

ANDRAÉ LEIGH DAVIS-GRIFFIN, M.S.

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PROFESSIONAL SUMMARY

Marriage and Family Therapist, program manager, and emerging scholar committed to building trauma-informed, evidence-based systems that improve educational access and relational health. Brings more than a decade of applied experience in family life education, mentoring, and program evaluation. Integrates a practitioner's empathy with a researcher's precision to address inequities affecting first-generation students, veterans, and trauma-affected families.

RESEARCH INTERESTS

- Educational Equity & First-Generation Student Success
- Trauma-Informed Policy & Systemic Resilience
- Attachment-Based Interventions in Educational and Clinical Settings
- Program Evaluation & Evidence-Based Decision Making
- Leadership Development in Higher Education

EDUCATION

Ph.D. in Educational Leadership and Policy, University of Utah (Expected 2030)
Starting Fall 2026

Master of Science, Marriage and Family Therapy
Northwestern University, Evanston, IL | September 2025 | GPA 3.6

Bachelor of Science, Family Science
Utah Valley University, Orem, UT | December 2023 | GPA 3.7 | Cum Laude

RESEARCH EXPERIENCE

Graduate Researcher, Northwestern University

Master's Thesis: A Systematized Review of Attachment-Based Interventions for Veterans and Their Partners | Supervisor: Jennifer White-VanBoxel, PhD | 2024–2025

- Conducted a systematized review examining attachment-based, trauma-informed interventions for military veterans and their intimate partners, with a focus on relational repair, co-regulation, and systemic functioning.
- Developed structured search procedures, screening criteria, and coding processes aligned with rigorous systematized review methodology.
- Completed multi-database searches (PsycINFO, PubMed, Scopus) and conducted a qualitative thematic synthesis evaluating mechanisms of change across couple-level and family-system interventions.

- Analyzed themes related to PTSD symptom reduction, dyadic coping, attachment security, emotional responsiveness, and relational stability in veteran couples.
- Drafting a manuscript for conference submission and peer-review publication; early findings were presented in a poster presentation (referenced in prior chats).
- Separately initiated development of a publishable systematic review on attachment-based systemic interventions for trauma and military families.

Research Assistant, Trauma & Systemic Interventions Lab

Northwestern University | Supervisor: Jennifer White-VanBoxel, PhD | 2024–2025

- Assisted in writing and conceptualizing a literature review and theoretical analysis, introducing a new systemic trauma intervention built on attachment and co-regulation processes.
- Supported the conversion of two dissertation chapters into journal manuscripts, including refining theoretical foundations, integrating trauma-science literature, and strengthening methodological narratives.
- Presented a conference poster on attachment disruptions, relational trauma, and systemic intervention processes.
- Contributed to research on complex trauma, relational safety, attachment injuries, and multilevel systemic change mechanisms.

Research Assistant, Newlywed Communication & Early Intervention Study

Utah Valley University | Supervisor: Jeremy Boden, PhD | 2023

- Conducted an extended literature review on communication patterns and early-intervention strategies for newly married couples.
- Synthesized empirical findings on conflict processes, emotional communication, dyadic coping, and early marital adjustment.
- Contributed to the development of evidence-informed communication modules for newlywed couples.

Director of Education & Research, Couples & Intimate Relationships Topical Interest Network

American Association of Marriage and Family Therapists (AAMFT) | 2024–Present

- Lead author of quarterly research briefs translating couple-therapy scholarship into practitioner-ready resources for AAMFT members.
- Conduct literature reviews across domains of attachment, trauma, systemic interventions, communication processes, and relational resilience.
- Collaborate with national AAMFT leadership to disseminate clinically applicable research across the professional network.

PROFESSIONAL EXPERIENCE

Utah Valley University | 2024 – Present

Program Manager, Hope Scholars Program | 2024 – Present

- Oversee the development, administration, and evaluation of the Hope Scholars Program, an academic enrichment and mentoring initiative that supports first-generation business students through financial assistance, structured mentorship, and professional development.
- Assisted in program launched in Fall 2024 with 17 students; all persisted, five graduated, three secured full-time employment, and two entered graduate programs.
- In its second year, the program has expanded to 45 scholars, 37 of whom are current scholarship recipients, with eight additional students in the application process.
- Core Responsibilities include leading strategic planning, scholarship administration, budgeting, donor relations, and program evaluation.
- Design and facilitate monthly workshops focused on leadership development, career readiness, financial literacy, and personal well-being.
- Provide individualized mentoring to each scholar, addressing academic progress, emotional resilience, and navigation of institutional systems and the hidden curriculum.
- Collaborate with university leadership, faculty, donors, and community partners to expand resources and professional pathways for first-generation students.
- Collect and analyze data related to student GPA, retention, graduation, employment outcomes, and sense of belonging to assess program impact and inform continuous improvement.

