

## RACHEL R. TAMBLING, PHD, LMFT

*Human Development and Family Sciences, University of Connecticut*  
*Rachel.Tambling@uconn.edu*

### CURRENT POSITIONS

University of Connecticut, Storrs, CT

Current Appointments:

Institute for Collaboration on Health, Intervention, and Policy Faculty Affiliate

Center for Applied Research on Human Development Faculty Affiliate

Sustainable Global Cities Initiative Faculty Affiliate

Roles:

Professor

August 2023 – present

Associate Professor

August 2014 – August 2023

Program Director, Marriage and Family Therapy Programs

August 2015 – August 2019

Assistant Professor

August 2008 – August 2014

### PROFESSIONAL ROLES

Editor-in-Chief – *Contemporary Family Therapy*

Chair – Institutional Review Board, University of Connecticut

### EDUCATION

Doctor of Philosophy      University of Georgia  
 2008                              Program of Study: Child and Family Development  
    Emphasis: Marriage and Family Therapy

Master of Arts              Western Michigan University  
 2004                              Program of Study: Marriage and Family Therapy

Bachelor of Science      Central Michigan University  
*Summa Cum Laude*      Major: Family Studies, Family Science Concentration; Minor: Psychology  
 2002

### GRANTS AND CONTACTS

#### Projects Funded

*Understanding the Effects of long-COVID on Work, Families, and Mental Health: Informing Pathways for Psychosocial Intervention.* \$49,000. FY24 University of Connecticut Research Enhancement Program. (Co-PI with K. Carolan)

*Development and feasibility of PRISM-C Treatment Groups for Caregivers of Young Adults with Substance Use Disorders.* \$2,500. FY21 Institute for Collaboration on Health, Intervention, and Policy, Grant Development Summer Stipends for New Investigators. (PI)

*A Pilot Study of PRISM-C, a Mindfulness Based Family Groups for Parents of Young Adults with Substance Use Disorders.* \$2,500. 2021 Scholarship Catalyst Program, Texas Tech University. (Co-PI with C. D’Aniello and B. Russell, December 2, 2020 – December 31, 2021)

*A Pilot Study of PRISM Mindfulness Based Family Groups for Parents of Young Adults with Substance Use Disorders.* \$5,000. Mental Research Institute Grants Initiative, Invited Submission. (Co-PI with C. D’Aniello and B. Russell, December 1, 2020 – November 30, 2021).

*InterCommunity Health Care MAT Services Expansion*, \$4,000,000. Department of Health and Human Services Substance Abuse and Mental Health Services Administration FY2020 Certified Community Behavioral Health Clinic Expansion Grants, SM-20-012. (Awarded to InterCommunity Health Care; Consultant, August 30, 2020 – August 30, 2022).

*Development and Feasibility of a Mindfulness Intervention for Caregivers of Adults with Substance Use Disorders*, \$5,000. Human Development and Family Sciences, Internal Support for External Grant Applications mechanism. (PI, April 22, 2020 – April 21, 2021).

*The Ideal Care Model – An Innovative, Patient-Centered Approach to the Management of Type 2 Diabetes*, \$200,000. Connecticut Health Foundation Quality Metrics RFP. (Awarded to Partners for a Healthier Connecticut; Implementation Consultant, January 1, 2020 – December 31, 2022).

*Expectations about Couple Therapy*, \$20,252.00. University of Connecticut Research Foundation, Faculty Large Grants Program (PI, July 1, 2011 – June 30, 2012).

*Engagement in High Conflict Couples Therapy*, \$15,284.00. University of Connecticut Research Foundation, Faculty Large Grants Program (Co-PI, July 1, 2010 – June 30, 2012).

*Clinical Outcome and Process Evaluation*, \$10,000. School of Family Life Scholarship Facilitation Award (PI, August 2009 – August 2019).

*Expectancy Effects in Couple Therapy*, \$16,130.00. University of Georgia, Dissertation Completion Award (PI, August 1, 2007 – May 1, 2008).

