

# NATHAN P. G. COBB

## CURRICULUM VITAE

July 2006

### Education

2001 Ph. D. Marriage and Family Therapy. Brigham Young University. Provo, Utah. COAMFTE Accredited. Chair: Wendy L. Watson, Ph. D.

Dissertation: A grounded theory of change for married couples in chronic conflict from the couples' perspective.

Areas of Special Training and Interest: Marital therapy process and outcome; change processes in marital therapy; conflict resolution; influence of beliefs on marital and family interaction; pre-marital counseling and education; marital enrichment; parenting; qualitative research methods.

1997 M.S. Marriage and Family Therapy. Brigham Young University. Provo, Utah. COAMFTE Accredited. Chair: Wendy L. Watson, Ph. D.

Thesis: Development of a Scale to Measure Constraining Beliefs about Mate Selection.

1994 B. A. Major: Psychology. Minor: Drama. University of Calgary. Calgary, Alberta, Canada.

### Professional Experience

Psychologist. Private Practice. Calgary, Alberta. 2004-Present

Psychologist. Contract Position. Wilson Banwell Human Solutions. Calgary, AB. 2006-Present.

Coordinator of Clinical Services: CISM and Wellness. Wilson Banwell Human Solutions (EFAP). Calgary, Alberta. 2001-2006.

Coordinated and delivered Critical Incident Stress Management services for corporate clients; developed protocols and a clinician's manual for corporate trauma assistance services (CISM and Grief Support); trained clinicians in the use of trauma assistance protocols; developed a library of over 30 wellness workshops and seminars (1hr, half-day, full-day versions); delivered over 100 wellness workshops and seminars to corporate clients; provided conflict resolution services, team-building services, performance management consultations; conducted formal substance abuse assessments; provided psychological services to individuals, couples, and families. Areas

of clinical specialization included: marital conflict, parenting, adolescent behavior difficulties, blended family issues, mood and anxiety difficulties, addictions, and stress.

Intern. LDS Family Services. Provo, Utah. 2000-2001.

Intern (Doctoral Internship) Comprehensive Clinic. Brigham Young University, Provo, Utah. 1999-00. Provided individual, marital and family therapy in a community outpatient clinic. Conducted intake interviews to screen clinically appropriate cases, attended clinic staff meetings. Assisted in supervision of group therapy services offered in clinic. Served as resource for student-therapists regarding clinical emergencies and clinic policies and procedures.

Intern. LDS Family Services. Pleasant Grove, Utah. 1998-1999.

Quality Assurance Officer. Comprehensive Clinic. Brigham Young University, Provo, Utah. 1996-1999.

Coordinator of case management procedures for a community outpatient clinic serving approximately 700 new cases per year. Assigned cases to student therapists on clinic database, managed case transfers and reactivations, trained student therapists and resolved case management concerns, improved case management procedures, maintained integrity of clinic files and records through regular audits, and assisted in customizing a client database system used by the clinic (TIER — designed for large health care organizations).

Intern (Clinical Practicum). Comprehensive Clinic. Brigham Young University, Provo, Utah. 1995-1999.

Adoption Coordinator. LDS Family Services. Calgary, Alberta, Canada. 1994-1995.

Coordinated the adoption process for adoptive couples by assisting in screening and interviewing applicants, monitoring their progress, conducting home visits after placement, and preparing court documents. Conducted community outreach, resource development and program assessment.

## **Credentials**

### *Licenses and Certifications*

Registered Psychologist – Alberta

Listed on Canadian Registry of Marriage and Family Therapists

### *Credentialed Memberships in Professional Organizations*

American Association for Marriage and Family Therapy. Clinical member since 2001.

College of Alberta Psychologists

## Non-Credential Professional Organization Memberships

Alberta Association for Marriage and Family Therapy

Psychologists' Association of Alberta

## Publications

Cobb, N., Larson, J., & Watson, W. L. (2001). Development of the Attitudes Toward Romance and Mate Selection Scale. *Family Relations*, 52(3), 222-231.

