

Heather Morgan-Sowada, PhD, LMFT

Doctor of Philosophy of Psychological and Quantitative Foundations

Licensed Marriage and Family Therapist

Phone: 319-210-8093

Email: hmorgan-sowada@mtmercy.edu

heather@resolutetherapy.org

I. EDUCATION

Ph.D. 2018	The University of Iowa Psychological and Quantitative Foundations with a Specialization in Couple and Family Therapy
M.A. 2012	Mount Mercy University Marriage and Family Therapy
B.A. 2009	Mount Mercy University Psychology

II. PROFESSIONAL EXPERIENCE

2017 - Present	Assistant Professor of Marriage and Family Therapy - Mount Mercy University, Marriage and Family Therapy Masters and Doctoral Program, Cedar Rapids, Iowa.
2019 – Present	Licensed Marriage and Family Therapist; Owner – Resolute Therapy, LLC, Body Dysmorphic Disorder Clinic of Iowa, Hiawatha, Iowa.
2012- 2019	Licensed Marriage and Family Therapist – Cornerstone Brief Therapy, Cedar Rapids, Coralville, Iowa.
2019- Present	AAMFT Approved Supervisor AAMFT Approved Meta-Supervision provided by: Dr. Jacob Christenson and Dr. Volker Thomas; approved April 2019
2016 - 2018	Elections Chair - Board Member for Iowa Association of Marriage and Family Therapy.
2015- 2017	Clinical Coordinator; LGBTQ Clinic in Psychological and Qualitative Foundations Department (P&Q) – The University of Iowa Supervisors: Dr. Jacob Priest & Dr. Armeda Wojciak

III. PROFESSIONAL MEMBERSHIPS AND LICENSURE

American Association for Marriage and Family Therapy (Member since 2010)
Iowa Association of Marriage and Family Therapy (Member from 2010 - 2018)
Licensed Marriage and Family Therapist in the state of Iowa (license #000388)

IV. RESEARCH PRESENTATIONS

A. Research Presentations

Morgan-Sowada, H., Chaimberlain, T., & Wojciak, A. (2019, August) Parent-Child Bonds, Childhood Maltreatment, and Suicide attempts in Individuals with Body Dysmorphic Disorder. Research presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Austin, Texas.

Gamboni, C., Gutierrez, D. & **Morgan-Sowada, H.** (2017, October) Mental Health Organization's Varied Stances on Sexual Orientation Change Effort (SOCE) Practices. Poster presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Atlanta, Georgia.

Morgan-Miller, H. (2017, April) Body Dysmorphic Disorder: Viewing BDD Through a Family Systems Lens. Guest speaker presentation at the annual meeting of the Iowa Association for Marriage and Family Therapy (IAMFT) Conference, Cedar Rapids, Iowa.

Morgan-Miller, H., Benoit-Pagano, J., & Wojciak, A.. (2016, September) Parent-Child Bonds, Suicide, and Body Dysmorphic Disorder. Poster presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Indianapolis, Indiana.

Morgan-Miller, H. (2016, September) Treatment of Body Dysmorphic Disorder with Systems Theory. Poster presentation at the annual meeting of the American Association for Marriage and Family Therapy (AAMFT) Conference, Indianapolis, Indiana

Benoit, J., **Morgan-Miller, H.,** & Wojciak, A. (2015, June) Parent-Child Bonding and its Relationship with Suicidal Ideation in Youth with BDD. Poster Presentation at the annual meeting of the American Family Therapy Academy, Vancouver, Washington

B. Community Presentations

Article Presentation: titled: "A Call for a Ban on Conversion Therapy." Presented for Ethical and Professional Issues in Marriage and Family Therapy Course in fall 2016.

Poster Presentation: titled: "Solution Focused Brief Therapy: An Alternative Treatment for Body Dysmorphic Disorder? And Consequent Effects on Brain Structures." Presented for Research Methods course in fall of 2013.

Guest Speaker/Presenter: titled: "MFT's and Your Community," Presented for Family Law Attorneys at Simmons, Perrine, Moyer, Bergman Law Firm in fall 2019.

Guest on podcast "Conversations with Interesting People" with Dr. Adam Woods, summer 2019. <https://www.youtube.com/watch?v=ZLjyohqgAco>

V. PUBLICATIONS

A. Press Embargo

Morgan-Sowada, H. (2018) Relationships and attachment in individuals with body dysmorphic disorder: A qualitative study (Unpublished doctoral dissertation – in 2 year embargo for other publication purposes). University of Iowa, Iowa City, IA.

B. In Press

None at this time.

C. In Print

Gamboni, C., Gutierrez, D., **Morgan-Sowada, H.** (2018) Mental Health Organization's Varied Stances on Sexual Orientation Change Effort (SOCE) Practices. *American Journal of Marriage and Family Therapy*, 46(1), 96-105. DOI:10.1080/01926187.2018.1437572
*Impact factor .48**

VI. TEACHING EXPERINCE

Morgan-Sowada, H. (2019, Spring) Guest Lecture, Introduction to Counseling, Undergraduate course, Mount Mercy University.

Morgan-Sowada, H. (2019, Spring) Assistant Professor, Advanced Research Methods II in Marriage and Family Therapy, doctoral graduate course, Mount Mercy University.

Morgan-Sowada, H. (2018, Fall) Assistant Professor, Advanced Research Methods I in Marriage and Family Therapy, doctoral graduate course, Mount Mercy University.

Morgan-Sowada, H. (2018, Fall) Assistant Professor, Advanced Ethics in Marriage and Family Therapy, doctoral graduate course, Mount Mercy University.

