

KAYLA REED-FITZKE**CURRICULUM VITAE**

Assistant Professor, University of Iowa
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EDUCATION

- 2017 *Florida State University*, Tallahassee, FL
 Doctor of Philosophy, Marriage and Family Therapy
 Dissertation: The Role of Basic Psychological Needs in Determining Well-being: A Study of Diverse Samples of Emerging Adults
 Chair: Dr. Mallory Lucier-Greer
- 2016 *Florida State University*, Tallahassee, FL
 Certificate, Measurement and Statistics
- 2013 *University of Kentucky*, Lexington, KY
 Master of Science, Family Sciences
 Emphasis: Marriage and Family Therapy
 Thesis: How Parental Divorce During Emerging Adulthood Gives Meaning to Women's Experiences: A Phenomenological Approach
 Chair: Dr. Trent S. Parker
- 2011 *Virginia Tech*, Blacksburg, VA
 Bachelor of Science, Human Development; Professional Helping Skills
 Minor: Psychology

PROFESSIONAL CREDENTIALS

AAMFT Approved Supervisor (AAMFT Member #139155; Effective through 07/2024)
 Licensed Marriage and Family Therapist (Iowa #089622; Effective through 09/2024)

PROFESSIONAL EXPERIENCE

- 2021-Current *Affiliated Research Faculty*, Iowa Center for School Mental Health.
- 2020-Current *Research Fellow*, University of Iowa Public Policy Center.
- 2017-Current *Associate Director*, LGBTQ Counseling Clinic.
- 2017-Current *Assistant Professor*, Couple and Family Therapy, University of Iowa.
- 2016-2018 *Research Consultant*, CampusESP Inc., Philadelphia, PA.

HONORS AND AWARDS

2022	<i>James N. Murray Faculty Award</i> , UI. [University]
2021	<i>Nomination, Alexis Walker Award</i> , Wiley. [National]
2021	<i>Provost's Office Faculty Development Funding</i> , UI. [University]
2021	<i>Nomination, Student Supervisor of the Year Award</i> , UI. [University]
2018	<i>Article of the Year Honorable Mention</i> , JMFT. [National]
2017	<i>AAMFT Graduate Student Research Award</i> , AAMFT. [National]
2016-2017	<i>Nomination, Graduate Student Research and Creativity Award</i> , FSU. [University]
2016	<i>May Watson Connor Scholarship</i> , FSU. [College]
2015	<i>Dr. Ava D. Rodgers Endowed Scholarship</i> , FSU. [College]
2015	<i>Carolyn X. Hudnall Memorial Scholarship</i> , FSU. [College]
2014	<i>Student Proposal Award</i> , NCFR Education and Enrichment Section. [National]
2010	<i>Life Saver Award</i> , RAFT Crisis and Intervention Hotline. [Local]

PUBLICATIONS

Refereed Journal Articles (22 total)

Lucier-Greer, M., Frye-Cox, N., **Reed-Fitzke, K.**, Ferraro, A. J., & Mancini, J. A. (2022).

Managing military-related stress, self-efficacy, and anxiety: Investigating the role of marital quality in military couples. *Family Process*, 00, 1-19.

<https://doi.org/10.1111/famp.12833>

Lucier-Greer, M., O'Neal, C. W., *Peterson, C., **Reed-Fitzke, K.**, & Wickrama, K. A. S. (2022).

Post-high school military enlistment and long-term well-being. *Emerging Adulthood*, 1-8.

Advance online publication. <https://doi.org/10.1177/21676968221131854>

Reed-Fitzke, K., Ferraro, A. J., Duncan, J. M., Wojciak, A. S., *Hamilton, A., & *Pippert, H.

(2022). Resilience in Army STARRS: Evaluating psychometrics of a multi-dimensional resilience measure. *Military Psychology*, 1-8. Advance online publication.

<https://doi.org/10.1080/08995605.2022.2131187>

Reed-Fitzke, K., Duncan, J. M., Wojciak, A. S., Ferraro, A. J., Sánchez, J., & *Smith, K. M.

(2022). A person-centered approach to identifying at-risk U.S. Army soldiers-in-training based on adverse childhood experiences. *Traumatology*, 1-13. Advance online publication.

<https://doi.org/10.1037/trm0000395>

*Smith, K., *Cobb, K., **Reed-Fitzke, K.**, Ferraro, A. J., Duncan, J. M., & Lucier-Greer, M.

(2022). Connections between parental reciprocity and emerging adult depressive symptoms and loneliness: The role of peer social support. *Canadian Journal of Behavioural Science*, 54(1), 52-61. <https://doi.org/10.1037/cbs0000284>

<https://doi.org/10.1037/cbs0000284>

*denotes graduate student at time of completion

*Gamboni, C., *Watters, E., **Reed-Fitzke, K.** (2021). Gender, religious, and political ideologies among three-generation families: Implications for family conflict. *Family Relations*, 70(5), 1529-1545. <https://doi.org/10.1111/fare.12559>

Reed-Fitzke, K., & Lucier-Greer, M. (2021). Basic psychological need satisfaction and frustration: Profiles among emerging adult college students and links to well-being. *Contemporary Family Therapy*, 43(1), 20-34. <http://doi.org/10.1007/s10591-020-09550-w>

Reed-Fitzke, K., Withers, M., Ferraro, A. J., Lucier-Greer, M., & Duncan, J. M. (2021). A growth curve analysis of self-esteem and depression throughout emerging adulthood: The role of the family. *Emerging Adulthood*, 9(2), 91-103. <http://doi.org/10.1177/2167696818813286>

