

## CURRICULUM VITA

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## CONTACT INFORMATION

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## EDUCATION

- 2018: Ph.D., Marriage and Family Therapy  
Nova Southeastern University, Fort Lauderdale, Florida
- 2013: M.S., Marriage and Family Therapy  
Nova Southeastern University, Fort Lauderdale, Florida
- 2009: M.A., Cross-Disciplinary Studies  
Nova Southeastern University, Fort Lauderdale, Florida
- 1994: B.A., Economics  
Universidad de San Buenaventura, Cali, Colombia

## ACADEMIC EXPERIENCE

### Supervision/Teaching

#### **Nova Southeastern University**

Adjunct Assistant Professor, Department of Family Therapy, 2020—Present

#### Courses Taught:

*Systemic Family Therapy IV* (SFTD 5040): logic and methods of hypnosis & brief therapy, emphasizing the contributions of Milton Erickson

*Thinking Systems* (SFTD 5120): systemic theory, emphasizing the ideas of Gregory Bateson

*Clinical Practicum* (SFTD 6200): live supervision of doctoral therapy teams

*Supervision Practicum* (DMFT 6320): supervision and mentoring of supervisors in training

#### **Milton H. Erickson Institute of the Bay Area (MHEIBA) & Centro de Terapia Familiar y de Pareja de Puebla (C.E.F.A.P.)**

Lecturer, May 2021, April 2022

#### Courses Taught:

*Abordando el trauma: experiencia corporal, identidad y cambio terapéutico, April 2022*

*Un enfoque relacional de la terapia breve de pareja, May 2021*

#### **Our Lady of the Lake University**

Adjunct Professor, Department of Psychology, August 2020—May 2021

#### Courses Taught:

*Family Processes Across Cultures* (PSYC 8356): discussion of topics of diversity and inclusion to better serve diverse, marginalized, and/or underserved communities

*Psychosocial Support in the Borderlands* (PSYC 6327): transdisciplinary study of Latin American conceptual, theoretical, and methodological innovations of response to social suffering

Assistant Professor of Psychology, 2018—May 2020

Courses Taught:

*Theoretical Foundations of Psychotherapy* (PSYC 8345): exploration of foundational theories of individual and systemic psychotherapeutic approaches

*Psychotherapy with Children, Adolescents, and their Families* (PSYC 8355): application of systemic therapies to individual and family psychotherapy with children and adolescents

*Introduction to Systemic Approaches to Psychotherapy* (PSYC 8351): strengths-based approaches to psychotherapeutic work with individuals, couples, families, and larger systems

*Family Processes Across Cultures* (PSYC 8356): discussion of topics of diversity and inclusion to better serve diverse, marginalized, and/or underserved communities

*Pre-practicum Psychotherapy Laboratory* (PSYC 8352): basic interviewing skills

*Advanced Systemic Approaches to Psychotherapy* (PSYC 8357): development of a metatheoretical perspective in psychotherapies in general and systemic therapies in particular

*Clinical Practicum*: supervision of MFT trainees

**Nova Southeastern University**

Substitute Supervisor, Brief Therapy Institute (BTI), 2017 – 2018

*Internal Practicum* (SFTD 6200/SFTM 5400): Supervised graduate clinical students when faculty supervisors were not available.

Supervision Assistant, BTI, 2017

Professor: Michael Reiter

*Internal Practicum* (SFTM 5400): Supervised master's students.

Supervision Assistant, BTI, 2015

Professor: Douglas Flemons

*Internal Practicum* (SFTD 6320): Supervised doctoral students.

Teaching Assistant, Department of Family Therapy, 2015

Professor: James Hibel, Ph. D.

*Language Systems* (SFTD 5110): Held seminar-style discussions situating therapy in relation to constructionist and social-constructionist perspectives and postmodern thinking.

**Administration**

Co-Director, Master's in Psychology program with a concentration in MFT, 2018—May 2020

Co-Director, Psychotherapy for Spanish Speaking Populations (PSSSP) certificate, 2018—May 2020

**Research/Writing**

Ramos, C.A., Castro, J., & Guerrero Vélez, J.A. (2021). Therapeutic Latinx Story-Sharing or Chismorro. In m. Polanco, Zamani, N., & Da He Keen, C. (Eds.), *Bilingualism, Culture, and Social Justice in Family Therapy* (pp. 47-54). Springer.

