

# A'Lyric Miles, M.A., MFT

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Converse University | Greenville, SC | alyric.miles@converse.edu

## Summary

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To provide compassion and understanding to those of diverse backgrounds through therapy, supervision, teaching, and research.

## Education

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### **PH.D. COUPLE, MARRIAGE, AND FAMILY THERAPY**

*Texas Tech University - Lubbock, TX*

Dissertation: "*Strengths and Stigma: Illuminating Unique Cultural Experiences within the Black/African American Community*"

Advisor: Cameron C. Brown, PhD

Anticipated Graduation Date: May 2024

### **MASTER OF ARTS: MARRIAGE AND FAMILY THERAPY**

*Appalachian State University - Boone, NC*

Graduation Date: August 2020

### **BACHELOR OF SCIENCE: PSYCHOLOGY WITH A CONCENTRATION IN HUMAN SERVICES**

*Appalachian State University - Boone NC*

Graduation Date: May 2018

## Clinical Experience

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### **CLINIC DIRECTOR-UCG CAMPUS| CONVERSE UNIVERSITY, GREENVILLE, SC | 2023 - CURRENT**

- Oversee students' clinical experience and training in accordance with COAMFTE and Converse MMFT requirements.
- Observe and evaluate student therapists' performance both in their courses and clinical work.
- Schedule and execute benchmark meetings and examinations.
- Organize and maintain student clinical files.

**AAMFT DOCTORAL SUPERVISOR CANDIDATE** | TEXAS TECH UNIVERSITY FAMILY THERAPY CLINIC, LUBBOCK, TX | ATRIUM WAKE FOREST BAPTIST, WINSTON- SALEM, NC | CONVERSE UNIVERSITY, GREENVILLE, SC | **2021 - CURRENT**

- Provide systemic clinical supervision to master's Level Clinicians.
- Assistant Professor at Converse University, primary instructor for MFT 648 B (Supervision) – Fall 2023

**PRE-DOCTORAL BEHAVIORAL HEALTH FELLOW: MEDFT** | ATIRUM WAKE FOREST BAPTIST, WINSTON SALEM, NC | **2022 - 2023**

- Provide integrated behavioral health care services to Wake Forest Baptist Health patients.
- Coordinate care with patients' primary care/specialty providers
- Assist in the teaching of first- and second-year family medicine residents' Behavioral Health Rotation

**CLINICAL INTERN** | UMC CHILDREN'S BEHAVIORAL HEALTH CLINIC, LUBBOCK, TX | **2020 - 2021**

- Hospital setting working with medical health professionals.
- Documented all patient information, treatment plans, and patient responses.
- Utilized CBT & IFS techniques in treating clients ages 3-18 and their families.

**CLINICAL INTERN** | CROSSNORE SCHOOL AND CHILDREN'S HOME, CROSSNORE, NC | **2019 - 2020**

- Counseled up to six to eight patients weekly with presenting concerns such as mood disorders, PTSD and anxiety.
- Worked with clinical psychiatrist and primary care physician to review patient progress and update treatment plans.
- Developed team communications and information for clinical meetings.
- Implemented treatment modalities to achieve positive outcomes for patients while working under direct supervision of clinical director.

**ADDICTIONS CLINICAL INTERN** | APPALACHIAN STATE WELLNESS AND PREVENTION SERVICES, BOONE, NC | **2019 - 2020**

- Developed goal-oriented psychoeducational and activity therapy with college students to improve clients' level of functioning.
- Provided counseling and support to clients with drug and alcohol abuse issues.
- Displayed sensitivity to cultural and linguistic needs of clients and families served.
- Motivational Interviewing Techniques were used within a brief therapy lens.
- Use of Teletherapy

**CHILD YOUTH CARE WORKER & CLINICAL UNDERGRADUATE INTERN | CHILDREN'S HOPE ALLIANCE, BANNER ELK, NC | 2018 - 2020**

- Provide direct care services for individual children to meet the child's needs in a respectful, affirming, and dignified manner.
- Provide supportive group experiences through daily life events psychoeducational group processing, planned therapeutic outings/activities, and other group experiences to develop the capacity of the peer group to display appropriate caring for each other.
- Prepared daily reports to clinicians that defined goals, weaknesses, and strengths of residents.
- Served as an Undergraduate intern Jan – May 2018

## Teaching Experience

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**ASSISTANT PROFESSOR | CONVERSE UNIVERSITY, GREENVILLE, SC | 2023 – CURRENT**

- University Center of Greenville
  - MFS 643: Cultural Competence & Family Therapy, Fall 2023 (Graduate Course; Face to Face)
  - MFS 648B: Supervised Clinical Practicum, Fall 2023 (Graduate Course; Face to Face)

**MEDFT FELLOW LECTURER - MEDICAL RESIDENTS | ATRIUM WAKE FOREST BAPTIST, WINSTON SALEM, NC | 2022 – 2023**

- Lecturing various clinical topics to medical residents to better patient and physician engagement. Topics included: Suicidality, Marginalized Identities within Healthcare, Integrated Behavioral Healthcare Model, Physician Bias, Patient conflict and engagement in medical care, etc.