Reed-Fitzke, K., Withers, M. C., & *Watters, E. R. (2021). Longitudinal connections of self-esteem and depression among adult children and their parents. *Journal of Adult Development*, 28(2), 237-250. <http://doi.org/10.1007/s10804-021-09371-7>

*Smith, K., & **Reed-Fitzke, K.** (2021). An exploration of factors related to service utilization in emerging adults: Loneliness and psychosocial supports. *Journal of American College Health*. Advance online publication. <https://doi.org/10.1080/07448481.2021.1892699>

Duncan, J. M., **Reed-Fitzke, K.**, Ferraro, A. J., Wojciak, A. S., *Smith, K. S., & Sánchez, J. S. (2020). Identifying risk and resilience factors associated with the likelihood of seeking mental health care among U.S. Army soldiers-in-training. *Military Medicine*, 185, e1247-e1254. <http://doi.org/10.1093/milmed/usz483>

Reed-Fitzke, K. (2020). The role of self-concepts in emerging adult depression: A systematic research synthesis. *Journal of Adult Development*, 27(1), 36-48. <http://doi.org/10.1007/s10804-018-09324-7>

Reed-Fitzke, K., & Lucier-Greer, M. (2020). The buffering effect of relationships on combat exposure, military performance, and mental health of U.S. Army Soldiers: A vantage point for CFTs. *Journal of Marital and Family Therapy*, 46, 321-336. <http://doi.org/10.1111/jmft.12402>

Nominated for Wiley's Alexis Walker Award

Reed-Fitzke, K., Lucier-Greer, M., *Gamboni, C. M., Rivera, P. M., & Ferraro, A. J. (2020). Beliefs about romance and mate selection and intentions to seek therapy: A latent profile analysis of emerging adults. *Marriage & Family Review*, 56(1), 72-90. <http://doi.org/10.1080/01494929.2019.1635953>

**denotes graduate student at time of completion*

- Duncan, J. M., Lucier-Greer, M., Ferraro, A. J., & **Reed-Fitzke, K.** (2019). The role of social support in predicting depression and task overload among college students. *Journal of Human Sciences and Extension*, 7(1), 180-194.
<https://www.jhseonline.com/article/view/816>
- Suedbeck, J. R., & **Reed-Fitzke, K.** (2019). Easing anxiety with therapy dogs. *Dimensions of Dental Hygiene*, 17(3), 31-34.
- Reprinted as* Suedbeck, J. R., & **Reed-Fitzke, K.** (2020). Introducing a therapy dog into practice. *Decisions in Dentistry*, 6(1), 1-4.
- Duncan, J. M., Withers, M. C., Lucier-Greer, M., Ferraro, A. J., & **Reed-Fitzke, K.** (2018). Research note: Social leisure engagement, peer support, and depressive symptomology among emerging adults. *Leisure Studies*, 37, 343-351.
<http://doi.org/10.1080/02614367.2017.1411968>
- Withers, M., Reynolds, J., **Reed, K.**, & Holtrop, K. (2017). Dissemination and implementation research in marriage and family therapy: An introduction and call to the field. *Journal of Marital & Family Therapy*, 43, 183-197. <http://doi.org/10.1111/jmft.12196>
- Honorable Mention for JMFT Article of the Year.*
- Reed, K.**, Duncan, J. M., Lucier-Greer, M., †Fixelle, C., & Ferraro, A. J. (2016). Helicopter parenting and emerging adult self-efficacy: Implications for mental and physical health. *Journal of Child and Family Studies*, 25, 3136-3149. <http://doi.org/10.1007/s10826-016-0466-x>
- Reed, K.**, Lucier-Greer, M., & Parker, T. S. (2016). Exploring parental divorce among emerging adult women: The roles of support networks and family relationships. *Professional Psychology: Research and Practice*, 47, 231-241. <http://doi.org/10.1037/pro0000090>
- Reed, K.**, Parker, T. S., Lucier-Greer, M., & Rehm, M. (2016). Exploring how parental divorce provides meaning to personal development and interpersonal experiences among emerging adult women. *Contemporary Perspectives in Family Research*, 10, 253-279.
<http://doi.org/10.1108/S1530-353520160000010010>
- Reed, K.**, Ferraro, A. J., Lucier-Greer, M., & †Barber, C. (2015). Adverse family influences on emerging adult depressive symptoms: A stress process approach to identifying intervention points. *Journal of Child and Family Studies*, 24, 2710-2720.
<http://doi.org/10.1007/s10826-014-0073-7>

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†denotes undergraduate student at time of completion

Invited Work (4 total)

Reed-Fitzke, K. (2022, July). What are adverse childhood experiences (ACEs)? *Military REACH Newsletter*. <https://militaryreach.auburn.edu/FamilyStoryDetails?resourceid=959191f1-b5fd-4280-bb5c-c395148528c8>

Reed-Fitzke, K. & *Watters, E. R. (2021). “We got in!” The influence and role of family on relationships and decision making. In T. A. Duncan & A. A. Buskirk-Cohen (Eds.), *Cultivating student success: A multi-faceted approach to working with emerging adults in higher education*. Oxford. <https://global.oup.com/academic/product/cultivating-student-success-9780197586693?cc=us&lang=en&#>

Reed-Fitzke, K., & Lucier-Greer, M. (2020). Difficulties in the transition to adulthood. In K. S. Wampler & L. M. McWey (Eds.), *The handbook of systemic family therapy: Systemic family therapy with children and adolescents*. John Wiley & Sons. <https://doi.org/10.1002/9781119788393.ch8>