Morgan-Sowada, H. (2018, Summer) Assistant Professor, Pre-Practicum, Masters graduate course, Mount Mercy University.

Morgan-Sowada, H. (2018, Spring) Assistant Professor, Psychopathology and the Family, Masters graduate course, Mount Mercy University.

Morgan-Sowada, H. (2018, 2019, Winter) Assistant Professor, Micro-counseling, Masters graduate course, Mount Mercy University.

Morgan-Sowada, H. (2017, Fall; 2018, Winter; 2018 & 2019, Spring 2019) Assistant Professor, Practicum I, II, III, Masters graduate course, Mount Mercy University.

Morgan-Sowada, H. (2017, Fall) Assistant Professor, Ethical and Professional Issues in Marriage and Family Therapy, graduate course, Mount Mercy University.

Morgan-Sowada, H. (2017, Fall) Assistant Professor, Research Methods in Marriage and Family Therapy, graduate course, Mount Mercy University.

Morgan-Miller, H. (2017, Spring) Adjunct Professor, Psychopathology and the Family, graduate course, Mount Mercy University.

Morgan-Miller, H. (2016, Fall) Adjunct Professor, Ethical and Professional Issues in Marriage and Family Therapy, graduate course, Mount Mercy University.

Morgan-Miller, H. (2016, Fall) Teaching Practicum, Teaching Assistant to Dr. Mitchell Kelly for Educational Psychology undergraduate course, University of Iowa.

Morgan-Miller, H. (2016, Fall) Teaching Practicum, Teaching Assistant to Dr. Mitchell Kelly for Seminar in College Teaching graduate course, University of Iowa.

Morgan-Miller, H. (2016, Spring) Teaching Practicum, Teaching Assistant to Dr. Volker Thomas for Advanced Marriage and Family Therapy graduate Course, University of Iowa.

Morgan-Miller, H. (2015, Fall) Seminar in College Teaching, Student, University of Iowa.

VII. CLINICAL EXPERIENCE

2019-present	Licensed Marriage and Family Therapist -Resolute Therapy, LLC, also home to Resolute Rainbows and the Body Dysmorphic Disorder Clinic of Iowa; Owner
2012-2019	Licensed Marriage and Family Therapist -Cornerstone Brief Therapy, Inc., Cedar Rapids, Coralville, Iowa
2015-2017	Clinical Therapist – LGBTQ Clinic, Lindquist Center, University of Iowa, Iowa City, Iowa
2015-2017	Clinical Coordinator - LGBTQ Clinic in RCE, University of Iowa, Iowa City, Iowa

2009-2012 **Behavioral Health Intervention Services, iCan Counselor** – Horizons,
A Mental Health Alliance, Cedar Rapids, IA.

2008-2009 **Youth Service Worker**, YSW- Tanager Place, Cedar Rapids, IA

VIII. ACADEMIC AWARDS AND HONORS

2017 Mental Health Champion Award – Iowa Mental Health Counselor Association
(IMHCA)

2015 Audrey Quails Travel Award – The University of Iowa

2015 Office of the Dean Graduate Student Travel Award – The University of Iowa

2009 Christine L. Woodruff Psychology Award – Mount Mercy University

2008 Member of Psi Chi

2006 Member of Pi Theta Kappa

VII. PROFESSIONAL TRAININGS

2020 HIPAA Awareness for Mental Health Training, certificate given, online based
program; www.hipaatraining.com

2019 Integration of EFT and Sex Therapy, Des Moines, Iowa

2019 Approved AAMFT Supervisor

2019 Youth Mental Health First Aid, Tanager Place, Cedar Rapids, Iowa

2018 Grief and Loss Throughout the Lifespan, Mercy Hospital, Cedar Rapids, Iowa

2018 Somatic Experiencing Training; Rock Island, Illinois

2013 Safe Zone Phase 1 & 2, University of Iowa, Iowa City, Iowa

2011 Mental Health First Aid Training, Horizons, A Mental Health Alliance, Cedar
Rapids, IA

2009 Bridges out of Poverty Training

2009-2012 Crisis Counseling Certificate Training, Horizons, A Mental Health Alliance,
Cedar Rapids, IA

IX. UNIVERSITY AND COMMUNITY SERVICE

- Winter 2020 Guest Speaker/Educator to Center Point Urbana Elementary School teachers and administrators, presentation on “How to best support students with Gender Dysphoria, and their parents.”
- Fall 2019 Guest speaker/presenter for Family Law Attorneys at Simmons, Perrine, Moyer, Bergman Law Firm, in fall 2019. The presentation was titled: “MFT’s and Your Community.” The focus of the presentation was about who MFT’s are, what MFT’s do, and how the Olson Clinic can assist families that are struggling during separation, divorce, or other legal issues.
- Fall 2019 Guest Lecture, Introduction to Counseling, Undergraduate course, presentation on Gender Dysphoria, Mount Mercy University.
- Spring 2019 Professional opinion: Interview with local news channel, KGAN regarding mental health disparity in Iowa.
- 2019-present Member of GPCC, Mount Mercy University.
- 2019-present Member of Gay/Straight Alliance (GSA), Mount Mercy University
- 2019-present Member of Faculty and Staff Gay Straight Alliance (GSA), Mount Mercy University.
- 2016 - 2017 Elections Chair, Board Member of Iowa Association of Marriage and Family Therapy.
- 2016 Student Interviewer, spring 2016, University of Iowa, Couple and Family Therapy Program.
- 2010-2012 Student Representative, Mount Mercy University, Marriage and Family Therapy Program.