*Expectancy Effects in Couple Therapy*, \$600. University of Georgia, McPhaul Family Therapy Clinic (PI, May 1, 2007 – January 31, 2008).

### **Current Contracts**

*Evaluation of the “ACEing EITC: A United Response to Strengthening Economic Supports for Working Families*. Contractual award AY20: \$37,162.39. Department of Health and Human Services, Office of Minority Health, MP-CPI-20-005, *Community-based Approaches for Strengthening Economic Supports for Working Families*. (Lead program evaluator).

### **Projects Funded as Faculty Advisor**

*Parental observations of stress and coping among children with autism spectrum disorders*. \$420. Office of Undergraduate Research Supply Award (Faculty PI, SI Chelsea Valdez, 2022).

*Responding to trauma: Help-seeking behavior and post-traumatic growth in a college student sample*. \$250. Office of Undergraduate Research Supply Award (Faculty PI, SI Aaron Burrick, 2014).

*Visual expressions of heteronormative bias and gender norms in Cosmopolitan Magazine*. \$500. Office of Undergraduate Research Supply Award (Faculty PI, SI Michael Saraceno, 2011).

### **Proposals under Review**

*Relationship Health Literacy and Couple Relationships*. \$4,595. American Psychological Association, Marian R. Stuart Grant. (Co-PI with C. D’Aneillo and K. Villalovos, Submitted 6/2022).

*The Experience of Parents with Marginalized Identities Seeking Substance Use Disorder Treatment for their Young Adult Child: An Examination of Health Disparities*, \$5,000. Family Process Institute Early Career Research Grant. (Co-PI with C. D’Aniello and B. Russell, Submitted 2/2022).

### **Student Fellowship Awards as Major Advisor to the Student**

*AAMFT Minority Fellowship Program*, Kevin Hynes, 2017-2019

*AAUW American Dissertation Fellowship*, Joy Heafner, 2017-2018

*Outstanding Multicultural Scholars Program*, Roslyn Morris, 2014-2019

### HONORS AND AWARDS

Western Michigan University Counselor Education and Counseling Psychology 2022 Outstanding Alumnae.

*Journal of Marital and Family Therapy* **2020-2021 Top Cited Article** for Anderson, S. R., Banford-Witting, A., Tambling, R., Ketring, S., & Johnson, L. N. (2019). Pressure to attend therapy, dyadic adjustment, and adverse childhood experiences: Direct and indirect effects on the therapeutic alliance in couples therapy. *Journal of Marital and Family Therapy*, 46 (2). DOI: 10.1111/jmft.12394

*Journal of Marital and Family Therapy* **2016 Best Articles of the Year, Second Place** for: Johnson, L. N., Tambling, R., Mennenga, K. D., Ketring, S. A., Oka, M., Anderson, S. R., Huff, S. C, & Miller, R. B (2016). Examining attachment avoidance and attachment anxiety across eight sessions of couple therapy. *Journal of Marital and Family Therapy*, 42(2), 195-212. DOI: 1752-0606

Outstanding Teacher, University of Georgia – 2007

Graduate School Teaching Portfolio Commendation, University of Georgia – December, 2006

### PUBLICATIONS

\*Note: Publications marked with an asterisk include a graduate student first author; publications marked with two asterisks include an undergraduate student first author.

### Textbooks

**Tambling, R. R.** & D’Aniello. (2023). *Helping Skills: Basic Techniques for the Active and Engaged Helper*. Cognella.

### Invited Expert Contributions

*Know your Mental Health and Substance Use Disorders Insurance Benefits; Module 13*. (2020) UConn Health Disparities Institute, HDI Health Insurance Academy Educational Module.

*A Mental Health Guide for Athletes and their Support Networks*. (2018, June). Road Runners Club of America. Retrieved from: <https://www.rrca.org/education/mental-health-tips-for-runners>.