Lucier-Greer, M. & **Reed, K.** (2015). Review of “Should I try to work it out? A guidebook for individuals and couples at the crossroads of divorce” by A. J. Hawkins, T. A., Fackrell, & S. M. Harris. (2013). *Journal of Marital & Family Therapy*, 41, 384-385. <http://doi.org/10.1111/jmft.12112>

Technical Reports (8 total)

Duncan, J. M., **Reed-Fitzke, K.**, Ferraro, A. J., Wojciak, A. S., *Smith, K. S., & Sánchez, J. S. (2020). *Report in brief: Identifying risk and resilience factors associated with the likelihood of seeking mental health care among U.S. Army soldiers-in-training*. Retrieved from http://ppc.uiowa.edu/sites/default/files/risk_and_resilience_-_soldiers_in_training_v2_0.pdf

*Hamilton, A., Duncan, J. M., & **Reed-Fitzke, K.** (2020). CFLEs are more equipped than they realize to help military families cope with unique stressors. *CFLE Network*, 33.3, 14-20.

Duncan, J. M., **Reed-Fitzke, K.**, Howard, S., & Ferraro, A. J. (2018). Family well-being & the importance of engaging in core leisure activities together. *National Council on Family Relations Report: Family Focus Section*, 63.2(FF76), F10-F11.

Howard, S., Duncan, J. M., Ferraro, A. J., & **Reed-Fitzke, K.** (2018). The importance of military family leisure and doing activities together. *National Council on Family Relations Report: Family Focus Section*, 63.2(FF76), F16-F17.

Peterson, N., & **Reed-Fitzke, K.** (2018). *Student persistence increases with parent engagement*. Philadelphia, PA: CampusESP. <https://docsend.com/view/768qv52>

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Reed-Fitzke, K. (2017). *Parent engagement is connected to student retention*. Philadelphia, PA: CampusESP. <https://docsend.com/view/nhaux4z>

Reed, K. (2017). *Modern parent college involvement trends: A brief study on how different types of parents and their students communicate, to partner for success in college*. Philadelphia, PA: CampusESP. <https://docsend.com/view/kwu4zw7>

Ferraro, A. J., Duncan, J. M., †Davis, T. R., & **Reed, K.** (2015). Blended families: Here and now. *CFLE Network*, 27(2), 20-23. <http://doi.org/10.13140/RG.2.1.4418.5203>

Manuscripts Under Review (8 total)

*Hamilton, A., *Koons-Beauchamp, D., **Reed-Fitzke, K.**, *Goslin, A. K., & *Sellers, K. (under review). A framework analysis of ROTC cadet experiences with stress: The capacity for social resource management.

Reed-Fitzke, K., LeardMann, C. A., Wojciak, A. S., Ferraro, A. J., *Hamilton, A., Duncan, J. M., & Rull, R. P. (under review). Identifying at-risk Marines: A person-centered approach to adverse childhood experiences, mental health, and social support

Reed-Fitzke, K., Lewis, F., Lamson, A. L., & Cobb, E. L. (under review). Depression and suicidal ideation measurement invariance: A comparison of foreign-born and U.S.-born service members.

Reed-Fitzke, K., *Watters, E. R., Wojciak, A. S., & *Hamilton, A. (under review). An examination of the Connor-Davidson Resilience Scale for use among emerging adults: A systematic review and meta-analytic factor analysis.

Reed-Fitzke, K., Wojciak, A. S., Ferraro, A. J., *Watters, E. R., & *Wilkins-Clark, R. (under review). The moderating role of resilience for at-risk U.S. Army soldiers-in-training: An expansion of a person-centered approach to adverse childhood experiences.

*Watters, E. R., & **Reed-Fitzke, K.** (under review). Abuse and adolescent internalizing and externalizing behaviors: A stress process approach to examining the role of parent-child relationships.

*Watters, E. R. & **Reed-Fitzke, K.** (under review). Psychometric validation of the Connor-Davidson Resilience Scale for use among collegiate emerging adults.

*Watters, E. R., **Reed-Fitzke, K.**, & Wojciak, A. S. (under review). Attachment, regulation, and competency in emerging adults: Validating a model of resilience in a population with adverse childhood experiences.

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 †denotes undergraduate student at time of completion

PRESENTATIONS

Invited Presentations (7 total)

Reed-Fitzke, K. (2022, November). *Emerging issues for military families: Identifying leverage points for success and communicating with key stakeholders* [Discussant]. National Council on Family Relations Conference, Minneapolis, MN.

Reed-Fitzke, K. (2019, October). *Using research to promote well-being during emerging adulthood* [Research Lecture Series]. Kansas State University Human Development and Family Science Undergraduate Students, Manhattan, KS.

Mikucki-Enyart, S. L., & **Reed-Fitzke, K.** (2019, September). *Utilizing relational turbulence theory to understand intimate partner violence among emerging adult college students* [Lunch & Learn]. UI Public Policy Center, Iowa City, IA.

Reed-Fitzke, K. (2019, July). *Getting to know Army STARRS Part 2* [Webinar]. Military REACH, Auburn, AL.

Reed-Fitzke, K. (2019, June). *Getting to know Army STARRS Part 1* [Webinar]. Military REACH, Auburn, AL.

Reed-Fitzke, K. (2019, April). *Changing social roles in the context of emerging adulthood* [Keynote Plenary]. Southeastern Council on Family Relations Conference, Bentonville, AR.

Reed-Fitzke, K. (2019, April). *Are parent-child relationships still important for emerging adults in college?* [Research Presentation]. University of Iowa College of Education Faculty Research Series, Iowa City, IA.

