

# Chrystal N. McDowell

CURRICULUM VITAE  
CMCDOWELL2@FSU.EDU

---

## Education

FLORIDA STATE UNIVERSITY, TALLAHASSEE, FL ANTICIPATED GRADUATION 2023

- Ph.D. in Marriage and Family Therapy, COAMFT Accredited
- Major Professor: Michele Parker

MERCER UNIVERSITY, MACON, GA - 2017

- M.A. in Marriage and Family Therapy, COAMFT Accredited

VALDOSTA STATE UNIVERSITY, VALDOSTA, GA- 2014

- B.S. in Ed. Communication Sciences and Disorders

## Research

FLORIDA STATE UNIVERSITY, TALLAHASSEE, FL

*Research Assistant- August 2020-Present*

- Assistant to Dr. Michele Parker
- PEERS clinical data set creation
- Conversion of PEERS assessments from hard copy to electronic via Qualtrics

## Research Presentations

McDowell, C.N. (2019, September) *Autism: Whole Family Wellness*. Forum presented at the American Association of Marriage and Family Therapy Conference, Austin, TX.

McDowell, C.N. (2017, April) *Parent Child Interaction Therapy: Applying PCIT Interventions in an MFT Clinic Setting*. Poster Presented at the Georgia Association of Marriage and Family Therapy Convention, Jekyll Island, GA.

## Publications

McDowell, C., & Hernandez, A. (2019, May). Autism: Promoting Whole Family Wellness. *Family Therapy Magazine*, 20–23.

## Additional Clinical Experience

CHANCELIGHT: AUTISM SERVICES, MACON, GA

*Data Integrity Specialist June 2018-October 2019, Office Manager October 2019-July 2020*

- Originated, developed, and lead Family Wellness Support Groups for families with a child diagnosed with ASD
- Conducted weekly internal documentation audits for Georgia, Colorado and Illinois to ensure compliance standards are met
- Developed an auditing workflow and trained other specialists for South Carolina, Kentucky and Florida
- Provided leadership and training on documentation and compliance
- Implemented risk mitigation strategies
- Recruited, interviewed and onboarded new staff,
- Provided CPR and First Aid instruction for new staff and recertification and maintained documentation

LIGHTHOUSE FOR FAMILIES, MACON, GA

*Family Coach, November 2017-May 2018*

- Initiated conflict resolution strategies
- Monitored and assessed visits between children in foster care and their biological parents.
- Completed required documents, case narratives, case plans, and gained statistical information when required on all comprehensive reports and outcome data within mandated time frames
- Engaged in the Assessment Conference, in addition to participating in regularly held staff meetings, case conferences, supervision and in-service training
- Maintained client schedules and adjusted changes flexibly as needed

NAVICENT HEALTH, MACON, GA

*Marriage and Family Therapy Intern, August 2016 – July 2017*

- Provided psychotherapy services to children and families
- Collaborated closely with doctors, nurses, and occupational therapists
- Maintained utmost discretion when dealing with sensitive topics

- Documented therapy sessions and closely tracked progress

MERCER FAMILY THERAPY CLINIC, MACON, GA

*Marriage and Family Therapy Intern, August 2016– August 2017*

- Typed documents such as treatment plans, biopsychosocial assessment, session notes and miscellaneous documents
- Maintained a client caseload of 5-10 individuals, couples and families weekly
- Provided psychotherapy services for underserved populations including individuals, couples and families

MERCER ON MISSION, HONDURAS

*Marriage and Family Therapy Intern, May 2016*

- Worked with an interdisciplinary team of physicians, etc. to provide healthcare services to the people of underserved remote villages in Honduras
- Received clinical training on culturally responsive therapy techniques
- Worked closely with Spanish-language interpreters to provide psychotherapy services to a diverse population of clients

### **Professional Memberships**

AMERICAN ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY

*Pre-Clinical Fellow, 2014-Present*

GEORGIA ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY

*Pre-Clinical Fellow- 2014-Present*

### **Licenses/Professional Certifications**

FLORIDA MARRIAGE AND FAMILY THERAPY INTERN-2020- Present

AMERICAN HEART ASSOCIATION CPR/BLS INSTRUCTOR CERTIFICATION-2019-Present

### **Additional Work Experience**

METHODIST HOME FOR CHILDREN AND YOUTH, MACON, GA

*Development Data Clerk- May 2015-May 2016*

- Input financial data into computer programs regarding events and general donations
- Completed daily accounting tasks for received donations through the mail
- Assisted in organizational development
- Participated in and assisted with staff training functions

*Child Care Counselor – May 2014-May 2015*

- Facilitated the development of basic life skills as determined by the GA Independent Living Program
- Completed extensive clinical documentation
- Implemented conflict resolution strategies
- Provided training and instruction for new staff members

GAMESTOP, VALDOSTA GA

*Senior Game Advisor (manager)- December 2010-July 2014*

- Lead a team of 10-15 workers
- Exceeded weekly sales goals and managed shipment and inventory processing
- Coordinated with other retail companies for special events
- Facilitated the termination and hiring process including recruiting and interviewing potential new team members
- Streamlined the onboarding and new hire training process
- Provided training and supervision to new hires and current team members

WALT DISNEY WORLD, LAKE BUENA VISTA, FL

*College Program Intern- January 2010- May 2010*

- Scheduled appointments via an electronic system
- Responsible for various customer service projects
- Implemented various conflict resolution strategies to ensure customer satisfaction with the Disney Experience

### **Community Service**

GRADUATE STUDENT ORGANIZATION, MERCER UNIVERSITY

*Vice President of First Year Students- 2015*

*Treasurer – 2015*

- Coordinated events and recruited special event speakers
- Promoted the GSO through liaising with new students
- Budgeted incoming and outgoing expenses