

# ***Robert R. Freund, PhD, LMHC, QS***

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## **EDUCATION:**

### *Graduate:*

#### ***Ph.D. Counselor Education\****

***December 2016***

Dissertation Title:

*Assessing Processes of Connection and Development in Observations of the Therapeutic Relationship*

Florida Atlantic University, Boca Raton, FL

#### ***M.Ed. Counselor Education – Mental Health\****

***December 2013***

Florida Atlantic University, Boca Raton, FL

#### ***M.A. Experimental Psychology (Human Development)***

***May 2010***

Florida Atlantic University, Boca Raton, FL

Thesis Title: *Gestures and Learning About Objects*

### *Undergraduate:*

#### ***B.A. Psychology***

***May 2008***

Minor focus: Sociology

Florida Atlantic University, Boca Raton, FL

\*CACREP Accredited Program

## **PROFESSIONAL CREDENTIALS:**

Florida State Licensed Mental Health Counselor

License No. MH14002

Florida State Qualified Supervisor (MH & MFT)

License No. MH14002

## **TEACHING EXPERIENCE:**

#### ***Assistant Professor***

***January 2022 – Present***

*Lynn University, Boca Raton, FL*

Serving as assistant professor in the clinical mental health program to master's level students

Courses taught:

- CSL 680: Counseling Techniques (Summer 2022, 2 sections)
- CSL 700: Clinical Internship (Summer 2022)
- CSL 560: Human Growth & Development (Spring 2022, 2 sections)
- CSL 688: Seminar Course – Marriage, Family & Couples Counseling (Spring 2022)
- CSL 660: Trauma & Community Counseling (Spring 2022, 2 sections)

#### ***Assistant Professor***

***January 2020 – December 2021***

*Nova Southeastern University, Davie, FL*

Served as assistant professor in the clinical mental health program to master's level students

Courses taught:

- PYCL 502: Counseling Theories and Practices (Fall 2021)
- PYCL 0507: Research Methods (Winter 2020)
- PYCL 0511: Introduction to Counseling Techniques (Summer 2020, Fall 2020, Winter 2021, Summer 2021, Fall 2021)
- PYCL 0582: Human Sexuality (Fall 2020 [online and live], Winter 2021 [online and live], Summer 2021 [online and live], Fall 2021 [online])
- PYCL 0699: Advanced Treatment Interventions and Techniques (Summer 2020)
- PYCL 0645: Couples and Family Therapy (Fall 2020 [online], Winter 2021 [online])
- PYCL 0680: Counseling Practicum (Fall 2021)

**Adjunct Instructor/ Co-Instructor**

Florida Atlantic University, Boca Raton, FL

Served as an adjunct instructor in the clinical mental health program to undergraduate and master's level students

Courses taught:

- SLS 1503: Learning Strategies and Human Development (Fall 2012)
- SDS 4410: Interpersonal Communication (online) (Spring 2016; Summer 2018)
- SDS 3340: Career Development (online) (Fall 2019)
- MHS 5005: Processes in Counseling (Summer 2015 [co-instructor]; Summer 2016 [co-instructor]; Spring & Summer 2017; Spring 2019, Summer 2019)
- MHS 5428: Counseling Special Needs Populations (online) (Fall 2019)
- MHS 5930: Special Topics in Counseling (Couples Counseling Theories and Techniques) (Summer 2014 [co-instructor])
- MHS 5930: Special Topics in Counseling (Nonverbal Behavior and Affect Research) (Fall 2015 [co-instructor])
- MHS 6070: Psychopathology in Counseling (Summer 2018)
- MHS 6401: Counseling Theories & Techniques (Fall 2018)
- MHS 6470: Counseling Human Sexuality (Summer 2019, Fall 2019)
- MHS 6482: Lifespan Development (online) (Fall 2018)
- MHS 6800: Practicum in Counseling (Spring 2019)

**Adjunct Instructor**

May 2016 – August 2016; January 2019 – December 2019

Lynn University, Boca Raton, FL

Served as an adjunct instructor for master's level counseling students in the clinical mental health program

Courses taught:

- CSL 670: Substance Abuse Counseling (Summer 2019)
- CSL 640: Social & Cultural Foundations in Counseling (Fall 2019)
- FOR 450: Forensic Case Studies (Fall 2019)
- PSY 100: Human Behavior (Spring 2019)
- PSY 250I: Developmental Psychology (online) (Spring 2019)
- PSY 690Q: Legal & Ethical Issues in Counseling (Summer 2016)

**Visiting Assistant Professor**

August 2017 – July 2018

SUNY Oswego, Oswego, NY

Served as a visiting assistant professor and program coordinator for the university's branch campus in Syracuse, NY. Duties involved providing counseling education and supervision, as well as managing the branch campus internship program and growing departmental presence in downtown Syracuse.

