

Tracey - Ann Spencer, PhD, LMFT

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EDUCATION

June 2015 **Doctor of Philosophy**, Family Therapy
Nova Southeastern University, Graduate School of Humanities and Social
Sciences, Department of Family Therapy, Fort Lauderdale, Florida

July 2011 **Master of Science**, Family Therapy
Nova Southeastern University, Graduate School of Humanities and
Social Sciences, Department of Family Therapy, Fort Lauderdale, Florida

August 2009 **Certificate of Biblical Studies**
International University of Biblical Studies, Miami, Florida

January 2007 **Master of Science**, Human Resource Management
Nova Southeastern University, H. Wayne Huizenga School of Business
and Entrepreneurship, Fort Lauderdale, Florida

August 2004 **Bachelor of Science**, Psychology, Minor in Sociology
University of the West Indies, Mona, Jamaica

LICENSES AND CERTIFICATIONS

Licensed Marriage and Family Therapist, Florida Board of Clinical Social Work, Marriage &
Family Therapy and Mental Health Counseling

Certificate in Effective College Instruction, The Association of College and University
Educators and the American Council on Education (ACUE)

Mental Health First Aid USA, National Council for Behavioral Health and Missouri
Department of Mental Health

Bereavement and Childbearing Families Training, Florida Board of Clinical Social Work,
Marriage and Family Therapy and Mental Health Counselling

Continuing Education Certificate in Emotionally Focused Couples Therapy Overview,
Florida Association for Marriage and Family Therapy

Yellow Belt in Lean Six Sigma Excellence, Harrington Institute Inc.

Project Management, Project Management Institute (PMI)

TEACHING/TRAINING EXPERIENCE

- March 2022-Present Assistant Professor, Nova Southeastern University,
Dr. Kiran C. Patel College of Osteopathic Medicine, Department of
Couple and Family Therapy
- January 2020-March 2022 Adjunct Professor, Nova Southeastern University,
Dr. Kiran C. Patel College of Osteopathic Medicine, Department of
Couple and Family Therapy
- December 2021-Mar 2022 Adjunct Professor, Florida Atlantic University, Department of
Psychology
- Oct 2019-Mar 2022 Adjunct Professor, Broward College, Department of Social and
Behavioral Science and Human Services
- October 2019 Team Trainer, Marriage and Family Therapy Club at Nova
Southeastern University, College of Arts, Humanities and Social
Sciences, Department of Family Therapy, “A Systemic Approach to
Domestic Violence: A Therapist’s Perspective”
- March 2019 Team Trainer, Continuing Education Units (CEU) Renewal Event:
Medical Error and Domestic Violence, Broward Association
for Marriage and Family Therapy at Nova Southeastern University,
College of Arts, Humanities, and Social Sciences, Department of
Family Therapy
- February 2019 Consultant/Teaching Assistant, Tavistock Workshop - Conflict
Management: Overt & Covert Dynamics at Nova Southeastern
University, College of Humanities, Arts and Social Sciences,
Department of Conflict Analysis and Resolution
- September 2016 Consultant/Teaching Assistant, Tavistock Workshop – Conflict
Management: Overt & Covert Dynamics at Nova Southeastern
University, College of Humanities, Arts and Social Sciences, Department
of Conflict Analysis and Resolution

CURRICULUM DEVELOPMENT

- December 2021 Synchronous Course Redesigner, HUS 2535 - Elder Abuse and Aging
Broward College, Fort Lauderdale, Florida
- January-April 2021 Course Developer for HUS 2535 - Elder Abuse and Aging, Broward
College, Fort Lauderdale, Florida
- October 2016 Module Educational Software Content Developer for Psychology,
Classroom2day, LLC.

COURSES TAUGHT

Graduate Courses Taught:

SFTM/SFTD/DMFT 6130 Caregiving in the Family
DMFT 7201 Program Development for Marriage and Family Therapists
DMFT 7202 Grant Writing Concepts and Approaches for Marriage and Family Therapists
DMFT 7111 Qualitative Research Design and Analysis in Marriage and Family Therapy
MFT 5103 Systemic Evaluation and Case Management
SFTD 6200 Internal Practicum
DMFT 6200 Internal Practicum

Undergraduate Courses Taught:

PSY 2012 General Psychology
HDFS 3500 Children with Special Needs
HDFS 3200 Child Welfare, Law, and Social Policy
HDFS 3000 Research Methods in Human Development and Family Studies
HDFS 4880 Senior seminar in Human Development and Family Studies
HAWC 2006 Mindfulness & Meditation for Health
HUS 2535 Elder Abuse and Aging
PSY 4930 Introduction to marriage and Family Therapy
DEP 3053 Psychology of Human Development
HAWC 3019 Integrative Wellness Approach