Refereed Conference Presentations (41 total)

Reed-Fitzke, K., LeardMann, C. A., Wojciak, A., Ferraro, A. J., *Hamilton, A., Duncan, J. M., & Rull, R. (2022, November). *Identifying at-risk Marines: A person-centered approach to adverse childhood experiences* [Paper Presentation]. National Council on Family Relations Conference, Minneapolis, MN.

Reed-Fitzke, K. (2022, October). *Leveraging person-centered analyses to bolster systemic family research.* [Workshop]. Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, Michigan.

*Hamilton, A., **Reed-Fitzke, K.**, *Koons-Beauchamp, D., & *Goslin, A. (2021, November). *A framework analysis of emerging adult ROTC cadet leadership development and capacity for social resource management* [Paper Presentation]. Society for the Study of Emerging Adulthood Biennial Conference, virtual.

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- Reed-Fitzke, K.**, *Watters, E. R., Wojciak, A. S., & *Hamilton, A. (2021, November). *An examination of the Connor-Davidson Resilience Scale for use among emerging adults: A systematic review and meta-analytic factor analysis* [Interactive Poster]. National Council on Family Relations Conference, virtual.
- *Watters, E. R., & **Reed-Fitzke, K.** (2021, November). *Psychometric validation of the Connor-Davidson Resilience Scale: An examination of emerging adults with adverse childhood experiences, depression, and anxiety* [Interactive poster]. National Council on Family Relations Conference, virtual.
- Frye-Cox, N., Lucier-Greer, M., **Reed-Fitzke, K.**, Ferraro, A. J., & Mancini, J. (2021, August). *Military stress, self-efficacy, & anxiety: Investigating the role of marital quality* [Poster Presentation]. American Psychological Association Annual Conference, virtual.
- Ferraro, A. J., Duncan, J. M., Marini, C., *McLain, S. N., **Reed-Fitzke, K.** & *Watters, E. R. (2020, November). Impact of military peer interaction on the use of coping strategies to alleviate long-term health effects of combat-related traumatic experiences. In Duncan, J. M. (Chair), *The fight at home: Understanding the contexts of stressful experiences for military families* [Symposium]. National Council on Family Relations Conference, held virtually due to COVID-19.
- Reed-Fitzke, K.**, Ferraro, A. J., Duncan, J. M., Wojciak, A. J., *Hamilton, A., & *Pippert, H. D. (2020, November). Psychometric evaluation of a multi-dimensional resilience measure: Connections to well-being among Army soldiers-in-training. In Duncan, J. M. (Chair), *The fight at home: Understanding the contexts of stressful experiences for military families* [Symposium]. National Council on Family Relations Conference, held virtually due to COVID-19.
- *Smith, K. S., & **Reed-Fitzke, K.** (2020, November). *Emerging adult service utilization: Loneliness and support* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, CANCELED due to COVID-19.
- *Watters, E. R., **Reed-Fitzke, K.**, Wojciak, A. S., & *Hamilton, A. (2020, November). *Measuring resilience in emerging adulthood: A meta-analysis* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, CANCELED due to COVID-19.
- Reed-Fitzke, K.**, Duncan, J. M., Wojciak, A. S., Ferraro, A. J., *Smith, K. M., & *Watters, E. R. (2020, August). *The moderating role of resilience: ACEs and soldiers-in-training mental health* [Poster Session]. American Psychological Association Annual Conference, held virtually due to COVID-19.
- Duncan, J. M., Ferraro, A. J., *Pippert, H., & **Reed-Fitzke, K.** (2020, April). *Using available archival and secondary data to drive cutting edge research* [Roundtable]. Southeastern Council on Family Relations Conference – CANCELED due to COVID-19.

- Duncan, J. M., **Reed-Fitzke, K.**, Ferraro, A. J., Wojciak, A. S., *Hamilton, A., & *Pippert, H. (2020, April). *Where is the resilience in Army STARRS? Evaluating psychometrics of a multi-dimensional resilience construct* [Paper Presentation]. Southeastern Council on Family Relations Conference - canceled due to COVID-19.
- Duncan, J. M., Ferraro, A. J., **Reed-Fitzke, K.**, & Killian, T. S. (2019, November). A comparison of U.S. military veterans' and civilians' leisure participation and its association with psychological adversity and health care visits among older adults. In Duncan, J. M. (Chair), *Military families across the lifespan* [Symposium]. National Council on Family Relations Conference, Fort Worth, TX.
- Ferraro, A. J., Duncan, J. M., Marini, C. M., *McLain, S. N., & **Reed-Fitzke, K.** (2019, November). Combat-related traumatic experiences and the health of aging veterans. In Duncan, J. M. (Chair), *Military families across the lifespan* [Symposium]. National Council on Family Relations Conference, Fort Worth, TX.
- Reed-Fitzke, K.**, Duncan, J. M., Wojciak, A. J., Ferraro, A. J., Sánchez, J., & *Smith, K. M. (2019, November). Identifying at-risk U.S. Army soldiers-in-training based on adverse childhood experiences. In J. M. Duncan (Chair), *Military families across the lifespan* [Symposium]. National Council on Family Relations Conference, Fort Worth, TX.
- *Watters, E. R., & **Reed-Fitzke, K.** (2019, November). *Child abuse and internalizing behaviors in adolescence: The important role of parent* [Lightning Paper]. National Council on Family Relations Conference, Fort Worth, TX.
- Reed-Fitzke, K.**, Duncan, J. M., Wojciak, A. J., Sánchez, J., & *Smith, K. M. (2019, August). *Factors related to treatment-seeking among military members* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, Austin, TX.
- Reed-Fitzke, K.**, & Withers, M. C. (2018, November). *Intergenerational connections of self-esteem and depression* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, Louisville, KY.
- *Watters, E. R., *Gamboni, C., **Reed-Fitzke, K.**, Wojciak, A. J., & Ferraro, A. J. (2018, November). *Effects of family violence/dynamics on emerging adults* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, Louisville, KY.
- *Dalton, H., *Wilkins-Clark, R. E., Ferraro, A. J., *Cox, M. L., & **Reed-Fitzke, K.** (2018, November). *Effects of infidelity on well-being following divorce: Vulnerabilities for emerging adult parents* [Paper Presentation]. National Council on Family Relations Conference, San Diego, California.
- *Gamboni, C., *Watters, E. R., **Reed-Fitzke, K.** (2018, November). *Gender, Religious, & Political Ideologies Among Three-Generation Families* [Poster Session]. National Council on Family Relations Conference, San Diego, California.

