

Francesca Otero-Vargas

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EDUCATION

Florida State University, College of Human Sciences Tallahassee, FL

Doctor of Philosophy in Marriage and Family Therapy

Graduation Date: May 2023 – Anticipated

Current GPA: 4.0

Appalachian State University, Human Development and Psychological and Counseling Boone, NC

Master of Arts in Marriage and Family Therapy, Systemic Multicultural Counseling Certificate

Graduation Date: May 2019

GPA: 4.0

Florida State University, College of Human Sciences Tallahassee, FL

Bachelor of Science in Family and Child Sciences, Additional Major: Psychology

Graduation Date: May 2017

GPA: 3.7

CLINICAL EXPERIENCE

Center for Couple and Family Therapy

Clinic Therapist, Registered Marriage and Family Therapy Intern

Marriage and Family Therapy Ph.D. Program

August 2019 – Present

Florida State University – Tallahassee, FL

- Provides psychotherapy to individuals, couples, and families from a variety of cultural and socioeconomic backgrounds.
- Cofacilitates groups, including an IPV support group.
- Provides Telehealth services.
- Receives weekly group and individual supervision.

Daymark Recovery Services

Day Treatment, SOAR Classroom Blowing Rock Elementary

August 2018 – August 2019

Blowing Rock, NC

- Provided individual and co-therapy sessions for clients.
- Provided groups skills sessions for clients.
- Provided psychoeducation focused on the use of mindful movements and breathing.
- Actively participated in Child and Family Team Meetings for clients.
- Wrote clinical notes and entered them into the BUI database.

Appalachian State Marriage and Family Therapy Clinic

MFT Clinic Intern

August 2018 – May 2019

Boone, NC

- Provided individual therapy sessions for clients.
- Managed intakes and other administrative aspects of the clinic.

Center for Couple and Family Therapy

Undergraduate Practicum Student

August 2016 – May 2017

Florida State University – Tallahassee, FL

- Managed the administrative aspects of the clinic.
- Provided assistance to doctoral students in the Marriage and Family Therapy Program and to the clinical faculty.
- Actively contributed to the case conceptualization and development of evidenced-based treatment plans through observation of live sessions.

RESEARCH EXPERIENCE

Research Team Lead, Appalachian State University supervised by Dr. Kristen Benson August 2018 – Present
Gender Identity Discourse in the Wake of North Carolina HB2

- Conducted outreach to stakeholders.
- Assisted in the development of the IRB application.
- Assisted in the development of the research guide and interview questionnaire.
- Assisted in the development of the demographic questionnaire on the Qualtrics system.
- Assisted in participant recruitment and interviewing.

Graduate Research Assistant, Appalachian State University supervised by Dr. Kristen Benson August 2017 – May 2019

- Completed article searches for research purposes and prepared literature reviews.
- Assisted in administrative tasks such as completing reports.
- Assisted with the editing and preparation of manuscripts, presentations, and other material.
- Assisted in preparing materials for submission to granting agencies and foundations.
- Organized, maintained, and updated the MFT Program email account and social media content.

Qualitative Coding, Appalachian State University supervised by Dr. Kristen Benson August 2017 – January 2018
Unexpectedly Queer: Families with Trans and Gender Expansive Children

- Learned about different coding styles and received an introduction to qualitative research.
- Assisted in analyzing the data utilizing line by line coding and categorizing to determine themes.

RESEARCH PRESENTATIONS

Accepted (Canceled due to COVID-19)

Jaurequi, M. E., Kimmes, J. G., Seibert, G. S., Pocchio, K.E., **Otero-Vargas, F.N.**, & Tawfiq, D.K. (2020, Nov). *Sleep: The role of relationship satisfaction and mindfulness*. Oral poster presentation for Annual Conference, American Association for Marriage and Family Therapy, Orlando, FL.

Jaurequi, M. E., Kimmes, J. G., Garcia, K., Tawfiq, D.K., Pocchio, K.E., & **Otero-Vargas, F.N.** (2020, Nov). *Mindfulness practices, adult attachment, and relationship conflict*. Oral poster presentation for Annual Conference, American Association for Marriage and Family Therapy, Orlando, FL.

