

# CASSANDRA CACACE

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## EDUCATION

### **Nova Southeastern University**

*Ph.D. in Couple and Family Therapy*

Licensed Marriage and Family Therapist SC (7915)

Licensed Marriage and Family Therapist FL (4161)

Fort Lauderdale, FL

Expected May 2023

### **Nova Southeastern University**

*Master of Science, summa cum laude, in Family Therapy*

Fort Lauderdale, FL

July 2019

### **University of South Carolina**

*Bachelor of Arts, summa cum laude, in Psychology; Minor in Counseling Education*

Columbia, SC

December 2016

## TEACHING EXPERIENCE

2024 Full-time Assistant Professor, Converse University

*MFS 635: Advanced Application of Models II Individual Psychopathology in Family Systems*

*MFS 648A: Supervised Clinical Practicum in Marriage and Family Therapy*

*MFS 648D: Supervised Clinical Practicum in Marriage and Family Therapy*

2023 Full-time Assistant Professor, Converse University

*MFS 681: Individual Psychopathology in Family Systems*

*MFS 661: Basic Techniques in the Psychotherapy Interview*

*MFS 648B: Supervised Clinical Practicum in Marriage and Family Therapy*

2023 Guest Panel: Nova Southeastern University, FL

STFD 5004 Reading, Writing, and Editing for Doctoral Scholars, Joshua Boe, PhD

*My Dissertation and Writing Journey*

2022 Guest Lecture: Nova Southeastern University, FL

STFM 5322 Clinical Practice in Marriage and Family Therapy, Anne Rambo, PhD

*Why I Gravitated to Bowen Natural Systems Theory*

2021 Guest Lecture: Nova Southeastern University, FL

SFTM 5350 Research in Marriage and Family Therapy, Christopher Burnett, PhD

*The Art of Asking Researching Questions*

2021 Graduate Teaching Assistant: Nova Southeastern University, FL

SFTM 5350 Research in Marriage and Family Therapy, Christopher Burnett, PhD

2019 – 2020 Graduate Assistant: Nova Southeastern University, FL

COAMFTE Re-Accreditation Process, Anne Rambo, PhD

2020 Guest Lecture: Nova Southeastern University, FL

STFM 5335 Human Development Across the Lifespan, Anne Rambo, PhD

*Therapy with Young Adults*

2020 Guest Lecture: Nova Southeastern University, FL  
STFM 6321 Fundamentals of Teaching MFT, Christine Beliard, PhD  
*Introduction to Family Art Therapy*

2020 Guest Lecture: Nova Southeastern University, FL  
STFM 6530 Family Therapy Topics: Organizational Consulting, Christopher Burnett, PhD  
*Department Disconnect: Consulting in a Hospital System*

2020 Guest Lecture: Nova Southeastern University, FL  
Online Masters Student Support During COVID-19, Anne Rambo, PhD  
*Stress Reduction in a Time of Pandemic*

2020 Guest Lecture: Nova Southeastern University, FL  
Health Professions Division Open House, Anne Rambo, PhD & Arlene Gordon, PhD  
*Medical Family Therapy*

2019 Guest Lecture: Broward College, FL  
Undergraduate Developmental Psychology, Ronie Gomes, PhD  
*Adolescent Development: Identity, Relationship, and Culture*

2017 – 2019 Graduate Writing Consultant: Nova Southeastern University, FL  
Supervisor: Kevin Dvorak, PhD

### **SUPERVISOR EXPERIENCE**

August 2023 – Present  
AAMFT Approved Supervisor

2022 – August 2023  
AAMFT Supervisor Candidate  
Supervisor: Christopher Burnett, PhD

2021 – 2022 Supervisor Assistant  
*Brief Therapy Institute*, Nova Southeastern University, FL  
Supervisor: Christopher Burnett, PhD

2019 – 2020 Graduate Assistant Supervisor  
*Systemic Change in Schools PROMISE Program*, Nova Southeastern University, FL  
Supervisor: Anne Rambo, PhD

### **RESEARCH EXPERIENCE**

2023 – Current  
Dissertation Committee Member, Converse University, Greenville, SC  
Chair: Dr. John Knipe

Dissertation: Turner, J. C. *Band-Aid over a bullet hole: Exploring the lived experiences of healthcare workers' couple relationships during Delta variant of COVID-19. [Manuscript in Preparation]*. Doctor of Education in Professional Leadership degree, Converse University.