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*Smith, K., *Cobb, K., **Reed-Fitzke, K.**, Ferraro, A. J., Duncan, J. M., & Lucier-Greer, M. (2018, November). *Attachment in emerging adulthood: Personal relationships and well-being* [Lightning Paper]. National Council on Family Relations Annual Conference, San Diego, CA.

Proposal awarded "Best Student Proposal" by the Education and Enrichment section of NCFR.

Ferraro, A. J., **Reed-Fitzke, K.**, & Oehme, K. (2018, July). *Managing co-parenting conflict: Emerging adults' and older adults' communication methods following divorce* [Poster Session]. International Association for Relationship Research Biennial Meeting, Fort Collins, CO.

Howard, S., Duncan, J. M., **Reed-Fitzke, K.**, Ferraro, A. J., & Lucier-Greer, M. (2018, March). *FOMO, relatedness, and well-being in emerging adults* [Paper Presentation]. Southeastern Council on Family Relations Annual Meeting, Baton Rouge, LA.

Howard, S., **Reed-Fitzke, K.**, Ferraro, A. J., & Lucier-Greer, M. (2017, November). *Linking psychological needs with individual well-being. The case for FOMO* [Poster Session]. National Council on Family Relations Annual Conference, Orlando, FL.

Reed-Fitzke, K., & Lucier-Greer, M. (2017, November). *Performance, mental health, and unit cohesion among combat-exposed soldiers* [Paper Presentation] National Council on Family Relations Annual Conference, Orlando, FL.

Reed-Fitzke, K., & Lucier-Greer, M. (2017, November). *Basic need satisfaction and frustration among emerging adult college students* [Paper Presentation]. Society for the Study of Emerging Adulthood Biennial Conference, Washington D.C.

Reed-Fitzke, K., & Lucier-Greer, M. (2017, October). *Buffering combat: Important relationships and mental health* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, Atlanta, GA.

Lucier-Greer, M., O'Neal, C.W., **Reed, K.**, & Wickrama, K.A.S. (2016, November). *Post-high school military enlistment, social support, & long-term wellbeing* [Poster Session]. National Council on Family Relations Annual Conference, Minneapolis, MN.

Reed, K., Withers, M. C., Ferraro, A. J., Lucier-Greer, M., & Duncan, J. M. (2016, November). *Self-esteem and depression throughout emerging adulthood: Role of family* [Poster Session]. National Council on Family Relations Annual Conference, Minneapolis, MN.

Reed, K. (2016, September). *Emerging adult self-concepts and depression* [Paper Presentation]. American Association for Marriage and Family Therapy Conference, Indianapolis, IN.

Duncan, J. M., Withers, M. C., Lucier-Greer, M., **Reed, K.**, & Ferraro, A. J. (2016, March). *Leisure, relatedness, & psychological vulnerability in emerging adults* [Paper Presentation]. Southeastern Council on Family Relations Conference, Orlando, FL.

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- Ferraro, A. J., Lucier-Greer, M., Withers, M. C., **Reed, K.**, & Duncan, J. M. (2015, November). *Family relationship dynamics on depression trajectories: A profile analysis* [Paper Presentation]. National Council on Family Relations Annual Conference, Vancouver, BC.
- Reed, K.**, Lucier-Greer, M., †Fixelle, C., Ferraro, A. J., & Duncan, J. M. (2015, October). *Autonomy supportive parenting and emerging adult self-efficacy: Implications for mental and physical health* [Paper Presentation]. Society for the Study of Emerging Adulthood Biennial Conference, Miami, FL.
- Reed, K.**, Lucier-Greer, M., Parker, T. S., & Rehm, M. (2015, October). *Exploring how parental divorce provides meaning to personal development and interpersonal experiences among emerging adult women* [Paper Presentation]. Society for the Study of Emerging Adulthood Biennial Conference, Miami, FL.
- Duncan, J. M., Lucier-Greer, M., Okafor, E., Ferraro, A. J., & **Reed, K.** (2015, March). *Risk factors for depression and stress in emerging adults: The role of social support* [Paper Presentation]. Southeastern Council on Family Relations, Shreveport, LA.
- Reed, K.**, Ferraro, A. J., Lucier-Greer, M., & †Barber, C. (2014, November). *Adverse family influences on emerging adult depressive symptoms: A stress process approach to identifying intervention points* [Paper Presentation]. National Council on Family Relations Annual Conference, Baltimore, MD.
- Proposal awarded "Best Student Proposal" by the Education and Enrichment section of NCFR.*
- Denton, W. H., Withers, M. C., **Reed, K.**, & Bell, C. (2014, October). *DSM V: First order change in a new millennium* [Workshop]. American Association for Marriage and Family Therapy Annual Conference, Milwaukee, WI.
- Hawks, J. M., **Reed, K.**, Parker, T. S., Blackburn, K., Sitton, M., Nordquist, E., Werner-Wilson, R., Wood, N. (2013, November). *Inside the brain: Couples' affect, empathy, and frontal alpha asymmetry* [Poster Session]. National Council on Family Relations Annual Conference, San Antonio, TX.
- Hawks, J., Nordquist, E., **Reed, K.**, Parker, T., Blackburn, K., Kimberly, C., Werner-Wilson, R., Wood, N. (2012, September). *Couple's empathy and mirrored physiology: A pilot study* [Poster Session]. American Association of Marriage and Family Therapy Annual Conference, Charlotte, NC.

