

CURRICULUM VITAE

C. R. Macchi

School of Family Studies and Human Services

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[KSU Human Ecology Directory](#)

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EDUCATION

Doctor of Philosophy, Kansas State University, Manhattan, Kansas, 2006

Major: Human Ecology specializing in Marriage and Family Therapy

Dissertation: *Systemic change processes: A framework for exploring weight loss and weight loss maintenance processes within the individual and family context.*

Major Professor: Candyce S. Russell, Ph.D.

Master of Science, Friends University, Wichita, Kansas, 1999

Major: Family Therapy

Master of Arts, Northern Baptist Theological Seminary, Lombard, Illinois, 1992

Major: Christian Education

Bachelor of Arts, University of California, Santa Barbara, California, 1989

Major: Sociology

PROFESSIONAL EXPERIENCE

Kansas State University

Manhattan, Kansas

Research Assistant Professor, School of Family Studies and Human Services, January 2007 to present (Admitted to Graduate Faculty as a Graduate Faculty Associate, Graduate School, May 2010)

Research Assistant, School of Family Studies and Human Services, July 2006 to December 2006

Graduate Research Assistant, School of Family Studies and Human Services, July 2005 to June 2006

A Program for Training and Consultation of CMHC Practitioners Delivering Intensive Home-Based Family Therapy Services. Principal Investigators: O'Conner, N. and Macchi, C.R. contracting with Kansas Department of Social and Rehabilitative Services and Kansas Health Solutions.

Fiscal Year (FY) 2006 contract (SRS), awarded \$179,639

FY 2007 contract (SRS), awarded \$348,434

FY 2008 contract (SRS), awarded \$379,967

FY 2008 contract (KHS), awarded \$52,364

FY 2009 contract (SRS), awarded \$379,682

FY 2009 contract (KHS), awarded \$36,468

FY 2010 contract (SRS), awarded \$460,735

FY 2010 contract (KHS), awarded \$18,995

FY 2011 contract (SRS), awarded \$460,716

FY 2011 contract (KHS), awarded \$19,486

Co-Administering the two contracts with Nancy O'Conner: 1) The Kansas Department of Social and Rehabilitative Services (SRS) with the Community Mental Health Centers (CMHC) of Kansas and 2) Kansas Health solutions with the private contractors. Providing training of Home-Based Family Therapy clinicians and their supervisors. Collaborating with SRS, KHS, and mental health agency clinical directors. Developing a website (HBFTPPartnership.com) to support the clinicians through contract components consisting of: multiple core training conferences, on-line training modules, and one-day teleconferences covering DSM diagnoses and ethics. Participants of each training receive CEU credits required for maintaining state licensure. Leading a research team composed of undergraduate and graduate students who are conducting library research and evaluating outcomes of the trainings obtained through therapist reports. Periodic teaching of undergraduate and graduate-level classes and supervising masters and doctoral-level students' clinical practica.

Project Manager and Graduate Research Assistant, Kansas State Research and Extension, August 2004 to June 2006

USDA/CYFAR New Communities Project grant for *Teen Leadership for Physically Active Lifestyles*. Principle investigators: Johannes, E. & Fink, C.

5-year (2004-2009) annual award \$134,000 for \$670,000 total award

Developing systems supporting and training county agents and youth engaged in community development initiatives promoting physical activity. Coordinating efforts and provided training through an action research approach with state, county, and local stakeholders focused on the intermediary role of county extension agents in Kansas extension offices (Ellsworth, Meade, Morris). Conducting quantitative and qualitative studies examining the work of communities leaders.

Graduate Research Assistant, School of Family Studies and Human Services, August 2003 to July 2004

Illness representations of Multiple Sclerosis: Impact on self and family, grant-funded pilot research project working as an assistant to Russell, C., White, M., and Parker-White, C.

Conducted library research, developed online and mail-in survey, and performed qualitative and statistical analyses of survey participant responses.