## Professional Presentations

*Wellness Workshops Delivered Through Wilson Banwell for Corporate, Healthcare, and Government Organizations between 2001-2006 (105 Workshops)*

### Stress Management

1-1.5 Hour: 21 Sessions

Half-Day: 3 Sessions

Full-Day: 4 Sessions

### Stress Management: Supervisor Training

1-1.5 Hour: 3 Sessions

### Conflict Resolution/Dealing with Difficult People

1-1.5 Hour: 9 Sessions

Half-Day: 1 Sessions

### Change Management

1-1.5 Hour: 2 Sessions

Half-Day: 7 Sessions

### Drug and Alcohol Policy Training

1-1.5 Hour: 9 Sessions

### Finding a Healthy Balance in a Hectic World

1-1.5 Hour: 6 Sessions

Half-Day: 2 Sessions

Full-Day: 4 Sessions

### How to Set Boundaries and Be Assertive

1-1.5 Hour: 3 Sessions

Half-Day: 1 Sessions

Supporting Aging Parents

1-1.5 Hour: 2 Sessions

Getting Enough Sleep

1-1.5 Hour: 1 Sessions

Teen Substance Abuse

1-1.5 Hour: 1 Sessions

Living with Purpose and Joy in a World of Change

Half-Day: 1 Sessions

Beating the Blues: Dealing with Depression and Mood Changes

1-1.5 Hour: 1 Sessions

Beating the Blues Part II: Dealing with Depression and Mood Changes

1-1.5 Hour: 1 Sessions

Coping with Shiftwork

Full-Day: 4 Sessions

Time Management

Full-Day: 4 Sessions

Laughter is the Best Medicine

1-1.5 Hour: 6 Sessions

Team Building

1-1.5 Hour: 1 Sessions

Business Etiquette

1-1.5 Hour: 1 Sessions

Developing Personal Resilience in our Changing World

1-1.5 Hour: 3 Sessions

Learned Optimism

1-1.5 Hours: 2 Sessions

Compassion Burnout

1-1.5 Hour: 2 Sessions

*Presentations at Professional Meetings - National*

Cobb, N., Fife, S., & Watson, W.L. (October 2005). A Grounded Theory of Therapeutic Change for Marital Conflict. An invited poster presentation given at the American Association for Marriage and Family Therapy Annual Conference in Kansas City, Missouri.

Cobb, N., Larson, J., Watson, W. L. (November, 2001). Development of the Attitudes Toward Romance and Mate Selection Scale: Revised. An invited poster presentation given at the National Council on Family Relations Annual Conference in Rochester, New York.

Cobb, N., & Fife, S., & Watson, W. L. (February, 2001). Uncovering the Process of Change in Marital Therapy: Couple and Therapist Perspectives. An invited symposium presentation given at the Second International Interdisciplinary Conference, Advances in Qualitative Methods, in Edmonton, Alberta, Canada.

Cobb, N. & Fife, S. (November, 2000). Constraining and Facilitative Beliefs in Marital Therapy. An invited paper given at the National Council on Family Relations Annual Conference in Minneapolis, Minnesota.

Fife, S., Cobb, N., & Watson, W. L. (November, 2000). Change in Marital Therapy: The Therapist's Perspective. An invited poster presentation given at the American Association for Marriage and Family Therapy Annual Conference in Denver, Colorado.

Fife, S., Cobb, N., & Watson, W. L. (November, 1999). Collaboration in Qualitative Research: Implications for Dissertations. An invited roundtable presentation given at the National Council on Family Relations Annual Conference in Irvine, California.

Cobb, N., Fife, S., & Watson, W. L. (October, 1999). Change in Marital Therapy: The Couples' Perspective. An invited poster presentation given at the American Association for Marriage and Family Therapy Annual Conference in Chicago, Illinois. (Dissertation — preliminary findings).

Fife, S., & Cobb, N., & Watson, W. L. (October, 1999). Constraining and Facilitative Beliefs in Marital Therapy. An invited poster presentation given at the American Association for Marriage and Family Therapy Annual Conference in Chicago, Illinois. (Preliminary findings).

Cobb, N., Watson, W. L., & Larson, J. H. (October, 1998). Development of a Scale to Measure Constraining Beliefs about Mate Selection. An invited poster presentation given at the American Association for Marriage and Family Therapy Annual Conference in Dallas, Texas. (Manuscript in preparation for publication).

