

Stephanie Zepeda, PhD, LMFT-S

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Conversations Change Everything...

Education:

B.A., Psychology & Biology (Double Major), University of Dallas, Spring 2008

Psychology Qualitative Thesis - *Phenomenology of Ending a Marriage: An Analysis of Realizing Divorce As Imminent*

Psychology Quantitative Thesis - *The Effect of Sex and Distance on Door-Holding*

Biology Thesis - *Major Histocompatibility Complex and Effect on Mate Choice*

M.A., Marriage & Family Therapy, Saint Mary's University, Summer 2010

Ph.D., Marriage & Family Therapy, with concentration in Applied Neuroscience,
Saint Mary's University, Summer 2014

Dissertation - *Social Support and Pain: Neuroimaging of Head and Neck Radiation Patient's Experience*

License:

Licensed Marriage and Family Therapist in State of Texas #201617 (as of 2010) Accredited MFT Program

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- Fall 2022 to Present: Associate Professor and Program Director
 - Spring 2020 to Present - Assistant Professor and Program Director
 - Fall 2016 to Spring 2020 - Assistant Professor and Clinical Director
 - Summer 2012 to Fall 2016 – Practicum Supervisor, Core Faculty Adjunct Professor (*see teaching experience below*), Screening, Brief Intervention, and Referral to Treatment (SBIRT) program integration head

Clinical Experience:

Summer 2015 – Present: Stephanie Zepeda, PhD, LMFT, PLLC

- Owner of part-time private practice located in Houston, TX
- Serving couples, families, and individuals with psychotherapy and financial therapy

Spring 2011 – Summer 2017: UT MD Anderson Cancer Center – Palliative Care & Integrative Medicine Programs

- Summer 2014 – Summer 2017
 - Study manager for a web-based couples versus individual stress reduction study for participants with lung cancer
 - Responsible clinician for recruiting, consenting, and administering web-based couples therapy intervention for aforementioned study
- Summer 2012 – Summer 2017

Gabel-Zepeda, S., & Gil-Wilkerson (June 2023) Ethics Update. *Life Changing Conversations 2023 Conference*. Houston, TX Oral Presentation.

Gabel-Zepeda, S., Gil-Wilkerson, A., Runaas

TX. Oral Presentation.

- Gabel-Zepeda, S** & Novian, A. (June 2019) *The Neurointegrative Mind: A Postmodern Conceptualization of Neuroscience*. Life Changing Conversations 2019 Conference. Houston, TX. Oral Presentation.
- Barger, A. & **Gabel-Zepeda, S.** (Feb 2019) *Helping Families Through Physical Trauma*. Texas Association of Marriage & Family Therapy 2019 Conference. Austin, TX. Poster Presentation.
- Runaas, C., Edinger, S., Renteria, A, & **Gabel Zepeda, S.** (Feb 2019) *Trauma and Resilience Through the Postmodern Lens*. Texas Association of Marriage & Family Therapy 2019 Conference. Austin, TX. Oral Presentation.
- Gabel-Zepeda, S.** & Way, A. (April 2018) *Discussion on Making Space for Spirituality in Psychotherapy*. Life Changing Conversations 2018 Conference. Houston, TX. Oral Presentation.
- Gabel-Zepeda, S.** (March, 2018) *Screening, Brief Intervention, Referral to Treatment (SBIRT): A strengths-based approach to substance use disorders*. Texas Association of Marriage and Family Therapists 2018 Pre-Conference Presentation. Irving, TX. Oral Presentation.
- Gabel-Zepeda, S.,** & Bohanon, L. (November, 2017) *Improving therapist efficacy using client feedback*. Texas Psychological Association Conference 2017. Houston, TX. Oral Presentation.
- Gabel-Zepeda, S.** & Carleton, D. (April, 2017) *Getting Started: Collaborative ideas on beginning conversations*. Life Changing Conversations 2017 Conference. Houston, TX. Oral Presentation.
- Gabel-Zepeda, S.** & Bohanon, L. (April, 2017) *Using client feedback to improve therapist efficacy and therapeutic relationship*. Life Changing Conversations 2017 Conference. Houston, TX. Oral Presentation.
- Edinger, D. S., Runaas, C., Roper, T., Stringer, S., & **Gabel Zepeda, S.** (February, 2017) *Marriage and family therapy graduate students in collaborative learning groups*. Texas Association of Marriage & Family Therapy 2017 Conference. Austin, TX. Poster Presentation.
- Castillo, M., Saldivar, B., Perez, M., Zepeda, J., & **Gabel-Zepeda, S.** (2016) *Latin@, Pero No Habla: The experiences of being 'Entre-cultural'*. Justicia Conference. San Antonio, TX. Oral Presentation.
- Gabel Zepeda, S.** Associate Member requirements for full licensure (2015) Texas Association of Marriage & Family Therapy 2015 Conference. Austin, TX. Oral Presentation.
- Gabel Zepeda, S.,** Prinsloo., S, Lyle, R., Tubbs, C., Wilkens, N., Garcia, S., Rosenthal, D., & Cohen, L. (2014) *EEG Neuroimaging and Social Support in Head and Neck Cancer Patients Experiencing Radiotherapy Pain*. Society of Integrative Medicine. Houston, TX. Poster Presentation.

Gabel Zepeda, S., Milbury, K., Ratcliff, C., Chaoul, A., Hall, M., Spelman, A., Wangyal, T., Engle, R., & Cohen, L. (2014). *Association between Body Mass Index and Sleep Disturbances in Women with Cancer Receiving Chemotherapy*. MD Anderson Survivorship Conference. Poster Presentation.