### In Press in Peer Reviewed Journals

Russell, B. S., **Tambling, R. R.**, Horton, A., Hutchison, M., & Tomkunas, A. (In press). Clinically significant depression among parents during the COVID-19 pandemic: Examining the protective role of family relationships. *Couple and Family Psychology: Research and Practice*.

**Tambling, R. R.** & D’Aniello, C. (In press). Mental health literacy and relational health literacy among college students. *Journal of American College Health*.. \*The authors contributed equally to this manuscript.

### Published in Peer Reviewed Journals

Banford-Witting, A., **Tambling, R. R.**, & Hobfoll, S. (2023). Resource loss, gain, and traumatic stress in couples during COVID-19: The role of race and gender. *Psychological Trauma: Theory, Research, Practice, Policy*, 15(3), 502-510. DOI: 10.1037/tra0001276

Horton, A. L., Russell, B. S., Elias, H., **Tambling, R. R.**, (2023). A year of COVID-19: Family experiences of ambiguous loss. *Family Relations*. DOI: 10.1111/fare.12918

Hynes, K. C. & **Tambling, R. R.** (2023). Problems in the re-measurement of acculturation and enculturation measures for East Asian Americans. *Asian American Journal of Psychology*. DOI: 10.1037/t03853-000

- Mennenga, K. D., **Tambling, R. R.**, Johnson, L. N., & Anderson, S. R. (2023). Gender and content differences in domain and focus of homework used in couple therapy. *The Family Journal*. DOI: 10.1177/10664807231168857
- Tambling, R. R.**, D’Aniello, C., & Hynes, K. C. (2023). Manifestations of depression on social media: A content analysis of Twitter posts. *International Journal of Technology in Behavior Science*. DOI: 10.1007/s41347-023-00327-0 \*The authors contributed equally to this manuscript.
- D’Aniello, C. & **Tambling, R. R.** (2022). Caregiver perception of SUD treatment productiveness. *The Family Journal*, 31(1), 147-156. DOI: 10.1177/10664807221104127.
- D’Aniello, C., **Tambling, R.**, & Russell, B. (2022). The Internalized Stigma of Substance Abuse Scale for Caregivers: Measuring substance use stigma experienced by caregivers. *Alcoholism Treatment Quarterly*, 40(1), 83-92. DOI: 10.1080/07347324.2021.1941473.
- \*Horton, A.L., Russell, B. S., **Tambling, R. R.**, Britner, P. A., Hutchison, M., & Tomkunas, A. J. (2022). Predictions of children’s emotion regulation outcomes during COVID-19: Role of conflict within the family. *Family Relations*, 71 (4), 1339-1353. DOI: 10.1111/fare.12717
- Hynes, K., **Tambling, R. R.**, Russell, B., Park, C., & Feindrich, M. (2022). A latent profile analysis of the COVID-19 Stressors Scale. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(4), 705-713. DOI: 10.1037/t78899-000
- Parker, M. L., Diamond, R., **Tambling, R. R.**, & Ledermann, T. (2022). The beginning of the end: A revised inventory of divorce initiation. *Family Relations*, 71 (4), 1619-1636. DOI: 10.1111/fare.12660
- Russell, B. S., D’Aniello, C., **Tambling, R. R.**, & Horton, A. (2022). Distress among family caregivers of individuals with substance use disorders: Factors that shape the context of care. *International Journal of Mental Health and Addiction*. DOI: 10.1007/s11469-022-00884-0
- Russell, B. S., D’Aniello, C., **Tambling, R. R.**, & Stekler, N. (2022). Internalized stigma and caregiver burden among parents of young adults with substance use disorders. *Family Relations*. DOI: 10.1111/fare.12782
- Tambling, R. R.**, D’Aniello, C., & Russell, B. (2022). Exploratory and confirmatory factor analysis of the Burden Scale for Family Caregivers-Short Form. *The Family Journal*, 30(3), 341-347.
- Tambling, R. R.**, Russell, B. S., Fendrich, M., & Park, C. (2022). Predictors of mental health help-seeking during COVID-19: Social support, emotion regulation and mental health symptoms. *The Journal of Behavioral and Health Sciences Research*. DOI: 10.1007/s11414-022-09796-2
- Bischoff, T., Hynes, K., **Tambling, R. R.** (2021). A linguistic inquiry into the availability of telehealth information on therapists’ websites during the COVID-19 pandemic. *American Journal of Family Therapy*. DOI: 10.1080/01926187.2021.1877209
- D’Aniello, C., **Tambling, R.** Smith, M., Jones, E., Silva, M. (2021). “Every time the phone rings, my heart stops”: Mothers’ experiences of having a young adult child with a substance use disorder. *Journal of Marital and Family Therapy*, 48(3), 861-882. DOI: 10.1111/jmft.12558
- Friedlander, M. L., Hynes, K. C., Anderson, S., **Tambling, R.**, Megale, A., Peterson, E. K., & Xu, M. (2021). Behavioral manifestations of split alliances in four couple therapy sessions. *Journal of Couple and Relationship Therapy*, 21(2). DOI: 10.1080/15332691.2021.1876593
- Russell, B. S., Hutchison, M., **Tambling, R.**, Tomkunas, A. & Horton, A. (2021). The protective role of parent resilience on mental health and the parent-child relationship during COVID-19. *Child Psychiatry and Human Development*. DOI: 10.1007/s10578-021-01243-1

