

Stephanie Zepeda, PhD, LMFT-S

sfgabel@ollusa.edu

Conversations Change Everything...

Education:

B.A., Psychology & Biology (Double Major), University of Dallas, Spring 2008

Psychology Qualitative Thesis - *Phenomenology of Ending a Marriage: An Analysis of Realizing Divorce As Imminent*

Psychology Quantitative Thesis - *The Effect of Sex and Distance on Door-Holding*

Biology Thesis - *Major Histocompatibility Complex and Effect on Mate Choice*

M.A., Marriage & Family Therapy, Saint Mary's University, Summer 2010

Ph.D., Marriage & Family Therapy, with concentration in Applied Neuroscience,
Saint Mary's University, Summer 2014

Dissertation - *Social Support and Pain: Neuroimaging of Head and Neck Radiation Patient's Experience*

License:

Licensed Marriage and Family Therapist in State of Texas #201617 (as of 2010)

Licensed Marriage and Family Therapist Supervisor in State of Texas #201617 (as of 2018)

AAMFT Clinical Fellow and Approved Supervisor (as of 2018)

Academic Experience:

Spring 2012 – Present: Our Lady of the Lake University-Houston COAMFTE-Accredited MFT Program

- Fall 2022 to Present: Associate Professor and Program Director
- Spring 2020 to Present - Assistant Professor and Program Director
- Fall 2016 to Spring 2020 - Assistant Professor and Clinical Director
- Summer 2012 to Fall 2016 - Practicum Supervisor, Core Faculty Adjunct Professor (*see teaching experience below*), Screening, Brief Intervention, and Referral to Treatment (SBIRT) program integration head

Clinical Experience:

Summer 2015 – Present: Stephanie Zepeda, PhD, LMFT, PLLC

- Owner of part-time private practice located in Houston, TX
- Serving couples, families, and individuals with psychotherapy and financial therapy

Spring 2011 – Summer 2017: UT MD Anderson Cancer Center – Palliative Care & Integrative Medicine Programs

- Summer 2014 – Summer 2017
 - Study manager for a web-based couples versus individual stress reduction study for participants with lung cancer
 - Responsible clinician for recruiting, consenting, and administering web-based couples therapy intervention for aforementioned study
- Summer 2012 – Summer 2017

- Neurofeedback interventionist for a neuromodulation of chemotherapy-induced peripheral neuropathy study & neuromodulation of head and neck radiation pain
- Study manager for all neurofeedback studies in the department
- Spring 2011 – Fall 2011
 - R-25 Grant Research Intern in the department of Integrative Medicine
 - Performed research on the use of neuromodulation for amelioration of chemotherapy-induced peripheral neuropathy and contributed to publication on pain perception

Fall 2011 - Present: Houston Galveston Institute

- Fall 2014 – Present
 - Faculty Member as of Fall 2014
 - Developed, marketed, and facilitated the Technology Assisted Services workshop
- Summer 2012 – Fall 2014
 - Supervised Clinical Associate from 2012 to 2013; Clinical Associate as of Spring 2014
- Fall 2011 – Summer 2012
 - Doctoral Intern
 - Provided psychotherapy for individuals, couples, and families
 - Supervised master-level interns under Drs. Sue Levin & Harriet Roberts
 - Wrote and submitted the Hogg Integrated Health planning grant
 - Developed, marketed, and facilitated The Relationship Course, a collaborative couples group still being offered at the Institute

Spring 2010 – Fall 2011: Solara Behavioral Health in San Antonio

- Therapist for groups, individuals, couples and families with chronic mental illness
- Performed case management including biopsychosocial intakes, master treatment plans, updating treatment plans, and discharge plans for the clients

Fall 2009- Summer 2010 Schertz-Cibolo-Universal-City Independent School District

- Practicum Student at the high school, elementary school and pre-school level
- Therapy with families and couples at the clinic

Conference Presentations:

Runaas, C., Edinger, S., & Gabel-Zepeda, S. (June 2023) *The culture war and conversation: Sense-making through collaborative-dialogic practice*. Life Changing Conversations 2023 Conference. Houston, TX. Oral Presentation.