PROFESSIONAL DEVELOPMENT

Oct 2021-April 2022 Association of College and University Educators (ACUE), Course in Effective Online Teaching Practices

February 2016 Conflict Management in Groups: Overt and Covert Dynamics, Nova Southeastern University, College of Humanities, Arts and Social Sciences, Department of Conflict Analysis and Resolution

ADDITIONAL EXPERIENCE

December 2021-Present Board Member, Center for Advancement, Restoration, and Empowerment (CARE), Miami, Florida

October 2018-Present Program Development and Grant Committee, Center for Advancement, Restoration and Empowerment (CARE), Miami, Florida

June 2016 - Present Advisory Council Member, Pentab Academy School, Miami, Florida

2010 – 2012 Hispanic Heritage Month Committee Member, Nova Southeastern University, Fort Lauderdale, Florida

- 2008 – 2013 NSU Speaker’s Forum Director, Office of Community and Governmental Affairs, Nova Southeastern University, Fort Lauderdale, Florida
- 2007 – Present Ladies Fellowship Ministry Leadership Team, Pentecostal Tabernacle International, Miami, Florida

RESEARCH EXPERIENCE

- September 2015 – February 2016, Research Assistant, Nova Southeastern University, College of Humanities, Arts and Social Sciences, Department of Conflict Analysis and Resolution. The Ombudsman in Federal Agencies: Programs and Practices.
- January 2014 - June 2015, Doctoral Dissertation Research, “Exploring the Lived Experiences of Marriage and Family Therapy Students Who Studied Bowen Family Systems Theory, and Relating Those Experiences to Concepts of Differentiation of Self and Emotional Intelligence: An Interpretive Phenomenological Analysis”.

CLINICAL EXPERIENCE

September 2021 - Present
BetterHelp

- Psychotherapist working with individuals and couples seeking therapeutic interventions
- Sole proprietor in charge of my individual practice and counselor website on this platform
- Provide solution oriented, strength based, and Bowenian focused therapy

March 2, 2019

Pentecostal Tabernacle International, CARE Inc., Miami, FL

- Organized grief support event “From Pain to Purpose: Finding Meaning After Death” for children grieving the loss of family member or friend
- Provided grief education to children ages five to fourteen years old
- Provided children with healthy coping skills for their grief using art, play and music therapy

August 2016 – June 2017

Compassion Behavioral Health, Hollywood, FL

- Provided individual and group therapy to addicts and /or alcoholics in a substance abuse treatment facility in order to encourage long-term sobriety.
- Conducted individual and group therapy with clients experiencing mental health challenges such as depression, anxiety, bi-polar disorder, personality disorder, and trauma.
- Provided strength-based therapy tailored to the client’s needs.

April 2016 – December 2016

Our Children Our Future, INC., Hollywood, FL

- As a Senior Community Behavioral Health Practitioner, I provided therapeutic services to families with children experiencing cognitive, affective, and behavioral dysfunctions, disabilities and impairments.
- Helped clients explore their goals and discussed practical ways to achieve them.
- Identified and highlighted client's strengths, resources and coping skills.

July 2016 and July 2014

Camp Superstar, FAU Boca Raton Campus

- Conducted systemic therapy at Camp Superstar 2014, a weekend camp for families and their children with craniofacial abnormalities and deformities.
- Facilitated camp activities for the campers such as arts and craft, music, sports, and various playtime activities.
- Assisted and facilitated an opportunity for the parents to meet with the medical team for one on one conversations, roundtable discussions for parents with the medical team and the family therapy team.

April 2016, November 2015, and April 29 – May 1, 2011

Camp Erin, Homestead, FL and Ft. Lauderdale, FL

- Conducted bereavement therapy at Camp Erin-Miami, a best practice weekend bereavement camp for children and youths ages 6 to 17 years' old who are grieving the loss of a loved one.
- Facilitated an opportunity for campers to blend fun activities such as music, art, drama, bench decorating, yoga, grief education and emotional support.
- Conducted group therapy with children and teenagers to help them build a supportive community where they can share their feelings and learn ways to cope with their grief and loss.

September 2014 – February 2015, and August 2010 – April 2011

Broward General Medical Center, Fort Lauderdale, Florida

- Conducted solution focused brief therapy in individual and group therapy to encourage clients and their family members to use their skills and resources to build their solution, and amplify client's competencies.
- Utilized various strength-based interventions with a diverse client population in an in-patient treatment facility dealing with challenges such as substance abuse, mental health issues, family dilemmas and more.
- Participated in treatment sessions with clients, site supervisor, mental health counselor, psychiatrist and recreational therapists in order to coordinate medical and community services and support for clients.