- Tambling, R. R.**, Hynes, K. C., & D’Aniello, C. (2021). Are barriers to psychotherapy treatment seeking indicators of social determinants of health: A critical review of the literature. *American Journal of Family Therapy*. DOI: 10.1080/01926187.2020.1867931
- Tambling, R. R.**, D’Aniello, C., & Russell, B. (2021). Mental health literacy: A critical target for narrowing racial disparities in behavioral health. *International Journal of Mental Health and Addiction*. DOI: 10.1007/s11469-021-00694-w
- Tambling, R. R.**, D’Aniello, C., & Russell, B. (2021). Health insurance literacy among caregivers of substance using young adults. *Alcoholism Treatment Quarterly*, 39(4). DOI: 10.1080/07347324.2021.1927926
- Tambling, R. R.**, D’Aniello, C., & Russell, B. (2021). Financial anxiety among caregiving parents of adult children with a substance use disorder. *Journal of Financial Therapy*.
- Tambling, R.**, Russell, B., D’Aniello, C. (2021). Where is the family in young adult substance use disorder treatment? The case for systemic family therapy for adults with substance use disorders. *International Journal of Mental Health and Addiction*. DOI: 10.1007/s11469-020-00471-1
- Tambling, R. R.**, Russell, B., Hutchison, M., Horton, A. L., & Tomkunas, A. J. (2021). Factors contributing to parents’ psychological and medical help seeking during the COVID-19 global pandemic. *Family and Community Health*, 44 (2), 87-98. DOI: 10.1097/FCH.0000000000000298
- Tambling, R.**, Tomkunas, A. J., Russell, B., Horton, A. L., & Hutchison, M. (2021). Thematic analysis of parent-child conversations about COVID -19: “Playing it safe”. *Journal of Child and Family Studies*, 30(2), 325-337. DOI: 10.1007/s10826-020-01889-w
- Anderson, S. R., Sumner, B. W., Parady, A., Whiting, J., & **Tambling, R. R.** (2020). A task analysis of client re-engagement: Therapeutic de-escalation of high-conflict co-parents. *Family Process*, 59(4), 1447-1464. DOI: 10.1111/famp.12511.
- Bischoff, T., Krenicki, L., & **Tambling, R.** (2020). Therapist reported reasons for client termination: A content analysis of closing documents. *American Journal of Family Therapy* 48(1). DOI: 10.1080/01926187.2019.1684216
- Bischoff, T., Anderson, S. R., Heafner, J., & **Tambling, R.** (2020). Establishment of a reliable change index for the GAD-7. *Psychology, Community, and Health*, 8(1), 176-187. DOI: 10.5964/pch.v8i1.309
- D’Aniello, C., **Tambling, R.**, Anderson, S. (2020). Psychotherapeutic processes associated with couple therapy discontinuance: An observational analysis using the Rapid Marital Interaction Coding System. *Journal of Marital and Family Therapy*. DOI: 10.1111/jmft.12482
- D’Aniello, C., **Tambling, R.**, & Russell, B. (2020). Predictive factors of college student willingness to alter substance use behavior: An investigation of the role of parental relationships. *Alcoholism Treatment Quarterly*, 39(4). DOI: 10.1080/07347324.2020.1840944
- D’Aniello, C., **Tambling, R.**, Russell, B., Smith, M., Jones, E., Silva, M. (2020). Mothers’ experiences of navigating the substance use treatment system with their young adult children. *American Journal of Family Therapy*. DOI: 10.1080/01926187.2020.1858368
- Oka, M., Seedall, R. B., Robinson, W. D., Walker, J., **Tambling, R. R.**, & Anderson, S. R. (2020). Therapist interruptions: An examination of gender and therapeutic alliance in couple therapy. *American Journal of Family Therapy*. DOI: 10.1080/01926187.2020.1823282
- Russell, B. S., Hutchison, M., **Tambling, R.**, Tomkunas, A. & Horton, A. (2020). Initial challenges of caregiving during COVID-19: Caregiver burden, mental health, and the parent-child relationship. *Child Psychiatry and Human Development*, 51(5), 671-682. DOI: 10.1007/s10578-020-01037-x