Courses taught:

- CPS 391: Introduction to Family
- CPS 510: Counseling Processes and Theories
- CPS 515: Counseling Internship
- CPS 512: Counseling Practicum
- CPS 560: Substance Abuse Counseling
- CPS 451: Group Counseling

**Adjunct Instructor**

May – August 2017

Keiser University, Boca Raton, FL

Served as an adjunct instructor in the clinical mental health program to master's level students

Course taught:

- MHC 542: Counseling Intervention and Treatment Planning

**Lecturer**

August 2016 – August 2017

Lynn University, Boca Raton, FL

Served under a one-year contract in the clinical mental health program as a full time lecturer to master's level students

Course subjects taught include:

- CSL 510: Professional Counseling Identity & Issues
- CSL/PSY 640: Social & Cultural Foundations (online)
- CSL 650: Human Sexuality Counseling
- CSL/PSY 685i: Career Development (online)
- CSL/PSY 690: Legal & Ethical Issues in Counseling
- CSL 688Q: Seminar in Counseling & Applied Psychology
- CSL 620: Indv. Testing & Assessment
- CSL 560: Human Growth & Development

**Graduate Assistant**

August 2014 – August 2015

Florida Atlantic University, Boca Raton, FL

Provided supervision and training to master's level students in FAU's Counselor Education program in collaboration with Dr. Carman Gill; this was completed for multiple semesters over the course of one year.

Courses served:

- MHS 6800: Advanced Practicum in Counseling
- MHS 6830: Internship in Mental Health Counseling

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### **REFEREED JOURNAL PUBLICATIONS:**

- Luedke, A., Peluso, P. R., Diaz, P. D., **Freund, R. R.**, & Baker, A. Z. (2017). Predicting dropout in counseling using affect coding of the therapeutic relationship: An empirical analysis. *Journal of Counseling Development, 95*, 125 – 134.
- Peluso, P. R., & **Freund, R. R.** (2018). Therapist and client emotional expression and psychotherapy outcomes: A meta-analysis. *Psychotherapy, 55*(4), 461-472.
- Peluso, P.R., **Freund, R.**, Gottman, J. M., Gottman, J. S., & Peluso, J. P. (2019). Validation of the Gottman Negative Comparisons for Alternatives Scale. *The Family Journal, 27*(3), 261-267.
- Freund, R. R.**, Gill, C. S., & Katz, J. A. (2019). Understanding Counselor Values Conflict Through the Lens of Adlerian Social Interest. *Journal of Individual Psychology, 75*(4), 299-312.
- Freund, R. R.**, Gill, C. S., & Ainbinder, D. A. (2021). Wellness tribe: Gamification of the IS-WEL Adlerian based model of wellness. *Journal of Individual Psychology, 77*(1), 102-116.
- Baker, A., Peluso, P.R., **Freund, R.**, Diaz, P. & Ghaness, A. (2021). Using Dynamical Systems Mathematical Modelling to Examine the Impact Emotional Expression on the Therapeutic Relationship: A Demonstration Across Three Psychotherapeutic Theoretical Approaches. *Psychotherapy Research*, DOI: 10.1080/10503307.2021.1921303
- Torres, A., Diaz, P., **Freund, R.**, Baker, T., Baker, A., & Peluso, P.R., (2021). The Relationship of Outcomes and the Therapeutic Working Alliance in Vocational Rehabilitation Counseling. *Journal of Vocational Rehabilitation, xx*, xx-xx. DOI:10.3233/JVR-211165

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### **BOOKS & CHAPTER PUBLICATIONS:**