2022 – 2023

Principal Researcher, Nova Southeastern University, Fort Lauderdale, FL

Supervisor: Christopher Burnett, PhD

Dissertation: Cacace, C. (2023). *Band-Aid over a bullet hole: Exploring the lived experiences of healthcare workers' couple relationships during Delta variant of COVID-19*. Dr. Kiran C. Patel College of Osteopathic Medicine, Nova Southeastern University.

2022

Research Internship, Nova Southeastern University, Fort Lauderdale, FL

Supervisor: Christopher Burnett, PhD

2019

Southeastern Writing Center Association (SWCA)

Supervisor: Kevin Dvorak, PhD

*Emotional Intelligence in the Writing Center*

2015 – 2016

Research Team Member, University of South Carolina, Columbia, SC

Supervisor: Dawn Wilson-King, PhD

## PRESENTATIONS & LECTURES

2022 Western Pennsylvania Family Center Conference Presentation

*Applying Bowen Natural Systems Theory to the American Healthcare System During COVID-19*

2022 Guest Lecture: Nova Southeastern University, FL

STFM 5322 Clinical Practice in Marriage and Family Therapy, Anne Rambo, PhD

*Why I Gravitated to Bowen Natural Systems Theory*

2022 Dissertation Proposal Defense, Nova Southeastern University, FL

Chair: Christopher Burnett Committee: Anne Rambo, PhD & Alyona Prikhidko, PhD

*Band-aid over a bullet hole: Exploring the lived experiences of healthcare workers' couples relationships during the Delta Variant of COVID-19*

2022 Teacher Training: Renaissance Charter School at Plantation, FL

*Panic Attack De-Escalation*

2021 Solution Focused Brief Therapy Association (SFBTA) Conference Presentation

*Utilizing SFBT Compliments and the Power of Intentional Language in School-Based Settings*

2021 Guest Lecture: Nova Southeastern University, FL

SFTM 5350 Research in Marriage and Family Therapy, Christopher Burnett, PhD

*The Art of Asking Researching Questions*

2020 Guest Lecture: Nova Southeastern University, FL

STFM 5335 Human Development Across the Lifespan, Anne Rambo, PhD

*Therapy with Young Adults*

2020 Guest Lecture: Nova Southeastern University, FL  
STFM 6321 Fundamentals of Teaching MFT, Christine Beliard, PhD  
*Introduction to Family Art Therapy*

2020 Guest Lecture: Nova Southeastern University, FL  
STFM 6530 Family Therapy Topics: Organizational Consulting, Christopher Burnett, PhD  
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*Medical Family Therapy*

2019 Guest Lecture: Broward College, FL  
Undergraduate Developmental Psychology, Ronie Gomes, PhD  
*Adolescent Development: Identity, Relationship, and Culture*

2019 Southeastern Writing Center Association (SWCA) Conference Presentation, Myrtle Beach, SC  
Supervisor: Kevin Dvorak, PhD  
*Emotional Intelligence in the Writing Center*

## PUBLICATIONS

**Cacace, C** (2023). *Band-Aid over a bullet hole: Exploring the lived experiences of healthcare workers' couple relationships during Delta variant of COVID-19*. Dr. Kiran C. Patel College of Osteopathic Medicine, Nova Southeastern University.

Linardi, N., Herrera, C., & **Cacace, C.** (2021). A nonprofit's transition to teletherapy due to the COVID-19 crisis: Learning how to adapt. *Journal of Systemic Therapies* 40(1), <https://doi.org/10.1521/jsyt.2021.40.1.52>

2021 **Guest Editor** for Journal of Systemic Therapies Vol. 40 Issue 1  
Supervisor: Anne Rambo, PhD

Editorial Assistant (January 2018). Transylvanian Journal of Ecology. *Heavy Metal Concentration in Eight Fish Species from Epe Lagoon (Nigeria)*  
<http://reviste.ulbsibiu.ro/trser/trser21/TRSER%2021.1%20Complete%20Volume.pdf>