Completed:

Benson, K., **Otero-Vargas, F.**, Smith, K., Gray, C., Adams, H., Kessler, J., Randolph, C., & van Eeden-Moorefield, B. (2018, Nov). *Gender Identity Discourse in the Wake of North Carolina HB2*. National Council on Family Relations Annual Conference.

PUBLICATIONS

Journal Articles

Otero-Vargas, F., Selice, L., Mosely, M., Lancaster, M. (Under Review). *Clinical Connections: A Framework for Relationally Focused Therapy in a Digital World*.

Otero-Vargas, F. (In Progress). *A systematic research synthesis of parenting in Puerto Rican families and child outcomes*.

Selice, L., **Otero-Vargas, F.**, Roberts, K., & Kimmes, J. (In Progress). *Trait mindfulness and commitment: The role of empathy*.

Chapters

Otero-Vargas, F., & Wu, Q. (In Progress). Chapter 6: Central and East Asia. In *Women and Sexuality: Global Lives in Focus*. Santa Barbara, CA: ABC-CLIO.

TEACHING EXPERIENCE

Instructor of Record

August 2020 – Present

FAD2230 (Online – Synchronous): *Family Relationships, A Lifespan Development Approach*
Florida State University – Tallahassee, FL

- Instructor of record for three sections consisting of 60 students.
- Constructs the course syllabus and all course assignments, quizzes, and exams.
- Creates lesson plans and teaches a theory intensive course, integrating current events to further explain concepts.
- Integrates multimedia approaches and uses instructional technology to enhance pedagogical approach.
- Provides feedback in a timely manner and responds to day-to-day course correspondence.

Graduate Teaching Assistant

May 2020 – July 2020

FAD 4932 (Online – Asynchronous): *Pre-Professional Development in Family and Child Sciences*
Florida State University – Tallahassee, FL

- Assisted with grading student assignments.
- Available to guest lecture for a chapter, including developing the content, creating the Power Point, and recording the lecture.
- Provided feedback in a timely manner and responded to day-to-day course correspondence.

Graduate Teaching Assistant

August 2019 – May 2020

FAD 3343 (Online): *Contexts of Adult Development and Aging, Online Instruction*
Florida State University – Tallahassee, FL

- Held responsibility in grading labs, critical analysis papers, quizzes, and other assignments.
- Provided feedback in a timely manner and responded to day-to-day course correspondence.

Teacher Training Recognition

August 2019

Program for Instructional Excellence (PIE)
Florida State University – Tallahassee, FL

PROFESSIONAL EXPERIENCE

Professional Conference Coordinator, Appalachian State University

September 2018

It's a Family Affair: Trauma, Perinatal Mental Health, and Systemic Therapy in Practice

- Contracted featured speaker based off of students' reported areas of interest.
- Obtained Continuing Education Hours for professionals.
- Coordinated with Appalachian State University services to book conference location.
- Managed all aspects of the conference including planning, set-up, registration, fee collection, certifications, and evaluations.

PROFESSIONAL AFFILIATIONS

Journal of Marriage and Family Therapy (JMFT), Apprentice Reviewer

2019 – Present

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

2018 – Present

- Margins to Center: Cultural Connections among C/MFTs – topical interest network

2019 – Present

North Carolina Association of Marriage and Family Therapy

2017 – 2019

Yoga Alliance, Registered Yoga Teacher – 200 Hours

2017 – Present

HONORS AND AWARDS

Ruth Dales Scholarship, Florida State University

2020

Florence Smith McAllister Endowed Fellowship Fund, Florida State University

2020

Adelaide D. Wilson Graduate Fellowship Endowment Fund Scholarship, Florida State University

2019

McKnight Doctoral Fellowship

2019 – Present

Graduated Summa Cum Laude, Appalachian State University

2019

Outstanding Educational Program, Appalachian State University

2019

Membership Development Award, Appalachian State University (Nominated)

2019

Recipient of the Health Resources & Services Administration (HRSA) Grant, Appalachian State University