Forth, C., & Gabel-Zepeda, S. (June 2023) *“Effective” Therapy from a Collaborative-Dialogical Lens*. Life Changing Conversations 2023 Conference. Houston, TX. Oral Presentation.

- Gabel-Zepeda, S., & Gil-Wilkerson** (June 2023) Ethics Update. *Life Changing Conversations 2023 Conference*. Houston, TX Oral Presentation.
- Gabel-Zepeda, S., Gil-Wilkerson, A., Runaas, C., & Edinger, S.** (June 2022) Ethics Update. *Life Changing Conversations 2022 Conference*. Houston, TX Oral Presentation.
- McWilliams, R., Chandler, M., & **Gabel-Zepeda, S.** (April 2022) *Cultural Humility as a Response to Tragedy*. Texas Association of Marriage & Family Therapy. Fort Worth, TX. Oral Presentation.
- McWilliams, R., Chandler, M., & **Gabel-Zepeda, S.** (July 2021) *Cultural Humility Generating Naturally Inclusive Spaces*. Life Changing Conversations 2021 Conference. Houston, TX. Oral Presentation.
- Runaas, C., Edinger, S., & **Gabel-Zepeda, S.** (July 2021) *Metatheory as an Ethical Stance*. Life Changing Conversations 2020 Conference. Houston, TX. Oral Presentation.
- Quintero, A., & **Gabel-Zepeda, S.** (March 2021) *Serving the "Underserved of the Underserved": Using Telephone therapy to reach more clients*. Poster Presentation. Texas Association of Marriage and Family Therapy 2021. Poster Presentation.
- Price, T., **Zepeda, S., & Gil-Wilkerson, A.** (March 2021) *Justice: How Technology Can Help*. Texas Association of Marriage and Family Therapy 2021. Oral Presentation.
- Runaas, C., Edinger, S., & **Gabel-Zepeda, S.** (March 2021) *Metatheory & Ethics: From cynicism to Sincerity* Texas Association of Marriage and Family Therapy 2021. Oral Presentation.
- Gabel-Zepeda, S.** Runaas, C., & Edinger, S. (January 2021) *Metatheory & Ethics: From cynicism to sincerity*. International Conference on Philosophical Counseling & Practice. Oral Presentation.
- Anderson, H., McWilliams, R, Acuna, N, Brooks, B., & **Gabel-Zepeda, S.** (July 2020) *Collaboration and Ethics: A Panel Discussion*. Life Changing Conversations 2020 Conference. Oral Presentation
- Runaas, C., Edinger, S., & **Gabel-Zepeda, S.** (July 2020) *Supervision 2020: Reciprocal growth in a changing world*. Life Changing Conversations 2020 Conference. Oral Presentation.
- Rel, M, Skowronski, K., Gawlik, M., Palermo, L., & **Gabel-Zepeda, S.** (February 2020) *Man's Best Friend: The Role of Dogs in Therapy*. Texas Association of Marriage and Family Therapy 2020 Conference. Houston, TX. Poster Presentation.
- Gabel-Zepeda, S.,** Templeton, V., Edinger, S., & Runaas, C (February, 2020) *Reflective Process with "Difficult Clients"*. Texas Association of Marriage and Family Therapy 2020 Conference. Houston, TX. Oral Presentation.
- Edinger, S., Runaas, C., Renteria, A, & **Gabel Zepeda, S.** (June 2019) *A Postmodern Conversation about 'Being Trauma-Informed'*. Life Changing Conversations 2019 Conference. Houston,

TX. Oral Presentation.