Castro, J. (2018). *An autoethnographic exploration of hypnotherapeutic experience*. Retrieved from NSUWorks, College of Arts, Humanities and Social Sciences – Department of Family Therapy. (27) [https://nsuworks.nova.edu/shss\\_dft\\_etd/27](https://nsuworks.nova.edu/shss_dft_etd/27).

Reiter, M. D. & Castro, J. (2019). Couple and family therapy. In J. J. Ponzetti, Jr., M.

Blankemeyer, S. Horan, H. Lyons, & A. Shigeto (Eds.). *Macmillan encyclopedia of families, marriages, and intimate relationships*. (Vol. 1, pp. 194-197). Farmington Hill, MI: Gale

Castro, J. (2016). Identity, agency, and therapeutic change. *Journal of Systemic Therapies*, 35(2), 38-53. <https://doi.org/10.1521/jsyt.2016.35.2.38>

### **Presentations**

Castro, J., & Greenleaf, E. (2019, December). *An Erickson Duet: Creative Collaboration in Ericksonian Hypnotherapy*. Workshop for the 13th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, Phoenix, AZ.

Ramos, C.A., Castro, J., & Guerrero, J.A. (2019, April). *An Exploration of Bilingualism in a Post- Modern Family Therapy Program*. Workshop for the 2019 Southwest Latinx Psychology Conference, Phoenix, AZ.

Castro, J. (2019, January). *Interweaving Autoethnography and Interpersonal Process Recall (IPR) in a Study of Hypnotherapy: Juxtaposing Methodologies and Perspectives*. Paper presented at The Qualitative Report 10<sup>th</sup> Annual Conference, Fort Lauderdale, FL.

Castro, J. (2014, June). *The Metaphoric Zone of Family Therapy*. Workshop for the annual state conference of the Florida Association for Marriage and Family Therapy (FAMFT), Orlando, FL.

### **CLINICAL EXPERIENCE**

Private Practice, Ignite and Shine Your Light, 2020— Present

Hypnotherapist and Brief Therapist, Brief Therapy Institute, Nova Southeastern University, Fort Lauderdale, Florida (2016 – June 2018): Provided hypnotherapy and individual, couple, and family therapy (both in English and Spanish)

Marriage and Family Therapist Intern & Marriage and Family Therapist Volunteer, Behavioral Health Department at Broward Outreach Center (BOC), Hollywood, Florida (2016 – 2017): Provided individual and group therapy for homeless people, dealing with mental health and substance abuse issues. Facilitated anger-management, emotion-regulation, and relapse-prevention groups.

Marriage and Family Therapist Intern, RECO Intensive, Delray Beach, Florida (2016): Provided individual and group therapy in an outpatient facility dealing with substance abuse and trauma issues.

Marriage and Family Therapist Intern (Doctoral level), Brief Therapy Institute, Nova Southeastern University, Fort Lauderdale, Florida (2013 – 2015): Provided individual, couple, and family therapy using a relational, collaborative approach.

Marriage and Family Therapist Intern, Systemic Change in Schools/Broward County Schools Program, Florida (2012 – 2013): Counseled and mentored elementary to high school students with various presenting problems; implemented Solution Focused Brief Therapy as part of the Broward County School District's pilot program, "Alternative to Suspension"; and collaborated systemically with clients, families, and school

counselors to provide support to clients.

Marriage and Family Therapist Intern (Master's level), Brief Therapy Institute (BTI), Nova Southeastern University, Fort Lauderdale, Florida (2012): Provided individual, couple, and family therapy.

### **PROFESSIONAL AFFILIATIONS AND CREDENTIALS**

LMFT (Florida # MT 3300-Expires 3-31-2023)

LMFT (Texas # 203382-Expires 12-31-2022)

AAMFT Approved Supervisor (Expires 9-20-2023)

Clinical Fellow, AAMFT: 2017 – Present

Member of the Milton H. Erickson Institute of the Bay Area (MHEIBA), 2020—Present

### **ADDITIONAL PROFESSIONAL EXPERIENCE**

Internship at Community Resolution services (CRS), Nova Southeastern University, Fort Lauderdale, Florida (2008): Participated in family mediation cases and designed (with a partner) and offered anger management training for the Urban League.

