin, TX. (August 2019).

Religious Beliefs: Their impact on Sexually Abused Latinas, American Association of Marriage and Family Therapists, Online. (November 2020).

El Buen Vivir as Decolonial Practice: Exploring Indigenous Spiritual Concepts of the Good Life in Bilingual Therapy, National Latinx Psychological Association, Denver, CO. (October, 2022).

Virtual Reflecting Teams and Streaming Platforms in Bilingual Therapy and Supervision with Latina/o Families, International Family Therapy Association, Málaga, Spain. (March, 2023).

Drawing on Ancestral Wisdom in Working with Spanish-English Bilingual and Indigenous Communities, National Latinx Psychological Association, Chicago, IL. (October, 2023).

Equipos de Reflexión: Enacting Story Circles in Clinical Work with Latinx Immigrants, National Latinx Psychological Association, Chicago, IL. (October, 2023).

## **Other Relevant Clinical Trainings**

- Basic and Intermediate courses in Acceptance and Commitment Therapy, 2018.
- Training in Eye Movement Desensitization and Reprocessing (First Stage), 2019.
- Intermediate training in Narrative Therapy with Jim Duvall, 2021.
- Advanced courses in Acceptance and Commitment Therapy, 2022-2023

**Languages:** Spanish (Native) English (Fluent)

## **Credentials**

Licensed Marriage and Family Therapist – North Carolina #2295  
AAMFT Approved Supervisor  
AAMFT Clinical Fellow

## **References**

Damon Rappleyea, PhD, LMFT

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Associate Professor at East Carolina University  
rappleyead@ecu.edu  
252-737-2416

Andy Brimhall  
Associate Professor at East Carolina University  
[brimhalla@ecu.edu](mailto:brimhalla@ecu.edu)  
916-616-0069

Angela Lamson, PhD, LMFT  
Professor at East Carolina University  
[lamsona@ecu.edu](mailto:lamsona@ecu.edu)  
252-737-2042

### **Memberships**

American Association for Marriage and Family Therapy  
Association for Contextual Behavioral Science