- Freund, R. R.** (2018). Developmental Models of Spirituality. In C. S. Gill and R. R. Freund (Eds), *Spirituality and Religion in Counseling: Competency-Based Strategies for Ethical Practice*. New York, NY: Routledge.
- Freund, R. R.**, Baker, A. Z., & Peluso, P. R., (2018). Spiritual Processes in Adlerian Counseling. In C. S. Gill and R. R. Freund (Eds), *Spirituality and Religion in Counseling: Competency-Based Strategies for Ethical Practice*. New York, NY: Routledge.
- Baker, A. Z., & **Freund, R. R.**, (2018). Addressing Spiritual themes in Narrative Therapy. In C. S. Gill and R. R. Freund (Eds), *Spirituality and Religion in Counseling: Competency-Based Strategies for Ethical Practice*. New York, NY: Routledge.
- Gill, C. S., & **Freund, R. R.** (Eds.). (2018). *Spirituality and Religion in Counseling: Competency-Based Strategies for Ethical Practice*. New York, NY: Routledge.
- Peluso, P.R., & **Freund, R. R.** (2019). A Meta-Analysis of Emotional Expression in the Therapeutic Relationship. In Norcross, J. C. (Ed.) *Psychotherapy Relationships that Work (3<sup>rd</sup> Ed.)*. New York, NY: Oxford University Press.
- Freund, R. R.** & Sperry, J. S. (2020). Gottman Method Couples Therapy. In Bitter, J. R. (Ed.) *Theory and Practice of Family and Couple Counseling (3rd ed)*. Alexandria, VA: American Counseling Association.

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### **NON-REFEREED PUBLICATIONS:**

- Freund, R.** (2015). Research in Plain English: Coding the Therapeutic Relationship. *IAMFC Newsletter, 3 & 8*.

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### **MANUSCRIPTS IN PREPARATION AND IN PRESS:**

- Diaz, P. D., Peluso, P.R., Freund, R., Baker, A., & Pena, G. (under review). Understanding the role of Emotion and Expertise in Psychotherapy: An Application of Dynamical Systems Mathematical Modeling to an Entire Course of Therapy, *Psychotherapy*.
- Peluso, P. R., & Freund, R. R. (under review). Paradoxical intervention and clinical outcomes: A meta-analysis.
- Peluso, P. R., Sperry, J. J., & Freund, R. R. (In Preparation). Gottman's four horsemen and Driekurs' four misguided goals of behavior: An investigation into theoretical discrepancies and similarities.