- Gabel-Zepeda, S & Novian, A.** (June 2019) *The Neurointegrative Mind: A Postmodern Conceptualization of Neuroscience*. Life Changing Conversations 2019 Conference. Houston, TX. Oral Presentation.
- Barger, A. & Gabel-Zepeda, S.** (Feb 2019) *Helping Families Through Physical Trauma*. Texas Association of Marriage & Family Therapy 2019 Conference. Austin, TX. Poster Presentation.
- Runaas, C., Edinger, S., Renteria, A, & Gabel Zepeda, S.** (Feb 2019) *Trauma and Resilience Through the Postmodern Lens*. Texas Association of Marriage & Family Therapy 2019 Conference. Austin, TX. Oral Presentation.
- Gabel-Zepeda, S. & Way, A.** (April 2018) *Discussion on Making Space for Spirituality in Psychotherapy*. Life Changing Conversations 2018 Conference. Houston, TX. Oral Presentation.
- Gabel-Zepeda, S.** (March, 2018) *Screening, Brief Intervention, Referral to Treatment (SBIRT): A strengths-based approach to substance use disorders*. Texas Association of Marriage and Family Therapists 2018 Pre-Conference Presentation. Irving, TX. Oral Presentation.
- Gabel-Zepeda, S., & Bohanon, L.** (November, 2017) *Improving therapist efficacy using client feedback*. Texas Psychological Association Conference 2017. Houston, TX. Oral Presentation.
- Gabel-Zepeda, S. & Carleton, D.** (April, 2017) *Getting Started: Collaborative ideas on beginning conversations*. Life Changing Conversations 2017 Conference. Houston, TX. Oral Presentation.
- Gabel-Zepeda, S. & Bohanon, L.** (April, 2017) *Using client feedback to improve therapist efficacy and therapeutic relationship*. Life Changing Conversations 2017 Conference. Houston, TX. Oral Presentation.
- Edinger, D. S., Runaas, C., Roper, T., Stringer, S., & Gabel Zepeda, S.** (February, 2017) *Marriage and family therapy graduate students in collaborative learning groups*. Texas Association of Marriage & Family Therapy 2017 Conference. Austin, TX. Poster Presentation.
- Castillo, M., Saldivar, B., Perez, M., Zepeda, J., & Gabel-Zepeda, S.** (2016) *Latin@, Pero No Habla: The experiences of being 'Entre-cultural'*. Justicia Conference. San Antonio, TX. Oral Presentation.
- Gabel Zepeda, S.** *Associate Member requirements for full licensure* (2015) Texas Association of Marriage & Family Therapy 2015 Conference. Austin, TX. Oral Presentation.
- Gabel Zepeda, S., Prinsloo., S, Lyle, R., Tubbs, C., Wilkens, N., Garcia, S., Rosenthal, D., & Cohen, L.** (2014) *EEG Neuroimaging and Social Support in Head and Neck Cancer Patients Experiencing Radiotherapy Pain*. Society of Integrative Medicine. Houston, TX. Poster Presentation.

Gabel Zepeda, S., Milbury, K., Ratcliff, C., Chaoul, A., Hall, M., Spelman, A., Wangyal, T., Engle, R., & Cohen, L. (2014). *Association between Body Mass Index and Sleep Disturbances in Women with Cancer Receiving Chemotherapy*. MD Anderson Survivorship Conference. Poster Presentation.

Gabel Zepeda, S. *Associate Member requirements for full licensure* (2014) Texas Association of Marriage & Family Therapy. Sugarland, TX. Oral Presentation.

Carleton, D., & **Gabel-Zepeda, S.** (2013) *Developing and Managing a Successful Private Practice Within a Collaborative Perspective*. Conversation Fest International Conference. League City, TX. Oral Presentation.

Lyle, R., Prinsloo, S., & **Gabel, S.** (2010) *The Brain, The Couple & The Family in Complex Relations*. Texas Association of Marriage & Family Therapy. San Antonio, TX. Oral Presentation.

Gabel, S. (2007). *After You: The Effects of Sex and Distance on Door Opening*. Southwestern Psychological Association. Fort Worth, TX. Oral Presentation.

Invited Presentations:

Gabel Zepeda, S. (April, 2023) *Connection to Others; An Ethical Stance on Technology and Human Interaction*. OLLU Houston Alumni CEU event. Online, Oral Presentation.

Gabel-Zepeda, S. (July, 2022) *AI, Metaverse & Telehealth: Ethical Considerations*. Texas Association of Marriage and Family Therapists CEU event. Online, Oral Presentation.

Gabel-Zepeda, S., Solorzano, B., Johnathan, N., & Burke, J. (November, 2021). *University Perspectives on Adjusting to Telehealth*. AAMFT Telehealth & Technology Interest Network. Online, National Oral Presentation.