- Tambling, R.** & Johnson, S. K. (2020). Personal, familial, and service-related predictors of outcome in Intensive Family Preservation Services treatment. *Journal of Social Service Research*. DOI: 10.1080/01488376.2020.1861167
- Tambling, R. R.**, Johnson, L. N., Anderson, S. R., Mennenga, K., & Oka, M. (2020). A thematic analysis of between session activities of counseling clients. *Journal of Couple and Relationship Therapy*, 20(3). DOI: 10.1080/15332691.2020.1867683
- Tambling, R.** & Reckert, A. (2020). Barriers to help-seeking and provider preferences for sexual functioning concerns among undergraduates. *Journal of American College Health*. DOI:10.1080/07448481.2019.1705835
- Tambling, R.**, Russell, B., Park, C., Feindrich, M., Hutchison, M., Horton, A. L., & Tomkunas, A. J. (2020). Measuring cumulative stressfulness: Psychometric properties of the COVID-19 Stressors Scale. *Health Education & Behavior*, 48(1). DOI: 10.1177/1090198120979912
- Anderson, S. R., Banford-Witting, A., **Tambling, R.**, Ketrings, S., & Johnson, L. N. (2019). Pressure to attend therapy, dyadic adjustment, and adverse childhood experiences: Direct and indirect effects on the therapeutic alliance in couples therapy. *Journal of Marital and Family Therapy*, 46 (2). DOI: 10.1111/jmft.12394
- D’Aniello, C. & **Tambling, R.** (2019). A confirmatory factor analysis of the Productive Processes Inventory. *Contemporary Family Therapy*, 41, 275-284. DOI: 10.1007/s10591-019-09495-9
- D’Aniello, C. & **Tambling, R.** (2019). The role of therapy productiveness on MFT clients’ intentions to persist in therapy. *American Journal of Family Therapy*, 47, 37-51. DOI: 10.1080/01926187.2019.1586010
- Tambling, R.** (2019). A critical evaluation of motivation to change conceptualization, measurement, and utility in psychotherapy. *The Family Journal*, 27(2), 232-238. DOI: 10.1177/1066480719833399
- Anderson, S. R., **Tambling, R.**, Rackham, E., & Yorgason, J.B. (2018). The mediating role of the therapeutic alliance in understanding early therapy discontinuance. *Psychotherapy Research*. DOI: 10.1080/10503307.2018.1506949
- Johnson, L. N., Selland, B., Mennenga, K. D., Oka, M., **Tambling, R.**, Anderson, S. R. (2018). Examining the link between exercise and marital arguments in clinical couples. *American Journal of Family Therapy*, 46 (1), 1-13. DOI: 10.1080/01926187.2018.1437574
- Tambling, R.** & Johnson, L. N. (2018). Predictive validity of the R-URICA. *Psychotherapy and Psychology: Theory, Research, and Practice*. DOI:10.1111/papt.12187
- D’Aniello, C. & **Tambling, R.** (2017). The effect of expectations on intention to persist in therapy. *American Journal of Family Therapy*, 45(1), 35-50. DOI: 10.1080/01926187.2016.1223568
- Huff S. C, Anderson, S. R., **Tambling, R.**, & Adamsons, K. L. (2017). Development and validation of the Contact Refusal Scale. *American Journal of Family Therapy*, 45(1), 66-77. DOI: 10.1080/01926187.2016.1275066
- Johnson, L. N., Mennenga, K. D., Oka, M., **Tambling, R.**, Andersons, S. R., & Yorgason, J. (2017). Daily events for clinical couples: Examining therapy interventions, positive events, arguments, and exercise in the beginning stage of therapy. *Family Process*. DOI: 10.1111/famp.12301
- D’Aniello, C. & **Tambling, R.** (2016). Instrument design and principle components factor analysis of the Productive Processes Inventory. *The Family Journal: Counseling, and Therapy for Couples and Families*. doi: 10.1080/01926187.2016.1223568
- \*Heafner, J., Kang, H., Ki, P., & **Tambling, R.** (2016). Measuring client expectations in marriage and family therapy. *The Family Journal*, 24(3), 256-262. DOI: 10.1177/1066480716628582