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GRANT ACTIVITY

Ongoing Contracts

Lucier-Greer, M. [PI] & O’Neal, C. W. [Co-I]. (2021-2023). *Military REACH: Mobilizing Research to Support Military Family Readiness*. U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA Award No. 2021-48710-35671) to support the work of the DoD-USDA Partnership for Military Families. Total award \$1,400,040. Role: Consultant.

Completed Contracts and Grants

Reed-Fitzke, K. [PI]. (2021-2022). *Pilot testing the Capacity for Social Resource Management Scale*. College of Education Faculty Research Fund Award. Total award: \$750.

Reed-Fitzke, K. [PI], & *Hamilton, A. [Co-I]. (2020-2021). *Developing a Capacity for Social Resource Management Scale for use in ROTC programs*. UI Measurement Research Foundation. Total award: \$38,000.

Reed-Fitzke, K. [PI], & Duncan, J. M. [Co-I]. (2019-2021). *Identifying at-risk U.S. Army soldiers: A person-centered approach to adverse childhood experiences*. Society for Military Psychology. Total award: \$2,500.

Reed-Fitzke, K. [PI], & *Watters, E. R. [Co-I]. (2019-2020). *An examination of developmentally-appropriate measures of resilience for use among collegiate emerging adults*. UI Measurement Research Foundation. Total award: \$25,555.

Mikucki-Enyart, S. L. [Co-PI], & **Reed-Fitzke, K.** [Co-PI]. (2019-2019). *Leveraging communication and couple therapy to reduce emerging adult college student’s intimate partner violence following partner infidelity*. UI Public Policy Center. Total award: \$6,000.

Reed-Fitzke, K. [PI] (2018-2018). *Interconnections of self-concepts and mental health of emerging adults across time and generation*. UI Office of the Provost. Total award \$6,000.

Reed, K. [PI] (2016-2016). *Basic psychological needs among emerging adults*. Florida State University. Total award \$1,000.

Not Selected/Invited - External

Wojciak, A. S. [PI], McWey, L. [Co-I], & **Reed-Fitzke, K.** [Co-I]. (February 2021). *Risk and resilience: Identifying differential longitudinal outcomes of child welfare involved adolescents*. National Institutes of Health: NICHD. Total requested: \$182,045.

*denotes graduate student at time of completion

Reed-Fitzke, K. [Co-PI], Ferraro, A. J. [Co-PI], & Johannes, E. M. [Co-I]. (January 2020). *Leveraging parenting behaviors in the context of socioeconomic disadvantage: Inequalities in behavioral health*. William T. Grant Foundation. Total requested: \$148,500.

Conrad, A. [Co-PI], Wojciak, A. J. [Co-PI], **Reed-Fitzke, K.** [Co-I], Frisvold, D. [Co-I], & Sukalski, A. [Co-I]. (May 2019). *Mapping ACE vulnerability profiles in Iowa*. Telligen Community Initiative. Total requested: \$49,559

Reed-Fitzke, K. [Co-PI], Ferraro, A. J. [Co-PI], & Johannes, E. M. [Co-I]. (April 2019). *Leveraging parenting behaviors: The intergenerational transmission of social inequality and behavioral health*. William T. Grant Foundation. Total requested: \$132,000.

Mikucki-Enyart, S. L. [Co-PI], & **Reed-Fitzke, K.** [Co-PI]. (December 2018). *Integrating communication and couple therapy to understand emerging adult's uncertainty management following partner infidelity: Theoretical and practical implications*. Central States Communication Association. Total requested: \$5,000.

Reed-Fitzke, K. [Co-PI], & Ferraro, A. J. [Co-PI]. (August 2018). *All in the family: Intergenerational transmission of social inequality and sociopolitical beliefs*. Russell Sage Foundation. Total requested: \$74,980.

Killian, T. [PI], Duncan, J. M. [Co-I], Grey, M. [Co-I], Ferraro, A. J. [Consultant], **Reed-Fitzke, K.** [Consultant], & McNeil, C. [Consultant]. (March 2018). *Identifying variations in health and quality of life of aging veterans: Research and evidence-based outreach programming*. Chancellor's Innovation and Collaboration Fund, University of Arkansas Office of the Provost. Total requested: \$80,854.

Reed-Fitzke, K. [PI], & Duncan, J. M. [Consultant]. (March 2018). *Identifying at-risk new soldiers: Connections to mental health and likelihood of seeking help*. American Psychological Foundation. Total requested: \$19,922.

Not Selected/Invited - Internal

Mikucki-Enyart, S. L. [Co-PI], & **Reed-Fitzke, K.** [Co-PI]. (November 2019). *Identifying effective uncertainty management as a protective factor against emerging adult college students' intimate partner violence following partner infidelity*. Obermann Center for Advanced Studies. Total requested: \$6,000.

Mikucki-Enyart, S. L. [Co-PI], & **Reed-Fitzke, K.** [Co-PI]. (November 2018). *Integrating communication and couple therapy to understand emerging adult's uncertainty management following partner infidelity: Theoretical and practical implications*. Obermann Center for Advanced Studies. Total requested: \$12,000.