February 2011 and November 2010

Camp Coral, Pigeon Key, FL

- Conducted bereavement therapy at Camp Coral, a weekend camp for children ages 6 – 16 years' old who are grieving the loss of a loved one.

- Facilitated activities such as drama therapy, music, psychodrama, art expression, dance expression, letter writing and luminary ceremony.
- Validated, normalized and met the children where they were in their bereavement process, and helped them develop skills to cope.

January 2010 – October 2013

Nova Southeastern University, Brief Therapy Institute, Fort Lauderdale, Florida

- Provided solution focused brief therapy using a strength-based approach and various interventions with individuals, couples, and families in order to amplify competencies in clients.
- Implemented treatment plans by using the client's strengths and resources.
- Maintained case files that included activities, progress notes, evaluations, and recommendations.
- Collaborated with the supervisor and other team members in order to analyze individual cases and coordinate counseling services.

August 2010 – November 2010

SUPERB, Olsen Middle School

- Provided psychoeducational therapy to Students United with Parents and Educators to Resolve Bullying (SUPERB), a school-based project supported by Jeremy and Sharon Ring.
- Conducted psychoeducational therapy with middle school children on a weekly basis from various cultural backgrounds.
- Implement an anti-bullying curriculum with a systemic solution focus to varying social challenges.

PROFESSIONAL ORGANIZATIONS

2015 - Present Delta Epsilon Iota Academic Honor Society

2012 - Present Member, American Association of Marriage and Family Therapy (AAMFT)

2012 - Present Member, International Family Therapy Association (IFTA)

PRESENTATIONS

Spencer, T. (2018). *An Exploration of the Development of Differentiation of Self: An Interpretative Phenomenological Analysis*. Conference presenter. The Qualitative Report 9th Annual Conference. Fort Lauderdale, Florida.

Spencer, T. (2017). *The Relational Connection between Emotional Intelligence and Differentiation of Self*. Conference presenter. The Qualitative Report 8th Annual Conference. Fort Lauderdale, Florida.

- Spencer, T. (2015). *A Study of Marriage and Family Therapy Student's Differentiation of Self and Emotional Intelligence*. Conference presenter. The First International Conference on Bowen Family Systems Theory: Bowen Theory Around the World, Pittsburgh, Pennsylvania.
- Spencer, T. (2015). *Exploring the Lived Experiences of Marriage and Family Therapy Students Who Study Bowen Family Systems Theory, and Relating Those Experiences to Concepts of Differentiation of Self and Emotional Intelligence: An Interpretative Phenomenological Analysis*. Seminar Presenter. Bowen Club: 50 Shades of (mur)Ray – Variations on a Natural Systems Approach to Everyday Clinical Issues, Fort Lauderdale, Florida.
- Spencer, T., Rambo, A., & Boyd, T. (2013). *Love and Respect Factors in Relationships*. Workshop presenter. International Family Therapy Association's 21st World Family Therapy Congress, Orlando, Florida.

INVITED PRESENTATIONS

- Spencer, T. (2021). *The Role of Emotional Intelligence in Human Relationships*. NSU-Life Long Learning Institute, Fort Lauderdale, Florida.
- Spencer, T. (2018). *The Biblical Perspective of Grief, Loss and Bereavement: Embracing the Promises of God*. Presented at the Bethel United Church of Jesus Christ (Apostolic) Inc. Plantation, Florida.
- Spencer, T. (2018). *I Have to Encourage Myself in The Lord: Applying the Promises of God*. Presented at the Eliathah SDA Church, Women's Ministry Retreat Tamarac, Florida.
- Spencer, T. (2018). *Levels of Differentiation of Self in Human Relationships*. Presented in the Couples Therapy: Theory and Application Course, Nova Southeastern University, Florida.
- Spencer, T. (2017). *The Qualitative Value of Differentiation of Self in Relationships*. Presented in the Couples Therapy: Theory and Application Course, Nova Southeastern University, Florida.
- Spencer, T. (2017). *Bowen and Business: The Application of Emotional Intelligence and Differentiation of Self; A Qualitative Connection*. Presenter. Broward Association of Marriage and Family Therapy: Bowen and Business. Fort Lauderdale, Florida.
- Spencer, T. (2016). *Soul-fullness, Sensuality, and Vulnerability*. Panelist. Doctors after Dark: Prescription and Passion. Fort Lauderdale, Florida.