Gabel Zepeda, S. *Associate Member requirements for full licensure* (2014) Texas Association of Marriage & Family Therapy. Sugarland, TX. Oral Presentation.

Carleton, D., & **Gabel-Zepeda, S.** (2013) *Developing and Managing a Successful Private Practice Within a Collaborative Perspective*. Conversation Fest International Conference. League City, TX. Oral Presentation.

Lyle, R., Prinsloo, S., & **Gabel, S.** (2010) *The Brain, The Couple & The Family in Complex Relations*. Texas Association of Marriage & Family Therapy. San Antonio, TX. Oral Presentation.

Gabel, S. (2007). *After You: The Effects of Sex and Distance on Door Opening*. Southwestern Psychological Association. Fort Worth, TX. Oral Presentation.

Invited Presentations:

Gabel Zepeda, S. (April, 2023) *Connection to Others; An Ethical Stance on Technology and Human Interaction*. OLLU Houston Alumni CEU event. Online, Oral Presentation.

Gabel-Zepeda, S. (July, 2022) *AI, Metaverse & Telehealth: Ethical Considerations*. Texas Association of Marriage and Family Therapists CEU event. Online, Oral Presentation.

Gabel-Zepeda, S., Solorzano, B., Johnathan, N., & Burke, J. (November, 2021). *University Perspectives on Adjusting to Telehealth*. AAMFT Telehealth & Technology Interest Network. Online, National Oral Presentation.

Gabel-Zepeda, S. (October, 2021) *Artificial Intelligence & Therapy: How MFTs can utilize burgeoning technologies for systemic change*. AAMFT Telehealth & Technology Interest Network. Online, National Oral Presentation.

Gabel-Zepeda, S. (May, 2021) *Technology Assisted Services: An Update*. Texas Association of Marriage and Family Therapists CEU event. Online, Oral Presentation.

Gabel-Zepeda, S., Levin, S, & Gil-Wilkerson, A. (May, 2021) *The Supervisory Relationship via Technology* Houston Association of Marriage and Family Therapists CEU event. Online. Oral Presentation.

Gabel-Zepeda, S. (January, 2021) *Connection during Covid*. Invited speaker at OLLU Power Hour Series. Oral Presentation.

Gabel-Zepeda, S. (April, 2019) *Technology Assisted Services: An Update*. Houston Association of Marriage and Family Therapists CEU event. Houston, TX. Oral Presentation. **Houston Association of Marriage and Family Therapists**

& Lawyers, Oh My! (And Other Topics): An Ethics Update. Houston Association of Marriage and Family Therapists. Houston, TX

Cohen, L. (2019) Exploratory Study of Low Resolution Electromagnetic Tomography (LORETA) Real-Time Z-Score Feedback in the Treatment of Pain in Patients with Head and Neck Cancer. *Brain Topography*, 32, 283-285

Ratcliff, C.G., Prinsloo, S., Chaoul, A., **Zepeda, S.G.**, Cannon, R., Spelman, A., Yang, W., & Cohen, L. (2018). A randomized controlled trial of brief mindfulness for women undergoing stereotactic breast biopsy. *Journal of the American College of Radiology*.

Prinsloo, S, **Gabel, S**, Data, L., Lyle, R. (2014). Neurofeedback for chemotherapy induced neuropathic symptoms: a case study, *Journal of Neuroregulation*, 1 (2), 165-172.

Prinsloo, S., **Gabel, S.**, Lyle, R., & Cohen, L. (2014) Neuromodulation of Cancer Pain. *Integrative Cancer Therapies*, 13 (1), 30-37.

Levin, S., & **Gabel, S.** (2012). Power and powerful therapeutic relationships. *Family Therapy Magazine*, 6, 11-14

~~Prinsloo, S., Gabel, S., Lyle, R., & Cohen, L. (2014) Neuromodulation of Cancer Pain. Integrative Cancer Therapies, 13 (1), 30-37.~~

Awards and Honors:

University of Dallas (2003–2008)

- Classics Scholarship Award & Trustee Scholarship Award
- Dean's List: Fall 2003–Spring 2004, Spring 2005, Fall 2006–Spring 2008
- Graduated *Magna Cum Laude* in Spring 2008
- Psi Chi National Honors Society in Psychology in Spring 2007
- Phi Beta Kappa National Honors Society in Spring 2008

St. Mary's University, Marriage and Family Therapy Program (2008-2014)

- Dean's List every semester during Masters and Doctoral courses
- Distinguished Master's Graduate: Fall 2010 (Equivalent of *Summa cum laude*)

MD Anderson Cancer Center

- Cancer Prevention Fellowship under R25 grant Integrative Medicine Program: Spring & Summer 2011. Research on Neuromodulation and Pain
- Cancer Prevention Fellowship under R25 grant Gynecologic Oncology Program: Summer 2005 & Summer 2006. Research on Rb2 Gene Expression and ovarian neuroblastoma

Houston Galveston Institute

- Faculty Member: Fall 2014 - present

Taos Institute

- Faculty Member: Fall 2017 – present

Our Lady of the Lake University

- Graduate Assistant Award for publication of research: December 2017
- Delta Kappa (MFT honors society) – Sigma Chapter: August 2017
- Agnes M. (Lehman) Gloyna Award for Technology Innovation in Teaching and Learning: 2020

Languages:

Latin

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