Kundalini Yoga teacher, Cali, Colombia (2003 – 2011)

Personal Coaching, Cali, Colombia (2003 – 2007): Provided personal growth and life coaching for women.

English academic advisor, O.B.M. Company, Cali, Colombia (2001)

Drama teacher, Instituto Técnico la Riviera, Cali, Colombia (2002)

Social Sciences teacher, Instituto Técnico la Riviera, Cali, Colombia (1997 – 2000):  
Taught about history, democracy, and geography to elementary, middle, and high school students.

### **ADDITIONAL TRAINING**

Trauma Conference: The Body Keeps Score-Trauma Healing with Bessel van der Kolk, MD (12.5Ce), Digital Seminar, PESI, Inc. (February, 2022)

Art of Psychotherapy with Dr. Zeig-Trauma Round 7 (8Ce), Online Event, The Milton H. Erickson Foundation Inc. (May, 2021)

TeleMental Health: The new standard—Ethical, Legal, Clinical, Technological, and Practice Considerations (12Ce), Distance Learning Course, Zur Institute, Inc. (March, 2020)

Digital and Social Media Ethics for Psychotherapists: Clinical and Ethical Considerations (8Ce), Distance Learning Course, Zur Institute, Inc. (March, 2020)

13<sup>th</sup>International Erickson Congress, Phoenix, Arizona (December, 2019)

- Week 2: Systemic Trance Work: Stephen Gilligan, Ph. D., San Diego, California (July, 2018)  
The Evolution of Psychotherapy Conference, Anaheim, California (December, 2017)
- Week 1: Generative Trance: Stephen Gilligan, Ph. D., San Diego, California (June, 2016)  
12<sup>th</sup> International Erickson Congress (29.0 credit hours), Phoenix, Arizona (December, 2015)  
Fundamental Intensive Training in Ericksonian Approaches to Hypnosis (30 hours), sponsored by  
The Milton Erickson Foundation, Phoenix, Arizona (March, 2015)
- Neuroscience for Clinicians: Brain Change for Stress, Anxiety, Trauma, Moods, and  
Substance Abuse: Alexander Simpkins, Ph. D. & Annellen Simpkins, Ph. D., Miami,  
Florida (April, 2014)
- Inviting Trance, Inventing Change. Advanced 20 hours training in Hypnosis, and  
Hypnotherapy: Douglas Flemons, Ph.D., Fort Lauderdale, Florida (August, 2013)
- Relational Suicide Assessment: Risks, Resources, and Possibilities for Safety: Douglas Flemons,  
Ph.D., Nova Southeastern University, Fort Lauderdale, Florida (September, 2012)
- Solution-Focused Brief Therapy: Theory to Practice Workshop, Nova Southeastern  
University, Fort Lauderdale, Florida: Arlene Brett Gordon, Ph.D. (September, 2012)
- Supervision & Training with MFT Microskills, Nova Southeastern University, Fort Lauderdale,  
Florida: AnnLynn Schooley, Ph.D. (2012)
- Inviting Trance, Inventing Change. Introductory, Intermediate & Advanced 50 hour training  
in Hypnosis and Hypnotherapy: Douglas Flemons, Ph.D., Fort Lauderdale, Florida  
(August, 2012)
- Two-day seminar in Narrative Mediation and Narrative applied to School Education, Nova  
Southeastern University, Fort Lauderdale Florida: John Winslade, Ph.D., and Walter  
Bera, Ph.D. (2008)

### **COMMUNITY INVOLVEMENT**

- Community Counseling Services (CCS), San Antonio, Texas. Individual, Couple, and Family  
Therapy (2018-2019)
- Volunteer, Behavioral Health Department at Broward Outreach Center (BOC), Hollywood,  
Florida. Individual and group psychotherapy with homeless people (2017)
- LISTSERV list moderator for the Africa Peace and Conflict Network (APCN): Participated  
in the process of building the APCN's database (2008 – 2012)
- Casa Gami, Cali, Colombia: Wrote a Kundalini Yoga manual and taught yoga classes for  
women and children living with HIV, and their families (2007)