**REFEREED CONFERENCE PRESENTATIONS:**

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- Peluso, P., Baker, A., **Freund, R.** & Diaz, P. (2021, June). Modeling the Emotional Dynamics of the Therapeutic Relationship. Structured Discussion presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Lausanne, SWITZERLAND. (Held Online).
- Peluso, P., Diaz, P., Baker, A., **Freund, R.** & Ghanes, A. (2020, May). Mastering the Therapeutic Relationship: Where Art and Science Converges. Accepted presentation at the annual meeting of the North American Society for Adlerian Therapy, Atlanta, GA. (Held Online).
- Freund, R. R.**, Ainbinder, D. A., & Gill, C. S. (2020, May). *Fostering Self-Care Via Adlerian Wellness Models and Gamification*. Accepted presentation at the annual meeting of the North American Society for Adlerian Psychology in Atlanta, GA (Held Online).
- Freund, R. R.**, Ainbinder, D. A., & Gill, C. S. (2019, September). *Promoting Counselor Trainee Self-Care Through Gamification of Wellness*. Accepted presentation at the annual meeting of the Association for Counselor Education and Supervision in Seattle, WA.
- Freund, R. R.**, & Baker, A. Z. (2018, June). *Common factors & Adlerian psychotherapy*. Accepted presentation at the annual meeting of the North American Society for Adlerian Psychology in Toronto, ON, Canada.
- Freund, R. R.** & Gill, C. S. (2018, May). *When is religion unhealthy? Understanding disproportionately closed systems and implications for mental health*. Accepted presentation at the upcoming annual meeting of the Association for Humanistic Counselors in St. Petersburg, FL.
- Peluso, P.R., & **Freund, R. R.** (2018, April). *The impact of emotional expression in counseling outcome: Results from a meta-analysis*. Accepted presentation at the upcoming annual meeting of the American Counseling Association in Atlanta, GA.
- Litam, S. D., & **Freund, R. R.** (2017, June). *Incorporating humor into pedagogy*. Presentation made at the annual meeting of the Association for Humanistic Counselors in Syracuse, NY.
- Peluso, P. R., **Freund, R. R.**, Baker, A. Z., & Diaz, P. M. (2017, May). *The Dodo Bird is Not Dead: Applying Affective Behavioral Assessment to Observations of the Therapeutic Relationship in Master Clinicians*. Presentation made at the annual meeting of the North American Society for Adlerian Psychology in Vancouver, BC, Canada.
- Freund, R. R.**, & Gill, C. S. (2017, May) *Navigating Conflicts Between Counselor Values and Clinical Practice: Ethical Practice in the Age of Anti-LGBTQ Legislature*. Presentation made at the upcoming annual meeting of the North American Society for Adlerian Psychology in Vancouver, BC, Canada.
- Baker, A. Z., **Freund, R. R.**, & Diaz, P. D. (2016, October). *Emotional Behavior and the Therapeutic Relationship*. Presentation made at the annual meeting of the Florida Counseling Association in Orlando, FL.
- Freund, R.**, Peluso, P., Acosta, E., & Damier, C. (2016, September). *Assessing Conversation Processes in Understanding the Therapeutic Relationship*. Presentation made at the annual meeting of the Association for Assessment and Research in Counseling, Ft. Lauderdale, FL.
- Baker, A., Peluso, P.R., Sauer, A.K., & **Freund, R.** (2016, September). *Emotional Behavior and the Therapeutic Relationship*. Presentation made at the annual meeting of the Association for Assessment and Research in Counseling, Ft. Lauderdale, FL.
- Peluso, P.R., Carlson J., Baker, A., & **Freund, R.** (2016, May). *Mastering the therapeutic relationship*. Presentation made at the annual meeting of the North American Society for Adlerian Psychology, Minneapolis, MN.
- Peluso, P., Carlson, J., Luedke, A., Diaz, P., **Freund, R.**, & Baker, A. (2016, March). *The Art & Science of the Therapeutic Relationship*. Presentation made at the annual meeting of the American Counseling Association, Montreal, QC, CANADA.
- Peluso, P., Luedke, A., Diaz, P., **Freund, R.**, & Baker, A. (2016, March). *Emotional Behavior and the Therapeutic Relationship*. Presentation made at the annual meeting of the American Counseling Association, Montreal, QC, CANADA.

- Peluso, P., Luedke, A., Diaz, P., & **Freund, R.** (2014, March). *Verifying a Mathematical Model of the Therapeutic Relationship*. Presentation made at the annual meeting of the American Counseling Association, Honolulu, HI.
- Peluso, P., Dougher, K., Liebovitch, L., Gottman, J., Luedke, A., **Freund, R.**, & Diaz, P. (2013, March). *The Mathematics of Psychotherapy*. Presentation made at the annual meeting of the American Counseling Association, Cincinnati, OH.

#### **REFEREED CONFERENCE POSTER PRESENTATIONS**

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- Peluso, P.R., **Freund, R.R.**, Baker, A.Z., & Diaz, P. M. (2017). *Further Exploration of the Therapeutic Relationship: New Findings from the Alliance Lab*. Poster session accepted at the annual meeting of the American Counseling Association, San Francisco, CA.
- Freund, R.**, Peluso, P., Diaz, P., & Baker, A. (2016, March). *Assessing Interaction Processes & Opportunities for Deepening the Therapeutic Relationship*. Poster session presented at the annual meeting of the American Counseling Association, Montreal, QC, CANADA
- Peluso, P.R., Carlson, J., Liebovitch, L., Baker, A., **Freund, R.**, Diaz, P., & Luedke, A. (2015, August). *Affect coding the therapeutic relationship*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, ON, CANADA.
- Peluso, P., Dougher, K., Liebovitch, L., Gottman, J., Norman, M., Luedke, A., **Freund, R.**, Diaz, P., Peter, R., Jarman, J., Heine, V. (2012, September). *Verifying a Mathematical Model of Psychotherapy*. Poster session presented at the annual meeting of the American Psychological Association.
- Freund, R.R.** & Greif, M.G. (2010, May). *Gestures & Learning About Objects*. Poster session presented at FAU's Graduate Research Day, in addition to the 22<sup>nd</sup> annual meeting of the American Psychological Society, Boston, MA.