Gabel-Zepeda, S. (October, 2021) *Artificial Intelligence & Therapy: How MFTs can utilize burgeoning technologies for systemic change*. AAMFT Telehealth & Technology Interest Network. Online, National Oral Presentation.

Gabel-Zepeda, S. (May, 2021) *Technology Assisted Services: An Update*. Texas Association of Marriage and Family Therapists CEU event. Online, Oral Presentation.

Gabel-Zepeda, S., Levin, S, & Gil-Wilkerson, A. (May, 2021) *The Supervisory Relationship via Technology* Houston Association of Marriage and Family Therapists CEU event. Online. Oral Presentation.

Gabel-Zepeda, S. (January, 2021) *Connection during Covid*. Invited speaker at OLLU Power Hour Series. Oral Presentation.

Gabel-Zepeda, S. (April, 2019) *Technology Assisted Services: An Update*. Houston Association of Marriage and Family Therapists CEU event. Houston, TX. Oral Presentation.

Gabel-Zepeda, S., Bohanon, L., Adelezi, S., & Chapman, S. (October 2018) *Subpoenas & Testifying*

& Lawyers, Oh My! (And Other Topics): An Ethics Update. Houston Association of Marriage and Family Therapists. Houston, TX. Oral Presentation.

Gabel-Zepeda, S. (Sept. 2018). *Technology Assisted Services: A primer!* Houston Eating Disorders Specialists CEU Ethics Event. Houston, TX. Oral Presentation.

Gabel-Zepeda, S., Bohanon, L., & Adelezi, S. (May 2018) *Subpoenas & Testifying & Lawyers, Oh My! (And Other Topics): An Ethics Update.* New Dimensions CEU event. The Woodlands, TX. Oral Presentation.

Gabel-Zepeda, S., Levin, S., & Gil-Wilkerson, A. (Jan 2018) *Technology Assisted Services.* Houston Association of Marriage and Family Therapists Special 15-hour CEU event. Houston, TX

Gabel-Zepeda, S. (June, 2017) *Relational Neurology.* Interface Samaritan Counseling Center CEU event presentation. Houston, TX. Oral Presentation.

Prinsloo, S. & **Gabel Zepeda, S.** *Effects of Neurofeedback on Neural Function, Neuromodulation, and Chemotherapy-Induced Neuropathic Pain* (2015) Integrative Medicine Program Meeting. Oral Presentation.

Gabel Zepeda, S. (2014). *Neural Correlates of Social Support and Pain in Head and Neck Cancer.* Presented as a part of Integrative Medicine Lecture Series *Neuroscience in Integrative Medicine.* Oral Presentation.

Gabel, S. (2011) *Neurofeedback for chemotherapy-induced neuropathic pain.* Cancer Prevention R25 Fellowship at MD Anderson Cancer Center. Houston, TX. Oral Presentation.

Workshop Presentations:

Gabel-Zepeda, S. & Carleton, D. (September 2022). *Collaborative-Dialogic Practices with Relationships; Exploring Creative and Practical Approaches.* International Certificate in Collaborative Practices. Houston, TX. Day-Long Workshop.

Gabel-Zepeda, S. (April 2020) *Technology Assisted Services.* Two-Day Workshop for Houston Galveston Institute.

Gabel Zepeda, S. & Carleton, D. *Collaborative Practices with Couples of All Types: Exploring Creative and Practical Approaches* (Jan 2019). International Certificate in Collaborative Practices. Houston, TX. Day-Long Workshop.

Gabel-Zepeda, S. (March 2018) *Technology Assisted Services.* Two-Day Workshop for Our Lady of the Lake Faculty and Counseling Services Staff. San Antonio, TX

Gabel-Zepeda, S., Levin, S, & Gil Wilkerson, A. (October 2017). *Expand Your Practice: Using Technology Assisted Services.* Houston Galveston Institute Community Workshop. Houston, TX

Gabel-Zepeda, S. & Gil Wilkerson, A. (August 2017). *Expand Your Practice: Using Technology*

Assisted Services Pilot Program. Houston Galveston Institute Community Workshop.
Houston, TX

Gabel Zepeda, S. (July, 2017) *Screening, Brief Intervention, Referral to Treatment (SBIRT): A strengths-based approach to substance use disorders.* Catholic Charities Community Workshop.
Houston, TX.