### *Presentations at Professional Meetings – State/Provincial and Local*

Cobb, N. (October, 2005). Teen Substance Abuse. An invited workshop presentation given at the Action Alberta 2005 Destination: Alcohol & Drug Free Workplace Conference sponsored by the Northern Alberta Council on Alcohol, Drugs and Safety at Work in Edmonton, Alberta.

Cobb, N., & Fife, S. (May, 2000). Distinguishing, Challenging and Strengthening Couples' Beliefs in Marital Therapy. An invited workshop presentation given at the Utah Association for Marriage and Family Therapy Annual Conference in Park City, Utah.

Cobb, N. (March, 1999). Premarital Counseling and Education: Can Prevention Deliver? A paper presentation given at the School of Family Life Annual Student Conference at Brigham Young University, Provo, Utah.

Cobb, N., Watson, W. L., & Larson, J. H. (March, 1999). Development of the Constraining Beliefs about Mate Selection Scale. An invited poster presentation given at the Utah Council on Family Relations Annual Conference in Logan, Utah. (Manuscript in preparation for publication).

Cobb, N. (May, 1998). Designing Interventions for Couples Experiencing Chronic Conflict. An invited research proposal presentation given at the Utah Association for Marriage and Family Therapy Annual Conference in Park City, Utah. (Dissertation).

### *University Service Presentations/Lectures*

Becoming One: Five Principles for Effective Communication in Couple Relationships. An invited lecture presentation given at Utah Valley State College, Provo Utah. Sponsored by the UVSC Wellness Center. March 22, 2000.

Postmodernism in Family Therapy: Narrative and Solution-Focused Approaches. Invited lecture presentation given in *Family Sciences 356: Interactional Interviewing Skills in Family Sciences* at Brigham Young University. March 1999.

Maturana: Structural Determinism and Structural Coupling. Invited lecture presentation given in *Psychology 312: Personality* at Brigham Young University. December 1998.

Factor Analysis in Marital and Family Therapy Research: Principles and Applications. Invited lecture presentation given in *Family Sciences 693R: Statistical and Computing Skills for Research* at Brigham Young University. November 1998.

### *Community Service Presentations/Lectures/Workshops*

He Says, She Says: Rising Above Differences to become Spiritually One. An invited presentation offered to members of the Shawnessy Ward, Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. July 2006.

He Says, She Says: Rising Above Differences to become Spiritually One. An invited presentation offered to members of the Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. May 2006.

Time for a Better Marriage. A free one-hour community workshop offered to the general public at the Cardel Theatre, Calgary, AB. March 2006.

Building Strong Families. A free one-hour community workshop offered to the general public at the Cardel Theatre, Calgary, AB. January 2006.

Time for a Better Marriage. An invited half-day workshop offered to the general public and members of the Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. October 2005.

Time for a Better Marriage. An invited half-day workshop given to adult members of the Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. April 2005.

Resolving Conflict in Personal Relationships. An invited presentation given to adult members of the Somerset Ward, Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. February 2005.

Less Stress in Your Relationships. An invited presentation given to adult members of the Okotoks Second Ward, Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Okotoks, AB. November 2004.

Developing Temporal and Spiritual Resilience. An invited presentation given at the annual Calgary Regional Single Adult Conference, Calgary, AB, Church of Jesus Christ of Latter-Day Saints. March 2004.

Resolving Conflict in Personal Relationships. An invited presentation given to adult members of the Woodbine Ward, Calgary Foothills Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. Nov 2003.

Resolving Conflict in Personal Relationships. An invited presentation given to adult members of the Heritage Ward, Calgary Stake of the Church of Jesus Christ of Latter-Day Saints, Calgary, AB. Feb 2002.