#### **NON-REFEREED & INVITED PRESENTATIONS:**

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- Freund, R.R.** (2016, October). *Consider the Lilies: Fostering Wellness and Balance for Stress Management*. Colloquium presentation at the Apostolic Christian Church, Kitchener, ON, CANADA.
- Freund, R.R.** (2015, January). *Emotion Focused Therapy*. Colloquium presentation at the Faulk Center for Counseling, Boca Raton, FL.
- Freund, R.R.** (2015, February). *Why Relationships Succeed or Fail (Is it me...?)*. Advocacy colloquium offered for a local Meetup.com discussion group, Coconut Creek, FL.
- Freund, R.R.** (2014, November). *Emotion Focused Therapy*. Colloquium presentation at the Faulk Center for Counseling, Boca Raton, FL.
- Freund, R.R.** (2014, September). *Blue is More Than Just a Color: A Presentation on Sadness, Depression, & Suicide*. Advocacy colloquium offered for a local Meetup.com discussion group, Coconut Creek, FL.
- Freund, R.R.** (2014, August). *Sand Tray Therapy: More than Play*. General monthly meeting presentation for Chi Sigma Iota at FAU, Boca Raton, FL.
- Freund, R.R.** (2013, December). *Sand Tray Therapy: More than Play*. Colloquium presentation at the Faulk Center for Counseling, Boca Raton, FL.
- Freund, R.R.** (2013, November). *Entering Mentorship*. Colloquium presentation at the Apostolic Christian Church, Kitchener, ON, CANADA.

#### **PROFESSIONAL AFFILIATIONS & LEADERSHIP EXPERIENCE:**

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##### *Leadership Experience:*

**Emerging Leadership Committee Chair**  
International Association of Marriage and Family Counselors

**September 2020 – Present**

*May 2020 – January 2021***Certification Development Committee***North American Society for Adlerian Psychology's Journal of Individual Psychology*

Collaborating with psychology and counseling professionals to develop educational criteria and materials for clinicians and academics to pursue a certification program in Adlerian Psychology.

**Contributing Editor***The American Journal of Family Therapy**September 2018– Present***Contributing Editor***North American Society for Adlerian Psychology's Journal of Individual Psychology**February 2017 – Present***Conference Volunteer***Association for Humanistic Counseling*

Volunteered at the ACA annual conference for AHC convention booth support and the AHC annual Empty Plate project. Additionally, will be volunteering in a support capacity at the annual conference of the Association for Humanistic Counseling in Syracuse, NY.

*March 2017; June 2017***Conference Volunteer***International Association of Marriage and Family Counselors*

Worked as a student volunteer facilitating conference sessions and addressing administrative support needs at the annual gathering of the IAMFC in New Orleans, LA.

*February 2016***Affiliations:**

Association for Counselor Education &amp; Supervision

*January 2019- Present*

North American Society of Adlerian Psychology

*October 2016 - Present*

Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC)

*January 2015 – Present*

American Counseling Association (ACA)

*January 2012 – Present*

Association for Assessment and Research in Counseling (AARC)

*January 2015 – January 2018*

Association for Humanistic Counseling (AHC)

*January 2015 – January 2018*

International Association for Marriage and Family Counselors (IAMFC)

*January 2015 – January 2018*

American Psychological Association (APA)

*Summer 2012 – January 2016*

Chi Sigma Iota Counseling Honor Society (Beta Rho Chi Chapter)

*June 2011 – Present*

Fundraising Chair

*August 2013 – December 2013*

Executive board member

*August 2013 – January 2015***CLINICAL EXPERIENCE:****Comprehensive Wellness Centers***July 2018 – present**Lantana, FL*

Worked as part time counselor providing individual and group therapy to individuals in recovery from substance use disorders; activities include performing diagnostic assessments, providing crisis counseling and support to clients in need, ongoing psychotherapy to individual clients, and family therapy as appropriate. Since summer 2021, serving as clinical training coordinator for BHT staff and clinical interns, providing weekly group and individual supervision to students, as well as workshops to other staff members (additional to group therapy services).