Gabel Zepeda, S. (January, 2017) *Screening, Brief Intervention, Referral to Treatment (SBIRT): A strengths-based approach to substance use disorders.* Our Lady of the Lake University Houston Community Workshop. Houston, TX.

Gabel Zepeda, S. & Carleton, D. *Collaborative Practices with Couples of All Types: Exploring Creative and Practical Approaches* (October 2016). International Certificate in Collaborative Practices. Houston, TX. Day-Long Workshop.

Publications:

Gabel Zepeda, S. & Lored, S. (Abstract accepted, pending publication 2024). *A Person Is Never A Problem: Narrative Externalization and Reconciliation.* Integritas: The Journal for the Catholic Psychotherapy Association.

Burch, E., Keneally, T, & **Gabel Zepeda, S.** (accepted, pending publication 2023). *Male Survivors of Childhood Sexual Abuse.* Psychology from the Margins

Edinger, D. S., Runaas, C., Roper, T., Stringer, S., & **Gabel Zepeda, S.** (accepted, pending publication 2023) Marriage and Family Therapy Graduate Students in Collaborative Learning Groups. *International Journal of Collaborative Practices.*

Ratcliff, C.G., Fowler, S.N., Sinclair, K.L., Prinsloo, S., Chaoul, A., **Zepeda, S.**, Spelman, A., Yang, W., & Cohen, L. (2021) Who Benefits Most from a Brief Mindfulness Intervention to Reduce Anxiety During Stereotactic Breast Biopsy: the Moderating Effect of Trait Mindfulness, Spiritual Well-being, and Distress Tolerance. *Mindfulness*, 12, 1127-1137

Ratcliff, C. G., **Zepeda, S. G.**, Hall, M. H., Tullos, E. A., Fowler, S., Chaoul, A., Spelman, A., Arun, B., & Cohen, L. (2021). Patient characteristics associated with sleep disturbance in breast cancer survivors. *Supportive care in cancer*, 29, 2601-2611 (Primary co-author)

Churchill, S., & **Zepeda, S.** (2020, October) Video interview: Projecting into possibility with Scott Churchill. *APA Society for Humanistic Psychology Newsletter.* Retrieved from <https://www.apadivisions.org/division-32/publications/newsletters/humanistic/2020/10/projecting-possibility>

Prinsloo, S., Rosenthal, D.I., Lyle, R., Garcia, S, **Gabel-Zepeda, S.**, Cannon, R., Bruera, E., &

Cohen, L. (2019) Exploratory Study of Low Resolution Electromagnetic Tomography (LORETA) Real-Time Z-Score Feedback in the Treatment of Pain in Patients with Head and Neck Cancer. *Brain Topography*, 32, 283-285

Ratcliff, C.G., Prinsloo, S., Chaoul, A., **Zepeda, S.G.**, Cannon, R., Spelman, A., Yang, W., & Cohen, L. (2018). A randomized controlled trial of brief mindfulness for women undergoing stereotactic breast biopsy. *Journal of the American College of Radiology*.

Prinsloo, S, **Gabel, S**, Data, L., Lyle, R. (2014). Neurofeedback for chemotherapy induced neuropathic symptoms: a case study, *Journal of Neuroregulation*, 1 (2), 165-172.

Prinsloo, S., **Gabel, S.**, Lyle, R., & Cohen, L. (2014) Neuromodulation of Cancer Pain. *Integrative Cancer Therapies*, 13 (1), 30-37.

Levin, S., & **Gabel, S.** (2012). Power and powerful therapeutic relationships. *Family Therapy Magazine*, 6, 11-21.

Gabel, S. (2009). Neisser's perceptual schema and gender toy choice: A semi-quantitative and qualitative investigation. *Saint Mary's Graduate Symposium Journal*, 1, 25-34.

Milam, M., **Gabel, S.**, Milam, R., Jinsong, L., Ramirez, P. (2007). Neoadjuvant bleomycin, etoposide, and cisplatin in adult neuroblastoma arising from the broad ligament of the uterus. *Journal of Gynecologic Oncology*, 107(2), 350-354.