Kansas Health Solutions

Topeka, Kansas

Call Center Clinician II, May 2007 to June 2010

PRN clinical position in call center receiving and managing the following types of calls: psychiatric screening requests to determine admissions to inpatient psychiatric, state hospital, and psychiatric residential treatment facilities; crisis calls forwarded from several Community Mental Health Centers during afterhours and holidays; Kansas EAP program; and Kansas and Colorado Problem Gamblers Helplines.

Friends University

Lenexa, Kansas

Adjunct Professor, Family Therapy Program, December 2006 to July 2010

Adjunct Instructor, Family Therapy Program, August 2003 to November 2006

Teaching and supervising graduate students preparing to become family therapists. Courses covered clinical theories, therapist professional development, ethical clinical practice, and

specialized therapy topics.

External Program Director, Graduate School, February 2005 to December 2006

Assisting the Graduate Division with an exploratory project focused on developing a new masters degree program in Family Life Education for online delivery.

Ph.D. Intern, Family Therapy Program, April 2005 to January 2006

Teaching graduate courses and supervising master's students during their clinical internships.

Van Vleck House

Jackson Hole, Wyoming

Licensed Marriage and Family Therapist, September 2000 to July 2003

Providing family therapy to the families of adolescent residents of the youth group home who had experienced depression, neglect, family violence, or behavioral problems.

PROFESSIONAL ASSOCIATIONS

American Association for Marriage and Family Therapy (AAMFT)

Approved Supervisor, 2007 to present

Clinical Member, 2002 to present

Member, 1998 to 2002

American Psychological Association (APA)

Member, 2007 to present

Member of Division 38 – Health Psychology, 2011 to present

Member of Division 43 – Family Psychology, 2007 to present

Collaborative Family Healthcare Association (CFHA)

Member, 2011 to present

Kansas Association for Marriage and Family Therapy (KAMFT)

Past-President, 2011

President, 2009 to 2010

Board Member-at-Large, 2007 to 2008

Member, 1998 to 2000 and 2003 to present

National Council on Family Relations (NCFR)

Professional-2 Level Member, 2005 to present

Certified Family Life Educator (CFLE), 2006 to present

Kansas representative on family policy and legislation, 2006

Wyoming Association for Marriage and Family Therapy

Member, 2000 to 2003

PROFESSIONAL SKILLS

Qualitative data analysis using QSR NVivo 8.0 computer program and quantitative data analysis using SPSS 18.0 statistical computer program.

Conducting research using case study, action research, phenomenology, or grounded theory methods involving in-depth interviews, focus groups, and survey designs.

Website design and maintenance including conceptual and functional features that support the development; delivery of online learning modules through gated user access and user interactions; and membership collaboration, resourcing, and support

PREPARE/ENRICH Facilitator, training completed 1999

HONORS

Award for Best Graduate Paper, Women's Studies Program, Kansas State University, 2006
Macchi, C. (2006). *The development of an intersectional framework for family therapy: Learning from feminist critiques of therapy*. Kansas State University, Manhattan, Kansas.
Member of the Honor Society of Phi Kappa Phi, 2006
Recipient of the Bella M. Baldwin scholarship, Kansas State University, 2005
Member of the Psi Chi Honor Society, 1999

PAPERS

Published Paper

Macchi, C., & O'Conner, N. (2010). Common components of home-based family therapy models: The HBFT Partnership in Kansas. *Contemporary Family Therapy*, 32(4), 444-458. DOI 10.1007/s10591-010-9127-1

Papers Under Review

Macchi, C.R. & Russell, C. (*revising*). Shifting processes model (Part I): A conceptual model for sustainable weight management. *Families, Systems & Health*.

Macchi, C.R. (*revising*). Shifting processes model (Part II): Heroic versus integrated weight management in family contexts. *Families, Systems, & Health*.

Papers in Process

Macchi, C.R., Johnson, M., & Durtschi, J. (2011). *Mediating effects of home-based therapists' self-care and supervision on professional quality of life*. Targeting submission to the Journal of Marital and Family Therapy.