## CLINICAL EXPERIENCE

### **Palmetto Therapy Connections**

*Licensed Marriage and Family Therapist (SC 7915, FL 4161)*

Cooper City, FL  
January 2023 – Present

- Solo, virtual private practice in South Carolina & Florida
- Specializations: young adults, couples, and helping professionals (healthcare professionals, first responders, therapists, teachers)
- Theoretic foundations include Bowen natural systems theory and Narrative therapy, bridging the modern and postmodern ideas
- Special interest and desire for further training in creative, expressive, and experiential therapies
- Special interest in continuing research in the areas of trauma, healthcare professionals, and creative therapies with couples

### **Counseling and Wellness Center of South Florida**

*Licensed Marriage and Family Therapist (MT 4161)*

Cooper City, FL  
March 2020 – January 2023

- Provides assessment and therapy to children, adolescents, couples, and families with various mental health and relational concerns, including ADHD, child-parent relationships, anxiety/depression, suicide assessment
- Works collaboratively with clients from a strength-based approach utilizing systemic theories like SFBT, Narrative, and Bowen Natural Family Systems
- Special interest in creative and expressive therapies with all age groups
- Keeps accurate, HIPAA compliant records that are updated in a timely manner
- Collaborates with other team members for advertising, marketing
- Completes intake phone calls and participates in case consultation

### **Invo Healthcare Progressus Therapy**

*Licensed Marriage and Family Therapist (MT 4161) at Renaissance Charter School Plantation*

Plantation, FL  
September 2021 – June 2022

- Provides assessment and therapy to children and adolescents who elect for counseling services through IEP or through IMPACT, working on topics such as ADHD, family relationships, communication, anxiety/depression, suicide safety assessment
- Works collaboratively with clients from a strength-based approach utilizing systemic theories like SFBT, Narrative, and Bowen Natural Family Systems
- Special interest in creative, expressive, and play therapies
- Keeps accurate, HIPAA compliant records that are updated in a timely manner
- Collaborates with the Wellness Team and other school staff to support the behavioral, social, and emotional wellbeing of students

### **Systemic Change in Schools - PROMISE Program**

*Graduate Assistant & Therapist*

Broward County, FL  
January 2019 – June 2020

- Provides crisis intervention, assessment, therapy, and social emotional lessons for at-risk, suspended children and adolescents ages 6-18 using Solution-Focused Brief therapy
- Intervenes in situations involving relationships, trauma, suicidality, abuse, substance abuse, and violence
- Provides supportive counseling and education to parents and recommendations to teachers, guidance counselors, and school administration
- Writes extensive notes and follow-up recommendations (includes referrals to outside agencies, resources in community, and college scholarship information)
- The PROMISE Program was designed to reduce school-to-prison pipeline in at-risk youth. The program has currently reduced the recidivism rate from 50 percent to 8 percent in our target population.
- Designed and led Social Emotional Learning activities for elementary age groups to teach emotional regulation, communication skills, anti-bullying, and mindfulness

### **Brief Therapy Institute**

*Student Intern*

Fort Lauderdale, FL  
January 2018 – July 2018; August 2019 – July 2021

- Provides individual, couple, and family therapy across situations including suicide assessment, DSM-5 disorders, substance abuse, mood disorders, collaborative divorce, and life transitions
- Clinical experience with children, adolescents, adults, families, couples, and elderly
- Keeps accurate and high-quality case notes
- Extensive live supervision in therapy clinic

### **NSU Writing and Communications Center**

*Graduate Writing Consultant*

Fort Lauderdale, FL  
September 2017 – July 2019

- Facilitated over 270 consultations with students on their writing assignments
- Communicated with diverse populations, developed rapport, and achieved results in a brief setting
- Worked directly with the Veterans Resource Center collaborating with veteran students and their writing
- Utilized a person-centered, goal-oriented approach
- Advanced knowledge of professional, academic, and reflective writing and grammar in the English language, APA format, Microsoft suite, scheduling platforms, and research platforms