Reed-Fitzke, K. [PI]. (February 2018). *Examining the measurement of parent and emerging adult child perceptions*. University of Iowa Measurement Research Foundation. Total requested: \$36,272.

MEDIA PUBLICATIONS, APPEARANCES, & FEATURES

- GradSchoolSucks. (2022, November 3). [*Loving professor life with Kayla Reed-Fitzke*](#). [Podcast].
- University of Iowa College of Education News. (2022, October 12). [*Fitzke honored for rapport with students*](#). [News report].
- KRCG Cedar Rapids on ABC. (2022, January 30). [*Ethical Perspectives on the News*](#). [Panelist].
- WealthySingleMommy.com. (2021, October 29). [*9 signs of toxic parenting you should know*](#). [Interview].
- Iowa Public Radio. (2020, October 7). [*Talk of Iowa: Looking for love in a global pandemic*](#). [Interview].
- The Gazette. (2020, March 25). [*Family counselors' tips on managing stress at home during coronavirus pandemic*](#) [Interview].
- Romper. (2019, August 26). [*I'm the product of helicopter parenting & want my son to feel free*](#). [Blog].
- The Daily Iowan. (2019, July 10). [*UI research promotes early intervention for service members' mental health*](#). [News report].
- Iowa Now. (2019, May 28). [*Reed Fitzke receives grant to help identify at-risk soldiers*](#). [News report].
- University of Arkansas News. (2019, March 21). [*Research finds social support helps students overcome "task overload"*](#) [News report]. <https://news.uark.edu/articles/46602/research-finds-social-support-helps-students-overcome-task-overload->
- University of Iowa College of Education News. (2018, July 24). [*Fitzke analyzes parental involvement and student success*](#) [News report].
- University of Arkansas News. (2018, January 8). [*Social leisure engagement: Participating in leisure with others may affect well-being for students*](#) [News report].
- WCTV Tallahassee. (2016, October 30). [*FSU researchers link "helicopter parenting" to young adult well-being*](#).
- WCTV Tallahassee on CBS. (2016, October 26). *Live interview*.
- WTXL Sunrise on ABC. (2016). *Live interview*.
- Forbes. (2016, June 30). [*Want a well-adjusted college student? Stop helicopter parenting*](#) [Feature].

The BBC World Service Radio. (2016, June 29). [Live interview](#).

TEACHING

Graduate Courses

PSQF 4162	Introduction to Couple and Family Therapy (1 semester; in person)
RCE 5222	Counseling Children and Adolescents in Schools (1 semester; hybrid)
PSQF 5262	Advanced Couple and Family Therapy (2 semesters; in person)
PSQF 5265	Research Methods in Couple and Family Therapy (2 semesters; in person)
PSQF 6293	Innovations & Leadership in Couple and Family Therapy (1 semester; hybrid)
RCE 7353	Advanced Counseling and Psychotherapy (1 semester; in person)
RCE 7361	Advanced Practicum in CFT (5 semesters; in person, online synchronous)
GRAD 7400	Practicum in College Teaching (3 semesters; in person, online asynchronous)
PSQF 7404	Trauma and Resilience in Family Development (1 semester; in person)
PSQF 7493	PhD Thesis in Psychological and Quantitative Foundations
PSQF 7500	Internship in Couple and Family Therapy/Advanced Practical Experience

Undergraduate Courses

HONR 3150	Honors Service Learning (1 semester; hybrid)
PSQF 4133	The Adolescent and Young Adult (3 semesters; in person, online hybrid)
RCE 4145	Marriage and Family Interaction (2 semesters; online asynchronous)
RCE 4162	Introduction to Couple and Family Therapy (6 semesters; online asynchronous)
PSQF 5193	Special Readings and Projects (2 semesters; hybrid)

Doctoral Committee Chair

Anticipated 2026	Xu, X., doctoral student.
Anticipated 2025	Sellers, K., doctoral student.
Anticipated 2023	Ramos, M., doctoral student.
Anticipated 2023	Koons-Beauchamp, D., doctoral candidate.
Anticipated 2023	Sandoval, J., doctoral candidate.
Anticipated 2023	Hamilton, A., doctoral candidate.
2021	Watters, E. R., graduate.
2021	Smith, K. M., graduate.

Doctoral Committee Member

Anticipated 2025	Accoh, K. doctoral student.
Anticipated 2025	Cheney, C. doctoral student.
Anticipated 2025	Leake, K., doctoral student.
Anticipated 2024	Ball, M., doctoral student.
Anticipated 2023	Mozena, E., doctoral candidate.
Anticipated 2023	Goslin, A., doctoral candidate.
Anticipated 2023	Gates, C., doctoral candidate.

Anticipated 2023	Grimes, J., doctoral candidate.
Anticipated 2023	Teriba, A. doctoral candidate.
Anticipated 2023	Frazier, A., doctoral candidate.
Anticipated 2023	Range, B., doctoral candidate
2020	Cobb, K., graduate.
2019	Gamboni, C., graduate.
2019	Gutierrez, D., graduate.
2019	Strachan, T., graduate.