Macchi, C.R., Durtschi, J., & Johnson, M. (2011). *Multilevel analysis of supervision and the effects on professional quality of life*. Targeting submission to the Journal of Marital and Family Therapy.

Unpublished Reports

Macchi, C.R. & O'Conner, N. (2009). *HBFT partnership report: Effects of self-care and supervision on levels of therapist stress, satisfaction, and comfort*. Manhattan, KS: Kansas State University. Submitted to the Kansas Department of Social and Rehabilitative Services (SRS).

Macchi, C.R., O'Conner, N. & Petersen, K. (2008). *Current approaches to home-based family therapy: A review of the literature*. Manhattan, KS: Kansas State University. Submitted to the Kansas Department of Social and Rehabilitative Services (SRS).

Macchi, C.R. (2005). *Weight loss and maintenance experiences: Developing a conceptual model* (Unpublished pilot study). Manhattan, KS: Kansas State University.

RESEARCH INTERESTS

Area #1 – Systemic health behavior change processes

This area of study is focused on the ways people experience identity development related to making and sustaining health behavior changes within family and other relational contexts. Studies examine biopsychosocial interactions occurring at and among various levels of a patient's experiences.

Study emerging from dissertation research related to weight management

Using the categories that emerged from my dissertation research, I am conducting a study

that further explore the explanatory power of the categories for describing weight loss and weight loss maintenance of bariatric patients within couple relationships. Our team of collaborators are working with surgeons, nurses, health educators, and dieticians at Tallgrass General, Vascular & Bariatric Center in Topeka, Kansas and Solutions for Life in Wichita, Kansas. The collaborators include researchers from the University of Kansas School of Medicine, Via Christi Health System, and Kansas State University. We are exploring ways to improve treatment assessments and develop more effective interventions that lead to sustainable weight loss maintenance.

Area #2 – Family therapy professional development and training issues

I am currently studying ways to broaden the scope of clinical training and practice to inform the work with underserved populations.

Professional training of in-home family therapists

We currently have contracts that are designed to train the home-based family therapy (HBFT) practitioners within the state of Kansas. Through a collaborative partnership with the community mental health centers, private contractors, and private practitioners throughout the state of Kansas, we work with clinical directors, supervisors, and therapists to train and improve the delivery of home-based family therapy. Our approach focuses on improving cultural competence to inform effective treatment approaches. We provide a conceptual bridge between evidence-based approaches to in-office family therapy with those focused on providing family therapy in clients' homes. We are developing and maintaining a website (HBFTPartnership.com) that supports multiple components of the contract. The website provides HBFT clinicians with access to various trainings. We periodically collect data from the participants exploring various aspects of their in-home family therapy work.

I lead a research team of doctoral, master's, and bachelor's students focused on issues specifically related to HBFT. The team develops online, videoconference, and in-person trainings. The research and outcome evaluations are designed to improve the trainings and clinical practice. Students participating on the research team have several opportunities to support their own programs of study, develop individual research projects, and present and publish their work.

RESEARCH FUNDING/GRANT PROPOSALS

Macchi, C.R. (2010). *FSHS 727 – Clinical Perspectives of Family Health and Illness*.

Proposed and developed an online course in response to a request for Distance Learning Proposals offered by the Division of Continuing Education, Kansas State University. Awarded \$5,000.

Anderson, J. R. & **Macchi, C.R.** (2009). *Systemic Health Behavior Change and Weight Maintenance Following Bariatric Surgery*. A research grant proposal submitted to the Office of Research and Sponsored Programs at Kansas State University, University Small Research Grant (USRG). Funded budget: \$500 (Includes department and college match).

Anderson, J. R. & **Macchi, C.R.** (2009). *Systemic Health Behavior Change and Weight Management Following Bariatric Surgery*. A research grant proposal submitted to the College of Human Ecology (CHE) at Kansas State University, Sponsored Research Overhead (SRO). Funded budget: \$5,000.