**INSTRUCTOR – CARS 2360: UNDERSTANDING DIVERSITY | TEXAS TECH UNIVERSITY, LUBBOCK, TX | 2021 - 2022**

- Primary Instructor within undergraduate course; approximately 180 students within the time of teaching course.
- Developed course schedule and content.
- Graded quizzes, tests, homework, and projects to provide students with timely academic progress information and feedback.
- Planned appropriate and engaging lessons for both classroom and distance learning applications.
- Teaching topics such as: Oppression & Power, Sexism, Classism, Cultural competency, Ableism, etc.

**CO-INSTRUCTOR – CMFT 5370: ISSUES IN PROFESSIONAL DEVELOPMENT IN CMFT | TEXAS TECH UNIVERSITY, LUBBOCK, TX | 2021 - 2021**

- Master's level course with 35 students.

- Co-instructed with faculty member (Dr. Cameron Brown) with classroom instruction, exams, record keeping, and other miscellaneous projects.
- Contributed to planning appropriate and engaging lessons for both classroom and distance learning applications. Lead discussion sections.
- Assist students with course material during office hours, and answer emails from students to ensure proper understanding of the course materials.
- Co-teaching topics such as: Negligence as Providers, Code of Ethics, Advocating for Patient and Therapist, Building therapeutic alliance, etc.

**CO-INSTRUCTOR – CMFT 5351: RESEARCH METHODS IN CMFT | TEXAS TECH UNIVERSITY, LUBBOCK, TX | 2021 - 2021**

- Master’s level course with 25 students.
- Co-instructed with faculty member (Dr. Cameron Brown) with classroom instruction, exams, record keeping, and other miscellaneous projects.
- Contributed to planning appropriate and engaging lessons for both classroom and distance learning applications. Lead discussion sections.
- Assist students with course material during office hours, and answer emails from students to ensure proper understanding of the course materials.
- Co-teaching topics such as: Qualitative and Quantitative Methods, Peer Reviewer, Writing and Submitting to and for Peer reviewed Journals, etc.

**INSTRUCTOR – CFAS 2300: COMMUNICATION, CIVILITY, AND ETHICS | TEXAS TECH UNIVERSITY, LUBBOCK, TX | 2020 - 2021**

- Taught two undergraduate Communications, Civility and Ethics courses per semester teaching a total of 180 students.
- Graded quizzes, tests, homework, and projects to provide students with timely academic progress information and feedback.
- Planned appropriate and engaging lessons for both classroom and distance learning applications.
- Teaching topics such as: Civility & Personal Ethics, Developing Teamwork skills, Non-verbal and verbal communication, Feedback Reactions, etc.

## **Research Experience**

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**RESEARCH MANAGER | PROJECT TITLE: “STRENGTHS AND STIGMA: ILLUMINATING UNIQUE CULTURAL EXPERIENCES WITHIN THE BLACK/AFRICAN AMERICAN COMMUNITY “| 2021 - 2022**

- Lead research team within facilitating participant and Advisory Board engagement (I.e., Focus groups, Advisory board meetings).
- Plan, coordinate, execute assigned research project.
- Present research findings to team in understandable manner.
- Identify areas of improvements and develop new methodologies to meet milestones.
- Mentor and provide best practices with junior members on the team.

- Develop, evaluate, recommend, and implement procedures for research and performance improvements.
- Share leadership position with senior research team members, providing original ideas for project conception.

**GRADUATE RESEARCH ASSISTANT | APPALACHIAN STATE UNIVERSITY, BOONE, NC | 2018 - 2019**

- Provide research for the Chief Diversity Office on issues of diversity at Appalachian State University.
- Accompany Chief Diversity Officer in meetings, presentations, and other opportunities with students concerning diversity.
- Supported department members with administrative, research and academic assistance.
- Planned, modified, and executed research techniques, procedures, and tests.
- Conducted, researched, and drafted memos and summaries on Implicit bias and the effects within higher education.
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**REFEREED PUBLICATIONS**

***Published Manuscripts:***

Hung, Y., Trevino, Z., & **Miles, A.** (2022). Racial Trauma on TikTok: A Qualitative Content Analysis.

Contemporary Family Therapy. *Published.*

***Manuscripts Under Review:***

**Miles, A.,** Pate, K., Garcia, M., & Segura, A. (2022). Recommendations for Marriage and Family Therapist working with African American Clients. Under Review: Journal of Feminist Family Therapy.