### **Broward Outreach Center**

*Student Intern*

Fort Lauderdale, FL  
August 2018 – December 2018

- Provided therapy for elders, adults, children, and families experiencing both acute and chronic homelessness, incarceration, psychosis, other mental health concerns, and substance abuse
- Completed biopsychosocial assessments to gather detailed history regarding client family of origin
- Completed treatment plans, provided DSM-5 diagnosis, and connected clients with local resources
- Prepared and led therapy groups on topics including stress, anxiety, depression, anger management, relapse prevention, and parenting
- Intervened in situations of trauma, suicidality, substance abuse, psychosis, and conflict resolution

### **Comprehensive Psychological Services**

*Psychometrician*

Columbia, SC  
January 2016 – June 2017

- Extended knowledge administering and scoring standardized, psychological tests including:
  - o Parenting evaluations
  - o ADHD test battery
  - o Academic achievement test battery
  - o Memory test battery

- Worked with a wide range of age clients from 5 – 70 years old with a wide range of mental health concerns including: ADHD, Autism Spectrum, learning disability, substance abuse, early-onset dementia, life transitions, and collaborative divorce
- Summarized collateral data for Family Court cases and attended cases with employer, Dr. Marc Harari, who was expert witness in high conflict cases

**Girls Center for Intensive Residential Treatment**

Memphis, TN

*(Now called Rose Center for Girls) Intern*

Summer 2015

- Worked with at-risk females aged 14 – 17 with emotional and behavioral concerns including suicidality, self-harm, psychosis, and chronic medical and mental health conditions
- Planned life skills groups and daily therapeutic activities
- Worked collaboratively with other staff and offered supportive presence in group therapy sessions

**PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS**

2022 – Present

Licensed Marriage and Family Therapist (SC), License 7915

2022 – Present

Member, Continuous Bowen Seminar

Supervisor: Christopher Burnett, PhD

2022

Vice President, Delta Kappa Omicron MFT Honors Society

2021 – Present

Licensed Marriage and Family Therapist (FL), License MT4161

2020 – 2021

Student Member, Privilege Accountability Group, NSU

2019 – 2021

Registered Marriage and Family Therapy Intern (FL), License IMT3184

2019 – Present

Member, South Carolina Association for Marriage and Family Therapy

2017 – Present

Member, Delta Kappa Omicron MFT Honors Society

2017 – 2019

Student Member, South Carolina Association for Marriage and Family Therapy

2017 – 2019

Student Member, American Association for Marriage and Family Therapy (AAMFT)

2016 – Present

Member, Sigma Alpha Iota, music fraternity Alumnae Association

2017 – 2019

Member, Marriage and Family Therapy Student Association, NSU

2013 – 2016

Member, Psi Chi Honors Society

2013 – 2016 Member, Sigma Alpha Iota music fraternity

### **ADDITIONAL TRAININGS ATTENDED**

2024

Dr. Sue Johnson's Intensive Course in EFT: Attachment-Based Interventions for Couples in Crisis (online)  
Surviving the Intersections: Where Morals, Values, and Ethics Collide (in-person)

2023

NSU: Alvin Sherman Library's 8<sup>th</sup> Annual Power Publishing Day  
SCAMFT: Using Expressive Arts with Families and Couples

2022

Disruptive Event Management

2021

Issues in HIV/AIDS for Florida Psychotherapists  
Issues in Domestic Violence for Florida Psychotherapists  
Florida Laws and Rules for Psychotherapy Professionals  
CITI Human Research: Social Behavioral Educational Researchers Training  
Seizure First Aid Training and Certification

2020

Fundamentals of Therapeutic Artmaking

2019

Domestic Violence Court Training  
HIPAA Clinical Security and Research Training  
APA Style Central Training with NSU Writing & Communication Center  
CITI Human Research: Social Behavioral Educational Researchers Training

2018

Basic Life Support (BLS) and CPR Certification  
Brief Therapy Institute Relational Suicide Assessment Workshop  
Biopsychosocial Training with Broward Outreach Center  
Virtus Training: Protecting God's Children from Sexual Abuse  
Engaging Natural Supports Workshop with Children's Services Council of Broward County  
Crisis Management Training with Broward Outreach Center

2017

Brief Therapy Institute Relational Suicide Assessment Workshop  
Brief Therapy Institute Family Court System Workshop  
HIPAA Clinical Security and Research Training

2016

Out of Darkness Walk for Suicide Prevention, University of South Carolina



References Available Upon Request