2018 – 2019

The Graduate Student Government Association Research Travel Presentation Award, Appalachian State University

2019

North Carolina Tuition Scholarship, *Appalachian State University* 2017 – 2018
Graduated Cum Laude, *Florida State University* 2017

STUDENT LEADERSHIP

President, Graduate Student Advisory Council – College of Human Sciences, *Florida State University* 2020 – Present
Co-President, Student Association for Marriage and Family Therapy, *Appalachian State University* 2018 – 2019
Student Representative, Student Association for Marriage and Family Therapy, *Appalachian State University* 2017 – 2018

STUDENT ORGANIZATION MEMBERSHIPS

The Fellows Society | *Florida State University* 2019 – Present
Student Association of Marriage and Family Therapy | *Appalachian State University* 2017 – 2019
National Society of Collegiate Scholars | *Florida State University* 2013 – 2017
Phi Eta Sigma Honor Society | *Florida State University* 2013 – 2017
Order of Omega Greek Honor Society | *Florida State University* 2013 – 2017

CONFERENCES ATTENDED

McKnight Mid-Year Research and Writing Conference, Tampa, FL 2020
35th Annual McKnight Fellows Meeting - 23rd Annual Graduate School Conference, Tampa, FL 2019
American Association for Marriage and Family Therapy, Austin, TX 2019
McKnight Doctoral Fellows' Orientation Meeting, Tampa, FL 2019
American Association for Marriage and Family Therapy, Louisville, KY 2018
National Council on Family Relations Annual Conference, San Diego, CA 2018
Appalachian State Student Association of Marriage and Family Therapy Annual Conference, Boone, NC 2018
North Carolina Marriage and Family Therapy Association Annual Conference, Winston Salem, NC 2018
Appalachian State Student Association of Marriage and Family Therapy Annual Conference, Boone, NC 2017

TRAININGS RECEIVED

At-Risk for University College Faculty and Staff 2020
Treating Interpersonal Violence Collaborative Collegiate Clinical Training, *Florida State University* 2020
The Gottman Research Institute – A Research-Based Approach to Relationships (Level 1), *Florida State University* 2019
Institutional Review Board Human Subjects Training, *Florida State University* 2019
Program for Instructional Excellence (PIE), TA Training, *Florida State University* 2019
LGBTQ+ Inclusive Therapy Training, *Appalachian State University* 2017
Institutional Review Board Human Subjects Training, *Appalachian State University* 2017
Online Suicide Prevention Gatekeeper Training, *Appalachian State University* 2017
Allies & Safe Zones 101, *Florida State University* 2017
Registered Yoga Teacher – 200 Hour Training, *Palm Beach Gardens, FL* 2017

DEPARTMENT & PROGRAM SERVICE

Student Interview Coordinator and Program Representative, *Florida State University* 2020

- Facilitated correspondence with perspective students throughout the entire interview process
- Organized resources, housing, and transportation for interviewees
- Participated in day-long interview process

STUDENT SERVICE

Team Leader for Panhellenic Recruitment, *Florida State University* 2015 – 2016
Logistics Chair for PAVE (Promoting Awareness, Victim Empowerment), *Florida State University* 2015
Team Ambassador for Relay for Life, *Florida State University* 2015 – 2016
Recruitment Counselor for Panhellenic Recruitment, *Florida State University* 2014 – 2016
Charter Member of the Alpha Omicron Pi Fraternity – Alpha Pi Chapter, *Florida State University* 2013

OUTSIDE SERVICE

Tom Moore 5K for Huntington's, NCAMFT, <i>Boone, NC</i>	2019
Personal Care Product Drive with W.A.M.Y Community Action, SAMFT, <i>Boone, NC</i>	2018
Voter Registration, <i>Boone, NC</i>	2018
Hospitality House of Northwest North Carolina, <i>Boone, NC</i>	2018
Damayan Garden Project, Community Volunteer, <i>Tallahassee, FL</i>	2017
Team Ambassador, Relay for Life, <i>Tallahassee, FL</i>	2015-2016