

## **Arpita Lal, Ph.D., LMFT**

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### **ACADEMIC APPOINTMENTS**

#### **Clinical Assistant Professor, Department of Marriage and Family Therapy, Chapman University, Orange, CA (August 2015- Present)**

Teach graduate courses in the Marriage and Family Therapy Program and fulfill other administrative responsibilities.

##### **Courses taught**

- MFT 541 Marriage and Family Therapy Theories I
- MFT 556 Marriage and Family Therapy Theories II
- MFT 583 Advanced Theoretical Applications
- MFT 605 Group Therapy
- MFT 532 Research and Bibliographic Methods
- MFT 570 Advanced Psychopathology and Diagnosis
- MFT 689 Practicum II
- MFT 694 Practicum I
- MFT 696 Practicum Collaborations
- MFT 699 Independent Study

### **EDUCATION**

#### **The Ohio State University, Columbus, OH**

December, 2006

*Ph.D., Couple and Family Therapy*

Major Professor: Suzanne Bartle-Haring, Ph.D.

Dissertation: Relationship among differentiation of self, relationship satisfaction, partner support, depression, monitoring/blunting style, adherence to treatment and quality of life in patients with chronic lung disease

#### **National Institute of Mental Health and Neurosciences, Bangalore, India**

August, 2001

*M.Phil., Clinical Psychology*

Thesis: Ego identity status: Its relationship to gender, life cycle stages and marital satisfaction

#### **University of Delhi, India**

July, 1999

*M.A., Applied Psychology*

Thesis: Cancer – A study of psychological factors and impact of psychological intervention

#### **University of Delhi, India**

July, 1997

*B.A., Psychology*

### **CLINICAL EXPERIENCE**

#### **South Asian Network, Artesia, CA. September 2016- Present.**

Group facilitator for a support group for South Asian older adults.

#### **The Midnight Mission, Los Angeles, CA. October 2014- July 2015.**

Provided group therapy to survivors of domestic violence as a contract mental health therapist.

#### **North Point Consulting and Behavioral Health Services, St. Clairsville, OH.**

**July 2007- December 2007 and October 2008 – March 2011.**

Provided individual, couple, family and group therapy as a Mental Health Therapist.

**Family Center, University of Kentucky, Lexington, KY. September 2005- June 2006.**

Provided individual, couple, and family therapy as a Staff Therapist (Doctoral Intern). Received supervision from AAMFT approved supervisors. Supervised masters level therapists in the Marriage and Family Therapy Program and assisted with group supervision and obtained over 200 supervision hours. Received supervision of supervision from AAMFT approved supervisors.

**Couple and Family Therapy Clinic, The Ohio State University, Columbus, OH.**

**September 2002- August 2005.**

Provided individual, couple and family therapy as a Couple and Family Therapy trainee. Received supervision from AAMFT approved supervisors.

**Counseling and Consultation Services, The Ohio State University, Columbus, OH.**

**September 2004- March 2005.**

Provided individual therapy as a practicum student. Received supervision from APA approved supervisors.

**Clinical Psychologist, New Delhi, India. January 2002- July 2002.**

Assisted a psychiatrist in private practice. Provided individual therapy and carried out psychodiagnostic assessments.

**National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, India.**

**September 1999- August 2001.**

Worked as a clinical psychologist in the units of Adult Psychiatry, Behavior Therapy, Family Therapy, Child Psychology, Neuropsychological Assessment and Rehabilitation, Community and General Hospital. Provided individual, couple, and family therapy and carried out psychological and neuropsychological assessments. Presented cases to psychiatrists in the out-patient department and on rounds in the in-patient department. Worked with psychiatrists, psychiatric social workers and psychiatric nurses as a member of an interdisciplinary team.

**Safdarjung Hospital, Department of Psychiatry, New Delhi, India. May 1998- July 1999.**

Provided individual therapy and carried out psychodiagnostic assessments as a student trainee in the psychiatry department.

## **TEACHING EXPERIENCE**

**Adjunct Faculty, Marriage and Family Therapy Program, Seton Hill University, Greensburg, PA. (Spring and Autumn 2007)**

Courses taught

- PY515: Counseling History and Practice (Autumn 2007)
- FT540: Multicultural Therapy (Spring 2007)
- Assisted primary instructor in teaching FT 600: Internship (Summer 2008)

**Doctoral Intern, Department of Family Studies, University of Kentucky, Lexington, KY (September 2005 – June 2006)**

Courses taught

- FAM 401: Normal Family Development and Processes (Spring 2006)
- FAM 252: Introduction to Family Science (Autumn 2005)
- Assisted primary instructor in teaching FAM 787: Supervised Experience in the Practice of Marriage and Family Therapy (Autumn 2005, Spring 2006)