Adjunct Instructor, Department of Family Science | 2026 – Present

- Teach FAMS 3250: Applied Parenting in an accelerated online format.
- Facilitate student learning through discussion, assessment, and individualized feedback.
- Support student success through inclusive and evidence-based teaching practices.
- Manage course delivery and grading through Canvas LMS.

Tranquility Counseling Services | June 2024 – Present

Associate Licensed Marriage and Family Therapist

- Provide individual, couple, and family therapy with a specialization in trauma, PTSD, and complex trauma (C-PTSD).
- Work is grounded in attachment theory, nervous system regulation, and trauma-informed systemic therapy.
- Support clients navigating religious trauma, identity reconstruction, and post-traumatic growth.
- Specializing in betrayal trauma and emotional abuse recovery.

- Expert in anxiety, depression, and trauma-related dysregulation in individuals and couples.
- Clinical responsibilities include conducting intakes, assessments, and systemic case conceptualizations, creating and implementing treatment plans using integrative systemic therapy, DBT, and mindfulness-based approaches.
- Collaborate with supervisors and multidisciplinary teams to ensure ethical and evidence-based care.
- Maintaining progress notes and providing crisis support when appropriate.
- Responsible for helping clients reclaim safety in their bodies, cultivate secure connections, and break generational cycles with compassion and clarity.

American Association for Marriage and Family Therapists (AAMFT) | January 2025 – Present

Director of Education and Research – Couples Topical Interest Network (CIRTIN)

- Oversee educational initiatives and research dissemination for CIRTIN, a national network within AAMFT dedicated to advancing clinical practice and scholarship in couple and relational therapy.
- Develop quarterly research briefs for over 600 members.
- Translate emerging findings into accessible clinical resources.
- Collaborate with practitioners and scholars to promote evidence-informed interventions.
- Assist in planning webinars, professional development opportunities, and research partnerships that strengthen the bridge between clinical practice, theory, and current research in couple and intimate relationship therapy.

Griffin Jiu Jitsu Academy | 2017 – 2024

Women’s Empowerment & Self-Defense Instructor

- Conduct empowerment workshops integrating psychology and physical defense training.
- Collaborate with schools and community organizations to expand access to confidence-building education.

INTERNSHIP EXPERIENCE

Marriage and Family Therapy Intern

Tranquility Counseling Services | August 2024 – August 2025

- Provide therapy under supervision to individuals, couples, and families presenting with trauma, relational distress, anxiety, and depression.
- Utilize attachment-based and trauma-informed systemic approaches to support client growth and resilience.
- Conduct intakes, biopsychosocial assessments, and case conceptualizations with supervisor guidance.

- Develop and implement treatment plans incorporating Integrative Systemic Therapy (IST), DBT-informed, and mindfulness-based interventions.
- Collaborate regularly with supervisors and multidisciplinary teams to ensure ethical, evidence-based, and culturally responsive care.
- Support clients navigating issues related to religious trauma, identity development, and post-traumatic growth.
- Facilitate healing for clients experiencing betrayal trauma, emotional abuse, and high-conflict relationships.
- Maintain detailed progress notes and documentation in compliance with agency and state requirements.
- Participate in weekly supervision focused on case conceptualization, therapeutic presence, and clinical skill development.
- Foster client safety, self-compassion, and secure attachment through an attuned and collaborative therapeutic process.

Stronger Families Project

Utah Valley University | August 2023 – December 2023

- Facilitated psychoeducational sessions on family communication and emotional regulation.
- Collected feedback and contributed to curriculum refinement.

VOLUNTEER LEADERSHIP

Merchandise Director & Social Media Manager – *Follow the Flag, Pleasant Grove, UT* | 2019 – 2022

- Directed branding and engagement campaigns for a national nonprofit.

Program Coordinator/Board Member – *Patriot Kids Camp, Pleasant Grove, UT* | 2020 – 2022

- Created experiential education programs emphasizing citizenship and service.

SKILLS

- Program Evaluation & Educational Research
- Policy Analysis & Systems Change
- Mixed-Methods Design & Data Analysis
- Trauma-Informed and Attachment-Based Frameworks
- Grant Writing & Academic Publication
- Leadership & Curriculum Development

AWARDS AND HONORS

- **Dean's List**, Utah Valley University (2022, 2023)

- **Cum Laude Graduate**, Utah Valley University (2023)

PROFESSIONAL CERTIFICATIONS & SPECIALIZED TRAINING

Certified Specialist in Trauma Registries (CSTR)

Arizona Trauma Institute | Issued April 2023

Domestic Violence Prevention Certification

Utah Domestic Violence Coalition | Issued February 2023

REFERENCES

Available upon request.