Resolving Conflict in Personal Relationships. An invited presentation given to adult members of the Grandview 11<sup>th</sup> Ward, Grandview East Stake of the Church of Jesus Christ of Latter-Day Saints, Provo, Utah. May 10, 2000

### *Summary of My Workshop/Presentation Evaluation Feedback Forms*

Total Number of Workshops/Presentations Evaluated:	49
Total Number of Participants in those Workshops/Presentations:	1032
Total Number of Evaluations Received from Those Participants:	735

*Rating: 1=Poor, 2=Fair, 3=Average, 4=Good, 5=Excellent*

Average Content Rating (Usefulness and Clarity of the Information Presented):	4.3
Average Process Rating (Methods and Style of Delivery):	4.2
Average Rating of Instructor (Professionalism and Engaging):	4.4
Average Overall Rating:	4.3

### *Most Recent 21 Workshops/Presentations Evaluated*

Average Content Rating (Usefulness and Clarity of the Information Presented):	4.4
Average Process Rating (Style and Methods of Delivery):	4.3
Average Rating of Instructor (Professional and Engaging):	4.6

Average Overall Rating:

4.4

## Media Interviews

Advice for parents at their wits' end. Thursday, July 28, 2005. Article for the Calgary Herald Neighbors, by Donna Gray, page 6, Calgary, AB.

## Research Experience

Research Assistant for Wendy L. Watson. Marriage and Family Therapy Program. Brigham Young University. Provo, Utah. 1997-1999.

Developed interview protocols, wrote research proposal and conducted research interviews with aging couples experiencing chronic illness. Therapist on research team working on co-evolving family therapy interventions with families afflicted with cancer. Reviewed and abstracted research articles and books for clinical practice. Substitute taught graduate classes.

Research Assistant for Wendy L. Watson. Marriage and Family Therapy Program. Brigham Young University. Provo, Utah. 1995-1996.

Coded and catalogued over 50 hours of student therapy videos for the purpose of collecting a clinical training library of family therapy interventions. Developed a transcript and study guide for a 12-hour video set featuring a two-day seminar by Humberto Maturana. Reviewed and abstracted training videos, research articles and books for clinical practice.

## Teaching Experience

### *Courses Taught*

Marriage, Family and Human Development 300: Critical Inquiry & Research Methods.

Instructor (sole responsibility). MFHD Department. Brigham Young University, Provo, Utah. Spring 2001.

Philosophies of critical inquiry. Principles of designing, conducting, and reporting social science investigations.

Psychology 2200: Psychology of Interpersonal Relationships. Instructor (sole responsibility).

Behavioral Sciences Department. Utah Valley State College, Orem, Utah. 2000-2001.

Communication, problem-solving and conflict resolution skills used in personal, professional and social relationships. Based on Couple Communication program.

Psychology 1400: Personal and Social Adjustment. Instructor (sole responsibility). Behavioral Sciences Department. Utah Valley State College, Orem, Utah. Fall 2000.

Modern scientific applied psychology. Analyzing theories and applications for social adjustment and personal growth. Focusing on both prevention and therapeutic models within the framework of humanistic, psychoanalytic, cognitive and behavioral theories.

Marriage, Family and Human Development 356: Interactional Interviewing Skills in Family Sciences. Lab Instructor. MFHD Department. Brigham Young University, Provo, Utah. 2000-2001.

Development of basic interpersonal helping skills for use in dyadic and family interaction, observation and intervention.

Nursing 290L: Communication and Team-Building Lab. Instructor. Nursing Core 1. Nursing Department. Brigham Young University, Provo, Utah. 1998-1999.

Development of basic interpersonal helping skills for nursing relationships through didactic, demonstration and experiential approaches.

Marriage, Family and Human Development 301: Preparation for Marriage. Instructor (sole responsibility). School of Family Life (formerly Family Sciences Department.) Brigham Young University, Provo, Utah. 1996-1999.

Integration of what is known from research, theory and experience regarding premarital predictors of marital success and the development and maintenance of satisfying marital relationships.

## **Awards, Scholarships, and Fellowships**

Graduate Research Fellowship Award. Office of Graduate Studies. Brigham Young University, Provo, Utah. \$5,500 research grant awarded in support of doctoral dissertation. Competition open to all Brigham Young University graduate students. One of 8 doctoral recipients. 1999-00.

Outstanding Graduate Student of the Year Award. Utah Council on Family Relations. March 1999.

Merlin and Edna Sant Graduate Scholarship. Family Sciences Department, Brigham Young University, Provo, Utah. 1998-99.

Alexander Rutherford Scholarship - Undergraduate. University of Calgary, Alberta, Canada. 1989-90.