Teaching Experience:

St. Mary's University; Marriage & Family Therapy Program

- Summer 2011 - Teaching Assistant for Dr. Nicholas Wilkens
- Fall 2011-Spring 2012 - Co-supervisor with Dr. Sue Levin's Practicum team during Doctoral Internship at HGI

Our Lady of the Lake – Houston Campus; Marriage and Family Therapy Program

- Fall 2012 to present - Supervisor for *Clinical Practicum*
- Spring 2014 & 2015 & 2017 - Professor for *Pre-Practicum*
- Summer 2014 & 2015 & 2016 & 2017 - Professor for *Theoretical Foundations of Psychotherapy*
- Fall 2014 & 2015 & 2016 & 2017 - Professor for *Advanced Systemic Therapies*
- Fall 2014 to present - Core Faculty Member
- Summer 2014 to 2017 - Completed Supervision of Supervision for AAMFT Supervisor Status with Dr. Leonard Bohanon; completed Spring 2018.
- Fall 2017 to Present: Assistant Professor - Pre-practicum, Psychotherapy with Children, Adolescents & Their Families, Strengths Based Approaches to Contemporary Issues, Theoretical Foundations of Individual & Family Psychotherapy, Advanced Approaches to Psychotherapy, Introduction to Teletherapy.
- Fall 2022 to Present: Associate Professor

Awards and Honors:

University of Dallas (2003–2008)

- Classics Scholarship Award & Trustee Scholarship Award
- Dean's List: Fall 2003–Spring 2004, Spring 2005, Fall 2006–Spring 2008
- Graduated *Magna Cum Laude* in Spring 2008
- Psi Chi National Honors Society in Psychology in Spring 2007
- Phi Beta Kappa National Honors Society in Spring 2008

St. Mary's University, Marriage and Family Therapy Program (2008-2014)

- Dean's List every semester during Masters and Doctoral courses
- Distinguished Master's Graduate: Fall 2010 (Equivalent of *Summa cum laude*)

MD Anderson Cancer Center

- Cancer Prevention Fellowship under R25 grant Integrative Medicine Program: Spring & Summer 2011. Research on Neuromodulation and Pain
- Cancer Prevention Fellowship under R25 grant Gynecologic Oncology Program: Summer 2005 & Summer 2006. Research on Rb2 Gene Expression and ovarian neuroblastoma

Houston Galveston Institute

- Faculty Member: Fall 2014 - present

Taos Institute

- Faculty Member: Fall 2017 - present

Our Lady of the Lake University

- Graduate Assistant Award for publication of research: December 2017
- Delta Kappa (MFT honors society) - Sigma Chapter: August 2017
- Agnes M. (Lehman) Gloyna Award for Technology Innovation in Teaching and Learning: 2020

Languages:

Latin

- 4 years in high school & 6 credit hours at the University of Dallas
- Some reading & writing knowledge

Portuguese

- Self-study with native Brazilian speakers
- Speaking & some writing knowledge (Level 3 on ILR Scale)

Spanish

- Elementary, high school, and self-study education
- Speaking & some writing knowledge (Level 3+ on ILR Scale)

Organizations & Associations:

Texas Association of Marriage & Family Therapy

American Association of Marriage & Family Therapy

International Society for Neurofeedback Research

Financial Therapy Association

Professional Volunteerism:

Texas Association of Marriage & Family Therapy

- Two-term Board Member – LMFT-Associate Representative (2013-2016)

Journal of Marriage and Family Therapy

- Apprentice Reviewer for journal articles (2012-2013)

Houston Galveston Institute

- Junior Co-Chair for the annual fundraising event *Chocolate, Champagne, and Charity* aimed at raising funds for community mental health programs (2014)

Financial Therapy Association

- Social Media Committee, Facebook moderator (2015-2016)

Biofeedback Society of Texas

- Board Member (2016-2017)

American Association of Marriage and Family Therapy (2019-2021)

- Technology & Telehealth Network
 - Chair Elect 2020-2022
 - Secretary and Treasurer 2019-2020

Life Changing Conversations Conference

- Established, organized, hosted, and managed CEUs for the conference
- First year in 2017
-