Anderson, J. R. & **Macchi, C.R.** (2009). *Systemic Health Behavior Change and Weight Management Following Bariatric Surgery*. A research grant proposal submitted to the Fahs-Beck Fund for Research and Experimentation, New York, NY. Proposal unfunded.

CLINICAL LICENSES AND EXPERIENCE

Kansas

Kansas Licensed Clinical Marriage and Family Therapist (License #LCMFT-359), November 2006 to present

Kansas Licensed Marriage and Family Therapist (License #LMFT-581), August 2003 to November 2006

Kansas Marriage and Family Therapist by temporary license (License #MFT-0078), August 1999 to November 2000

Wyoming

Wyoming Licensed Marriage and Family Therapist – clinical level (License #LMFT-097), September 2000 to April 2005

Practice Settings

Private Practice, December 2006 to present

Topeka, Kansas

KSU Family Center, August 2003 to November 2006

Kansas State University, Manhattan, Kansas

Van Vleck House and Teton Youth & Family Services, September 2000 to July 2003

Jackson Hole, Wyoming

Counseling and Mediation, Inc., August 1999 to August 2000

Wichita, Kansas

Providing therapeutic services and coordinating those services on interdisciplinary and interagency case conferences involving guardians ad litem, psychologists, case workers, school counselors, and teachers.

TEACHING AND SUPERVISION EXPERIENCE

Kansas State University

Research Assistant Professor in Family Studies and Human Services

FSHS 301 – *Helping Relationship*

FSHS 506 – *Middle Childhood and Adolescence*

FSHS 704 – *Introduction to Marriage and Family Therapy*

FSHS 727 – *Clinical Perspectives of Family Health and Illness*, developed and scheduled to deliver this new online course, Spring 2012

FSHS 823 – *Personal Integration*, scheduled for Spring 2012

FSHS 872 – *Principles of Marriage and Family Therapy II: Family*, scheduled for Spring 2012

FSHS 885 – *MFT Clinical Practicum*

FSHS 986 – *MFT Supervision Practicum*

Adjunct Instructor for Master of Science students in Marriage and Family Therapy program

FSHS 864 – *Clinical Theory and Practice*

Graduate Teaching Assistant in School of Family Studies and Human Services

FSHS 300 – *Introduction to Marriage and Family Therapy* (Undergraduate)

FSHS 350 – *Family Relations and Gender Roles* (Undergraduate)

FSHS 506 – *Middle Childhood and Adolescence* (Undergraduate),

FSHS 704 – *Introduction to Marriage and Family Therapy* (Graduate and Undergraduate)

Friends University

Adjunct Professor, Clinical Supervisor for Masters of Science students in Family Therapy program

MSFT 602, 603, 625, 655 – *Clinical Internship*

Adjunct Instructor for Masters of Science students in Family Therapy program

MSFT 611 – *Cognitive-Behavioral Therapy*

MSFT 612 – *Structural-Strategic Approaches to Therapy*

MSFT 621 – *Violence in Couples and Families*

MSFT 625 – *Clinical Internship – Intermediate*

Ph.D. Intern, Instructor for Masters of Science students in Family Therapy program

MSFT 503 – *Marriage and Family Therapy Foundations*

MSFT 512 – *Clinical Foundations I*

MSFT 581 – *Orientation to Ethical Practice*

MSFT 611 – *Cognitive-Behavioral Approaches to Therapy*

MSFT 612 – *Structural-Strategic Approaches to Therapy*

MSFT 621 – *Violence in Couples and Families*

Ph.D. Intern, Clinical Supervisor for Masters of Science students in Family Therapy program

MSFT 602 – *Clinical Internship – Beginning*

MSFT 625 – *Clinical Internship – Intermediate*

CONSULTATIONS, REVIEWS, AND TRAINING

Clinical trial participant, *DSM-5 Field Trials in Routine Clinical Practice*, American Psychological Association, 2011

Abstract reviewer, American Association for Marriage and Family Therapy Annual Conferences, 2005 to present

Interviewed for an article titled *Could you ever behave like Mel Gibson: How to make sure your fight never escalates to a problematic level*. *Men's Health* online at (<http://blogs.menshealth.com/health-headlines/could-you-ever-behave-like-mel-gibson/2010/07/15>), June 15, 2010

Invited peer-reviewer, *Family Relations*, National Council on Family Relations, 2009

Presentation proposal reviewer, National Council on Family Relations Annual Conferences, 2005 to present

Textbook reviewer of a new family therapy text entitled, *Family Therapy: Integrating Theory, Research, and Practice*. Merrill-Prentice Hall, 2007.