**Alliance Counseling***February 2018 – May 2021*

Boca Raton, FL

Worked part time as an owner and psychotherapist in private practice conducting individual, couples, and family therapy to various populations ranging from age 11 – advanced age. This practice was run in a shared space with two colleagues who also worked at Comprehensive Wellness Centers. Individual private practice was suspended due to overlap of teaching and treatment center commitments, in addition to effects of the COVID-19 pandemic.

***FAU Counseling & Psychological Services******January 2016 – March 2016; August 2016 – August 2017****Boca Raton, FL*

Worked as part time counselor providing individual and group therapy to college students; activities include performing diagnostic assessments, providing crisis counseling and support to students in need, as well as ongoing psychotherapy to individual clients.

***Everyday Wellness Counseling, LLC******February 2016 – August 2017****Boca Raton, FL*

Worked as owner and psychotherapist in private practice, conducting individual, couples, and family therapy. Activities in addition to counseling services include community outreach and advocacy through workshops and colloquiums, advertising, and web design.

***Delray Beach Intensive Outpatient Program******August 2015 – May 2016****Delray Beach, FL*

Worked as primary therapist for individuals in recovery from alcohol and substance abuse via team treatment, individual therapy, and group psychotherapy. Additionally, served as utilization review specialist for client insurance coverage.

***Relationship Center of South Florida******February 2014 – August 2015****Boca Raton, FL*

Worked as a clinician in private practice, conducting individual, couples, and family therapy in a private group practice. Activities in addition to counseling included community outreach and advocacy through workshops and colloquiums, advertising, and web design.

***Bruce L. Saltz, M.D., PA******December 2013 – May 2014****Boca Raton, FL*

Worked as a part-time psychotherapist in private practice, conducting individual therapy on a weekly basis with individuals, couples, and families of various ages and backgrounds.

***Faulk Center for Counseling******January 2013 – December 2013****Boca Raton, FL*

Worked as a student intern providing individual, child, family, and couples therapy to individuals of varying backgrounds on a weekly basis. Additional activities included completing biopsychosocial intake sessions, composing and presenting intake summaries, and presenting DSM-IV-TR/DSM-5 diagnoses at weekly staff meetings. Led weekly support groups on topics including divorce & caregiving. Also conducted group play therapy for children, social skills group counseling for adults, and six, eight-week school groups at Discovery Key Elementary, Carver Middle, and Christa McAuliffe Middle schools in topics on academics, divorce, anger management, and social skills training.

**PROFESSIONAL TRAININGS:**


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University Outreach Program: <i>Level 3 Gottman Method Couples Counseling</i>	<b>February 2020</b>
University Outreach Program: <i>Level 2 Gottman Method Couples Counseling</i>	<b>September 2019</b>
Home Study training: <i>Telehealth Counseling Competencies</i>	<b>January 2018</b>
Online Workshop: <i>Family Trauma Counseling Competencies</i>	<b>September 2017</b>
Group Training in Adlerian Psychotherapy with Jim Bitter, Nashville, TN	<b>July 2017</b>
Home study training: <i>Play Therapy</i>	<b>February 2016</b>
Online Workshop: <i>Bessel Van Der Kolk Intensive Trauma Treatment Course</i>	<b>October 2015</b>
Home study training: <i>Motivational Interviewing</i>	<b>September 2015</b>
Workshop training: <i>The 10 Core Competencies of Trauma, PTSD, Grief &amp; Loss</i>	<b>September 2015</b>
Home study training: <i>Acceptance &amp; Commitment Therapy</i>	<b>March 2015</b>
Externship and advanced training/supervision: <i>Emotion Focused Counseling for Couple</i>	<b>February 2014 – January 2015</b>
Home study training: <i>Level 1 in The Gottman Method Couples Counseling</i>	<b>January 2014</b>
Workshop training: <i>DSM-5</i>	<b>October 2013</b>
Workshop training & certification: <i>Ekman &amp; Friesen's Facial Action Coding System (FACS)</i>	<b>September 2012</b>
Workshop training: <i>Specific Affect Coding System</i>	<b>August 2012</b>

**REFERENCES:**

*Available upon request*