Honors and Awards Presented to Advisees

2022	<i>Best Poster Award</i> , Intervention Research in Systemic Family Therapy Annual Conference. Awarded to Alexis Hamilton.
2021-2022	<i>Doctoral Fellowship</i> , AAMFT Minority Fellowship Program. Awarded to Alexis Hamilton.
2021	<i>Underrepresented Minority Pre-Comprehensive Mentored Summer Research Fellowship</i> , UI. Awarded to Alexis Hamilton.
2021	<i>Dare to Discover Campaign</i> , UI. Featuring Elizabeth R. Watters.
2021	<i>Graduate College Post-Comprehensive Research Fellowship</i> , UI. Awarded to Elizabeth R. Watters.
2020	<i>T. Anne Cleary Psychological Research Scholarship</i> , UI. Awarded to Elizabeth R. Watters.
2019-2020	<i>Behavioral Health Workforce Education and Training Fellowship</i> , Health Resources and Services Administration of the U.S. Department of Health and Human Services. Awarded to Elizabeth R. Watters and Kevin M. Smith.
2019	<i>Maureen Medberry Snell Education Award</i> , UI. Awarded to Elizabeth R. Watters.
2018	<i>Education and Enrichment Section Student Proposal Award</i> , NCFR. Awarded to Kevin M. Smith.
2018	<i>Graduate Diversity Scholarship</i> , UI. Awarded to Elizabeth R. Watters.

SERVICE, PROFESSIONAL DEVELOPMENT, AND AFFILIATIONS

Editorial Board Member

Emerging Adulthood

Ad Hoc Reviewer for Refereed Journals

Basic and Applied Social Psychology
 Contemporary Perspectives in Family Research
 Emerging Adulthood
 Family Relations
 Frontiers in Psychology
 Journal of Adult Development
 Journal of Applied Developmental Psychology
 Journal of Child and Family Studies

Journal of Family Issues
 Journal of Family Studies
 Journal of Traumatic Stress
 Military Behavioral Health
 Military Medicine
 Professional Psychology: Research and Practice
 Psychological Trauma: Theory, Research, Practice, and Policy
 Traumatology

Service to the Profession

2017-Current *Military Families and Children Focus Group Co-Chair, NCFR*
 2014-2022 *Conference Proposal Reviewer, NCFR*
 2013-2020 *Conference Proposal Reviewer, AAMFT*
 2018 *Focus Group Award Committee Reviewer, NCFR*

University Service

2019 *Veteran and Military-Affiliated Task Force Career and Professional Development Subcommittee*

Collegiate Service

2022-Current *Education Studies and Human Relations Major Advisory Committee*
 2021-Current *Peer Evaluation of Teaching Task Force*
 2018-Current *I-SERVE Advisory Board Member*
 2021-2022 *Clinical Mental Health Counseling Faculty Search Committee*
 2018-2020 *College of Education Scholarship Committee Department Representative*

Department Service

2020-Current *CFT Program Admissions Coordinator*
 2020-Current *P&Q Department Social Media Manager*
 2019-Current *CFT Program Social Media Manager*
 2019 *Recruitment and Marketing Work Group*

Professional Development

2022 *Community of Practice: Data Informed Teaching, University of Iowa*
 2022 *Communicating Ideas Workshop, University of Iowa*
 2019-2020 *NCFR Mentoring Academy, Mentor: Dr. Wendy Middlemiss*
 2020 *Engaging Students with Zoom*
 2020 *Women in the Military: Special Contributions and Unique Challenges, Military Families Learning Network*
 2017-2019 *New Faculty Luncheon Series, University of Iowa College of Education*
 2018 *Write Winning Grant Proposals Phase I Seminar, Dr. John Robertson*

- 2018 *Guide for Department of Defense Research Funding Luncheon*
 2018 *Faculty Media Training, University of Iowa College of Education*
 2018 *NIH Regional Conference*
 2018 *Threat Assessment Team & Violent Incident Survival Training, University of Iowa*
 2018 *“The Guide for White Women Who Teach Black Boys” Seminar*
 2017 *Defense Centers of Excellence for Psychological Health and TBI Summit*
 2017 *Planning and Writing Successful Grant Proposals Seminar, Dr. Peg AtKisson*
 2017 *Early Career Faculty Teaching Academy, University of Iowa*
 2017 *Safe Zone Phase I Training*

Current Membership in Professional Organizations

- American Association for Marriage and Family Therapy (AAMFT)
 National Council on Family Relations (NCFR)
 Society for Military Psychology - Division 19 of APA
 Society for the Study of Emerging Adulthood (SSEA)

CLINICAL PRACTICE

- 2017-Current Supervisor, University of Iowa LGBTQ Counseling Clinic, Iowa City, IA.
 Provide individual and group supervision to couple and family therapy doctoral students and psychiatry residents who conduct biopsychosocial assessments, provide gender affirming procedure support letters, and ongoing therapy.
- 2015-2017 Clinical Social Worker, Tallahassee Memorial Hospital Behavioral Health Center, Tallahassee FL.
 Provided patients with psychiatric and substance abuse disorders and families with therapy services, conducted biopsychosocial assessments and treatment planning. Responsible for health insurance authorizations and case management.
- 2013-2015 Therapist, FSU Center for Couple and Family Therapy, Tallahassee, FL.
 Conducted individual and couple's therapy within the university and community.
- 2013-2013 Mental Health Technician, Ridge Behavioral Health System, Lexington, KY.
 Responsible for healthy milieu, daily substance abuse and coping skills groups.
- 2012-2013 Parenting Workshop Coordinator, Lansdowne Elementary School, Lexington, KY.
 Led 5-series workshop. Co-created workshop curriculum and coordinated staff.
- 2012-2013 Co-Parenting Workshop Coordinator, UK Family Center, Lexington, KY.
 Facilitated 15+ sessions for court-ordered parents.
- 2011-2013 Therapist Intern, UK Family Center, Lexington, KY.
 Provided therapy services to a diverse population of individuals, couples, and families. Served contracts in a local high school and two elementary schools.