Consultant for health education program development and health educator training, Lifestyle Strategies, LLC, Wichita, Kansas, 2003 to 2005

Contract speaker to patients addressing health behavior changes, Health Institute, St. John's Medical Center, Jackson Hole, Wyoming, 2002 to 2003

Trainer of lay hospital chaplains, St. John's Medical Center Chaplaincy Program, Jackson Hole, Wyoming, 2001 to 2003

Clinical trainer of adolescent therapeutic group home staff, Van Vleck House youth group home, Jackson Hole, Wyoming, 2000 to 2003

PRESENTATIONS

Macchi, C.R. (2011, March). *Therapeutic support for patients managing health conditions in family contexts*. Kansas Medical Education Foundation. Invited workshop speaker at the Psychiatric Grand Rounds, Topeka, Kansas.

- Macchi, C.R.** (2009, November). *Effects of therapist self-care and supervision on home-based clinical work*. National Council on Family Relations. Poster presentation selected through a national, peer-review process and presented at the NCFR Annual Conference, San Francisco, California.
- Macchi, C.R.** & O'Conner, N. (2009, September). *Ethical implications of home-based family therapist self-care*. Association of Community Mental Health Centers of Kansas, Inc. Invited speaker at the ACMHC Annual Conference, Wichita, Kansas.
- Macchi, C.R.** (2009, March). *Systemic health behavior change: Managing diabetes in the family context*. St. Francis Health Center's Diabetes Center. Invited plenary speaker at the St. Francis Health Center's Diabetes Center Bee Annual Health Fair, Topeka, Kansas.
- Garrett, K. & **Macchi, C.R.** (2008, November). *Therapist self-care: Protecting the lens through which families are viewed*. National Council on Family Relations. Roundtable presentation selected through a national, peer-review process and to be presented at the NCFR Annual Conference, Little Rock, Arkansas.
- Macchi, C.R.** (2008, October). *Systemic health behavior change processes: Exploring weight loss and weight loss maintenance*. Kansas Department of Education and Kansas Department of Health and Environment. Invited workshop speaker at the Kansas Coordinated School Health Conference, Kansas City, Missouri.
- Macchi, C.R.** (2007, November). *Systemic change processes: Exploring weight loss and weight loss maintenance*. National Council on Family Relations. Poster presentation selected through a national, peer-review process and presented at the NCFR Annual Conference, Pittsburgh, Pennsylvania.
- Macchi, C.R.** (2007, November). *Systemic change processes: Exploring weight loss and weight loss maintenance*. Kansas Medical Education Foundation. Invited workshop speaker at the Psychiatric Grand Rounds, Topeka, Kansas.
- Garrett, K., **Macchi, C.R.**, Baptist, J., Sander-Hahs, E. (2007, November). *Research team: A template for design, development, and administration*. National Council on Family Relations. Workshop presentation selected through a national, peer-review process and presented at the NCFR Annual Conference, Pittsburgh, Pennsylvania.
- Macchi, C.R.**, Johannes, E., & Fink, C. (2007, April). *Research to practice dilemmas: Extension's intermediary role in rural community health initiatives*. Workshop presentation at the 21st Century Families: From Research to Reality Conference, Little Rock, Arkansas.
- Johannes, E., Fink, C. & **Macchi, C.R.** (2005, May). *Kansas Teen Leadership for Physically Active Lifestyles: A Community Youth Development Approach*. Children, Youth, and Families at Risk. Poster presentation at CYFAR annual conference, Boston, Massachusetts.
- Johannes, E., Fink, C. & **Macchi, C.R.** (2005, April). *Kansas Teen Leadership for Physically Active Lifestyles*. National Priester Extension Health. Workshop presentation selected through a national, peer-review process and presented at the National Priester Extension Health Conference, Louisville, Kentucky.
- Macchi, C.R.** (2004, July). *Adolescent sexuality*. Workshop presentation for the Kansas Children's Service League, Concordia and Salina, Kansas.
- Macchi, C.R.** (2004, July). *Dual family membership*. Workshop presentation for the Kansas Children's Service League, Topeka, Kansas.
- Macchi, C.R.** (2004, July). *PTSD: Beyond the basics*. Workshop presentation for the Kansas Children's Service League, Manhattan, Kansas.
- Macchi, C.R.** (2004, June). *Eating disorders*. Workshop presentation for the Kansas Children's Service League, Salina, Kansas.