**Teaching Assistant, Department of Human Development and Family Science, The Ohio State University, Columbus, OH (April 2003 – August 2005)**

Courses taught

- HDFS 360: Family Development (Spring 2003-Summer 2005)

**Course Instructor, Office of Minority Affairs, The Ohio State University, Columbus, OH**

- Criminal Psychology Instructor at Samuel Dubois Summer Academy (July 2004 & July 2005)
- Psychology Instructor at Samuel Dubois Summer Academy (July 2003)

**RESEARCH EXPERIENCE**

**Research Project (2017-Present)**

*Burnout in MFT trainees: Risk and protective factors*

A collaborative research project with a colleague at Alliant International University to study the relationship between burnout in MFT trainees and demographic variables, supervision support, protective factors and values. Hired a Graduate Research Assistant in 2018-19 and 2019-20 to assist with the project.

**Doctoral Dissertation (2006)**

*Relationship among differentiation of self, relationship satisfaction, partner support, depression, monitoring/blunting style, adherence to treatment and quality of life in patients with chronic lung disease*

A quantitative study to predict and explain the relationship among these variables for patients with chronic lung disease and their partners. Used SPSS for data analysis.

**Graduate Research Assistant. June 2003- September 2003.**

The Ohio State University

NIMH Grant: Disclosure and Behavior Change for PLWA's: A Longitudinal Study (R29MH56292)

Funding provided to J.M. Serovich, Ph.D. (Principal Investigator)

Assisted with data entry, transcriptions, participant recruitment and retention. Developed skills in using programs such as SPSS and End Note.

**M. Phil. thesis (2001)**

*Ego identity status: Its relationship to gender, life cycle stages and marital satisfaction*

A qualitative study to explore the relationship among ego identity status, gender, two life cycle stages (unmarried and married without a child) and marital satisfaction. Used software Anthropic for data analysis.

**M. A. thesis (1999)**

*Cancer: A study of psychological factors and impact of psychological intervention*

A quantitative study on the psychological characteristics (defense mechanisms, stressful life events, relationship with parents, self-concept) of cancer patients and the impact of a psychological intervention on their mental adjustment to cancer. Used SPSS for data analysis.

**OTHER PROFESSIONAL EXPERIENCE**

**Doctoral Intern, Marriage and Family Therapy Program**

**Department of Family Studies, University of Kentucky (September 2005- June 2006)**

Actively involved in the selection of Master's level students in Marriage and Family Therapy being enrolled for Autumn 2006. Participated in the Marriage and Family Therapy faculty meetings during which the family therapy clinic's policies and procedures as well the curriculum were discussed and revised. Worked on a grant to procure funds to update the technology in the family therapy clinic.

**HONORS**

2001 M.V. Govindswamy memorial prize for securing the highest marks in M. Phil. (Clinical Psychology), NIMHANS, Bengaluru, India.

## UNIVERSITY SERVICE

- Member, Advisory Group on the Status of International Communities (2019 – Present)
- Member, Search Committee, MFT Clinical Assistant Professor (2019-2020, 2020-2021, 2021-2022)
- Faculty Advisor, Delta Kappa Honor Society, MFT Program (2017 - Present)
- Member, Deans Faculty Advisory Committee (2016 – Present)
- Chair, Graduate Advancement Committee, MFT Program (2016 - Present)
- Member, Interprofessional Education Committee (2015 - 2016)

## PROFESSIONAL SERVICE

- Group facilitator for a support group for South Asian older adults, Norwalk, CA (September 2016 – Present)
- Group facilitator for a self-care group for therapists and staff at South Asian Network, Artesia, CA (September 2015 - April 2016)

## PROFESSIONAL AFFILIATIONS

American Association for Marriage and Family Therapy, Clinical Fellow  
California Association of Marriage and Family Therapists, Member  
National Council on Family Relations, Member  
Indian Association of Clinical Psychologists, Professional Member  
Indian Psychiatric Society, Life Associate Member

## CLINICAL LICENSURE AND PROFESSIONAL DESIGNATIONS

Licensed Marriage and Family Therapist, California, USA (LMFT 86359) California Board of Behavioral Sciences (BBS), April 21, 2015 – present.

Approved Supervisor American Association for Marriage and Family Therapy (AAMFT), February 2019 – present.

## PUBLICATIONS

Glebova, T., **Lal, A.**, Girard, A., & Van Ligtan, J. (2021). Burnout in MFT trainees: Impact of demands and resources. *Journal of Marital and Family Therapy*, 00, 1–19.  
<https://doi.org/10.1111/jmft.12561>

**Lal, A.** & Jonathan, N. (2021). Marriage and family therapy education and training: The development of a competency-based model. *Contemporary Family Therapy*.  
<https://doi.org/10.1007/s10591-021-09600-x>

**Lal, A.** & Bijlani, R. (2015). *The School Called Marriage: How to Graduate with Flying Colors*. New Delhi: Hay House (India).