Valedictorian. Central Memorial High School. Calgary, Alberta, Canada. 1985.

## **Service Activities**

### *Professional Organizations Service*

Board Member. Alberta Association for Marriage and Family Therapy. 2004-Present.

Volunteer. American Association for Marriage and Family Therapy Annual Conference. Denver, Colorado, 2000; Chicago, Illinois, 1999; Dallas, Texas, 1998; Atlanta, Georgia, 1997; Toronto, Ontario, 1996.

### *Academic Committee Service*

Member of Standing Nominating Committee for Students' Union. University of Calgary. Calgary, Alberta, Canada. 1992-1993.

Served on committee responsible for appointing or short-listing applicants to all other student committees within the university.

President of Latter-Day Saint Student Association. University of Calgary. Calgary, Alberta, Canada. 1990-1992.

## **Continuing Education**

Mediation Level 1. Mount Royal College, Conflict Resolution Extension Certificate Program. 21-hour course. January, 2006.

Introduction to Conflict Resolution. Mount Royal College, Conflict Resolution Extension Certificate Program. 15-hour course. September 2005.

The Heart and Soul of Change: Three-day workshop conducted by Dr. Scott Miller and Dr. Barry Duncan, sponsored by Jack Hirose & Associates, Inc., Richmond, B.C.. May 2005.

Strategies for Therapeutic Success: Two-day workshop (12 continuing education credits) conducted by Dr. David D. Burns, M.D., sponsored by Jack Hirose & Associates, Inc., Mental Health & Educational Development Seminars, Calgary, AB. November 2003.

Stop Walking on Eggshells: Productive Therapy with Reactive and Challenging Adolescents. Full-day workshop (6 hours continuing education credits) conducted by Janet Edgette, Psy.D., sponsored by Professional Training Group, Calgary, AB. May, 2003

Crucible Approach: Two-Day Therapist Workshop (14 continuing education credits) conducted by Dr. David Schnarch, sponsored by Centre for Family and Health Psychology, Edmonton, AB. November 2002.

Compassion Fatigue: Developing Personal Resilience for Helping Professionals. Full-day workshop (6 continuing education credits) conducted by Dr. Anna Baranowski, sponsored by Professional Training Group, Calgary, AB. November 2001.

## **Graduate Course Work – Areas of Specialization**

### Premarital and Marital Relationship Enhancement

FAMSC 563	Theoretical Foundations of Family Systems
FAMSC 650	Theoretical Foundations of Marriage and Family Therapy
FAMSC 652	Marital and Individual Psychotherapy
FAMSC 653	Family and Multigenerational psychotherapy
FAMSC 654	Issues of Gender and Ethnicity
FAMSC 645	Analysis and Treatment of Human Sexual Development
FAMSC 640	Clinical Specialization in Marriage and Family Therapy (focused on group therapy and treatment of chronic conflict)
FAMSC 753	Advanced Clinical Specialization in Marriage and Family Therapy (focused on treatment of chronic conflict).
FAMSC 752	Addictions and Family Violence
FAMSC 751	Advanced Theory in Marriage and Family Therapy

FAMSC 692R	Seminar in Family Relationships (focused on relationship development and mate selection: research, theory and application)
FAMSC 695R	Pre-marital and Re-marital Therapy and Education.
FAMSC 693R	Family Financial Resource Management (Independent Readings)

### Parenting

FAMSC 564	Human and Family Development over the Life Cycle
FAMSC 511	Familial Influences on [Children's] Social Development

### Teaching

FAMSC 565	Instructional Processes in Family Science
FAMSC 566	Preparation for Teaching Practicum
FAMSC 567R	Practicum in Family Life Education
FAMSC 665	Philosophy of Family Life Education

### Research Methods and Statistics

STAT 501	Statistics for Research Workers I
STAT 512	Statistical Methods for Research Workers II
FAMSC 600	Advanced Research Methods
FAMSC 602	Experimental Design
FAMSC 604	Ethnographic Research Techniques (Qualitative Research and Grounded Theory)
FAMSC 693R	Statistical and Computing Skills for Research (SPSS for Windows)
FAMSC 793R	Research Seminar in Marriage and Family Therapy

## **Contact Information**

### Address

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