- Joy, A. & **Macchi, C.R.** (2004, April and June). *Sexual addiction*. Workshops presentation for the Kansas Children's Service League, Topeka and Manhattan, Kansas.
- Macchi, C.R.** & Osby, J. (2004, April, June, and August). *Families and forgiveness*. Workshop presentations for the Kansas Children's Service League, Salina, Topeka, and Manhattan, Kansas.
- Macchi, C.R.** (2004, April). *Conduct disorder in adolescents*. Workshop presentation for the Kansas Children's Service League, Manhattan, Kansas.
- Macchi, C.R.** & Bruner, B. (2004, April). *The effects of domestic violence on children*. Workshop presentation for the Kansas Children's Service League, Holton, Kansas.
- Macchi, C.R.** & Jones, N. (2004, March). *Working with birth parents*. Workshop presentation for the Kansas Children's Service League, Concordia, Salina, and Topeka, Kansas.
- Macchi, C.R.** (2004, February). *Attention deficit disorder*. Workshop presentation for the Kansas Children's Service League, Salina, Kansas.
- Macchi, C.R.** (2004, February). *Fostering exceptional children with special needs*. Workshop presentation for the Kansas Children's Service League, Manhattan, Kansas.
- Macchi, C.R.** & Bruner, B. (2004, February). *Children and depression*. Workshop presentation for the Kansas Children's Service League, Holton, Kansas.
- Macchi, C.R.** & Britt, S. (2003, November). *Grief and bereavement during the holidays*. Workshop presentation for the Kansas Children's Service League, Salina, Kansas.
- Macchi, C.R.** (2002, April). *Discovering fulfillment in the 'possible'*. Invited lecture presentation at the Brain Injury Support Group, St. John's Medical Center, Jackson Hole, Wyoming

COMMUNITY INVOLVEMENT

- Kansas Department of Social and Rehabilitative Services and Kansas Health Solutions
Member of the Unified Training Advisory Group (UTAG), Kansas, 2009 to present
St. Francis Health Center's Diabetes Center
Member of the Advisory Council, Topeka, Kansas, 2008 to present
K-State Safe Zone Program
Safe Zone Ally, Kansas State University, Manhattan, Kansas, 2008 to present
Kansas Behavioral Sciences Regulatory Board
Member of the Marriage and Family Therapy Advisory Committee, 2008 to 2012 (2 two-year terms)
Kansas Diabetes Advisory Council
Member of the Patient Self-Management Implementation Group, 2008 to 2009
Assistant Moderator, Board of Ministries, First Baptist Church, Topeka, Kansas, 2004-2005
Member, Committee on Suicide Prevention Coalition, Teton County, Wyoming, 2002 to 2003
Member, Committee on At-Risk Youth Committee, Teton County, Wyoming, 2001 to 2003
Member of subcommittee that developed and received a federally-funded *21st Century Grant* for community-wide youth programming (amount awarded - \$750,000 over three years)
Panel participant, *Forum on teenage sexuality* for parents and young people at the Jackson Hole Middle School, Jackson Hole, Wyoming, 2002