*Revise/Resubmit.*

***Manuscripts in Progress:***

**Miles, A.,** Pate, K., Richardson, L., & Udozorh, K. (2022). #Blackmendontcheat: Societal views of Black

Men and Infidelity: A Qualitative Content Analysis. *In Progress*

Hung, Y., Howard, C., Trevino, Z., & **Miles, A.** (2021). Understanding how Family Cohesion Impacts

Discrimination at School, Depression Symptoms, and Self-Esteem of Children of Immigrants. *In Progress.*

**Miles, A.,** Hawkins, L., Mullet, N., Smalley, N., & Williams, T. (2021). Systematic Literature Review: Strengths and Stigma: Illuminating Unique Cultural Experiences within the Black/African American Community. *In Progress.*

## **REFEREED PRESENTATIONS**

Hung, Y., Trevino, Z., & **Miles, A.** (Presented: 2022, April). Racial Trauma on TikTok: A Qualitative Content Analysis. Contemporary Family Therapy. *Manuscript presented at the Texas Association for Marriage and Family Therapy Conference. Poster Presentation*

Hung, Y., Howard, C., Trevino, Z., & **Miles, A.** (Presented: 2022, April). Understanding how Family Cohesion Impacts Discrimination at School, Depression Symptoms, and Self-Esteem of Children of Immigrants. *Manuscript presented at the Texas Association for Marriage and Family Therapy Conference. Poster Presentation*

**Miles, A.,** Garcia, M., & Segura, A. (Presented: 2022, April). Recommendations for Marriage and Family Therapist working with African American Clients. *Manuscript presented at the Texas Association for Marriage and Family Therapy Conference. Poster Presentation*

**Miles, A.** & Romney, J.S. (presented: 2021, March). Mothers Impact on Perceived Discrimination and Life Satisfaction. *Manuscript presented at the Texas Association for Marriage and Family Therapy Conference, online. Poster Presentation*

Villalovos, K., Hung, Y.H., & **Miles, A.** (presented: 2021, March). Applying Narrative Therapy with Minority Populations Struggling with Addiction. *Manuscript presented at the Texas Association for Marriage and Family Therapy Conference, online. Workshop Presentation*

## **Skills & Abilities**

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### **EXTERNAL FUNDING**

**AAMFT MINORITY FELLOWSHIP PROGRAM | AAMFT RESEARCH AND EDUCATION FOUNDATION, ALEXANDRIA, VA | 2021 - 2022**

- Expand the delivery of culturally competent mental health and substance abuse services to underserved minority populations.

### **CHHS SEED MONEY RESEARCH GRANT | NORTHERN ILLINOIS UNIVERSITY, DEKALB, IL | 2021 - 2021**

- Proposal Title: “Strengths and Stigma: Illuminating Unique Cultural Experiences within the Black/African American Community”
- Funds utilized for research material, to engage within three stages of focus groups, and to accommodate Advisory Board members participation within research.
- Funds Awarded: \$ 2,000

### **CERTIFICATES**

#### **SYSTEMIC MULTICULTURAL COUNSELING CERTIFICATE | APPALACHIAN STATE UNIVERSITY, BOONE, NC | 2020 - 2020**

- Provides specialized training in working with diverse and/or marginalized populations.
- Focuses on issues of inclusion and social justice in the therapeutic space and creating healthy, functioning global citizens.

### **PROFESSIONAL AFFILIATION**

#### **CONVERSE UNIVERSITY – UNIVERSITY GREENVILLE CENTER | 2023- CURRENT**

- Clinic Director and Assistant Professor (Tenure Track)

#### **AMERICAN ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY | 2018 - CURRENT**

- Student Member/Doctoral Professional Member

#### **TEXAS ASSOCIATION OF MARRIAGE AND FAMILY THERAPY | 2020 - 2022**

- Student Member

### **COMMUNITY ENGAGEMENT**

#### **PODCAST: “THE SESSION: FOR THE CULTURE BY THE CULTURE” | HOST & CREATOR: A’LYRIC MILES, M.A., MFT | 2021 - CURRENT**

- The Session: For the culture, by the culture “, is centered around black voices and the African American experiences as it pertains to mental health. The podcast is meant to uplift community voices to express needs to those within the mental health field and act as a safe space to tell stories within the session.

#### **YOUTUBE VIDEO: “BLACK AND ASIAN UNITY: FROM DIVISION TO SOLIDARITY” | YI-SING HUNG, PH. D CANDIDATE AND SOCIAL ADVOCATE | 2021 - 2021 GUEST SPEAKER: A’LYRIC MILES, M.A., MFT**

- Purpose: Recent Asian hate crime has amplified the tension between Black and Asian communities. When there is no relationship, people tend to use stereotypes to form their opinions toward the unknown.