**Lal, A.** & Bartle-Haring, S. (2011). Relationship among differentiation of self, relationship satisfaction, partner support, and depression in patients with chronic lung disease and their partners. *Journal of Marital and Family Therapy*, 37(2), 169-181.  
<https://doi.org/10.1111/j.1752-0606.2009.00167.x>

**Lal, A.** (2011). Working with chronic illness. In: *Counselling and Family Therapy: Applications and Interventions (MCFT-007). Block 3. Working With Physical Illness and Self Abuse. Unit 10*. New Delhi: Indira Gandhi National Open University, pp. 5-38.

**Lal, A.** (2010) *Married and Unsettled?* New Delhi: McGraw-Hill Education (India).

Bartle-Haring, S., & Lal, A. (2010). Using Bowen theory to examine progress in couple therapy. *The Family Journal*, 18, 106-115. <https://doi.org/10.1177/1066480710364479>

Lal, A. (2000). Cancer: A study of psychological factors. *Behavioral Medicine Journal*, 3, 58-66.

Lal, A. (1999). Ivan Petrovich Pavlov (1849-1936). Guest Editorial. *Indian Journal of Physiology and Pharmacology*, 43, 411-414.

## PEER-REVIEWED PRESENTATIONS

Glebova, T., Lal, A. & Girard, A. (2019, November). Personal Values of MFT Trainees: Association with Practicum Work and Burnout. Poster presented at the Annual conference of the National Council on Family Relations, Fort Worth, Texas.

Glebova, T., Lal, A., Girard, A. & Vallin, J. (2019, August). *Burnout in MFT Trainees: Risk and Protective Factors*. Paper presented at the annual conference for the American Association for Marriage and Family Therapy, Austin, TX.

Lal, A. & Glebova, T. (2018, November). *Academic Mothers and Work-Family Balance*. Roundtable presentation at the Annual conference of the National Council on Family Relations, San Diego, California.

Lal, A., Glebova, T., Beyer, J. & Vallin, J. (2017, November). *Burnout in MFTs: Implications for Training and Professional Development*. Roundtable presentation at the Annual conference of the National Council on Family Relations, Orlando, Florida.

Lal, A. & Bartle-Haring, S. (2007, November). *Healing ties: Well-being of patients with chronic lung disease*. Poster presented at the annual conference of the National Council on Family Relations, Pittsburgh, PA.

Lal, A. & Bartle-Haring, S. (2007, October). *Healing ties for patients with chronic lung disease*. Poster presented at the annual conference of the American Association for Marriage and Family Therapy, Long Beach, CA.

Lal, A. & Bartle-Haring, S. (2005, November). *Well-being trajectories in marriage and family therapy based on differentiation of self*. Paper presented at the annual conference of the National Council on Family Relations, Phoenix, AZ.

Glade, A., Bartle-Haring, S., & Lal, A. (2003, November). *Emotional reactivity, depression and marital satisfaction: A comparison of two statistical methods*. Poster presented at the annual conference of the National Council on Family Relations, Vancouver, BC.

Glade, A., Bartle-Haring, S., & Lal, A. (2003, October). *Emotional reactivity, depression and marital satisfaction*. Poster presented at the annual conference for the American Association for Marriage and Family Therapy, Long Beach, CA.

Lal, A. (2003, October). *Ego identity: Gender, life cycle and marital satisfaction*. Poster presented at the annual conference for the American Association for Marriage and Family Therapy, Long Beach, CA.

## PROFESSIONAL PRESENTATIONS

Lal, A. (2021, February). *Emotional abuse: A family and intergenerational perspective*. Invited virtual presentation at the International Symposium Series on Contemporary Trends in Clinical Psychology Across the Lifespan organized by PSG Institute of Medical Sciences and Research and Samvedna Senior Care, India.

**Lal, A.** (2019, October). *Case Conceptualization*. Invited speaker at panel presentation organized by the Orange County chapter of the California Association for Marriage and Family Therapists, Costa Mesa, California.

**Lal, A.** (2017, October). *On the Whole: Building Inclusive Research at Chapman University*. Panel presentation at Discover Research and Arts Week, Chapman University, Orange, California.

**Lal, A.** (2017, May). *Families Coping with Chronic Illness: Assessment and Interventions*. Chapman University MFT Clinical Training, Orange, California.

**Lal, A.** (2016, November). *Cross-cultural issues in family therapy: Implications for practice and research*. Invited paper presented at the International Conference on Contemporary Trends in Clinical Psychology Training, Research and Practice, NIMHANS, Bengaluru, India.