- \*Heafner, J., **Tambling, R.**, Silva, K., & Anderson, S. R. (2016). Client reported presenting problems at a MFT clinic. *The Family Journal*, 24(2), 140-146. DOI: 10.1177/1066480716628581
- \*Huff, S. C., Anderson, S. R., & **Tambling, R.** (2016). Testing the clinical implications of planned missing data designs. *Journal of Marital and Family Therapy*, 42(2), 313-325. DOI: 10.1111/jmft.12129
- Johnson, L. N., **Tambling, R.**, Mennenga, K. D., Ketring, S. A., Oka, M., Anderson, S. R., Huff, S. C., & Miller, R. B (2016). Examining attachment avoidance and attachment anxiety across eight sessions of couple therapy. *Journal of Marital and Family Therapy*, 42(2), 195-212. DOI: 1752-0606
- Tambling, R.**, Anderson, S. R., & Wong, A. G. (2016). Expectations about couple therapy over time. *Contemporary Family Therapy*, 38(4), 353-360. DOI: 10.1007/s10591-016-9390-x
- \*\*Borowski, S. & **Tambling, R.** (2015). Applying the Health Belief Model to individuals' beliefs and preferences about premarital counseling. *The Family Journal*, 23(4), 417-426. DOI: 10.1177/1066480715602221
- Johnson, L. N., **Tambling, R.**, & Anderson, S. R. (2015). A video recall study of in-session changes in relational sentiment. *Family Process*, 54(3), 485-497. DOI: DOI: 10.1111/famp.12118
- Tambling, R.** (2015). *Review of Therapy with Reluctant and Coerced Clients. Journal of Marital and Family Therapy. Invited review.*
- Anderson, S. R., **Tambling, R.**, Huff, S. C, Heafner, J., Johnson, L. N. & Ketring, S. A. (2014). The development of a reliable change index and cutoff for the Revised Dyadic Adjustment Scale. *Journal of Marital and Family Therapy*, 40(4), 525-534.
- \*Froude, C. K. & **Tambling, R.** (2014). "We all have them": Couples' conceptualizations of problems in couple therapy. *Qualitative Report*, 19 (13). Available at <http://www.nova.edu/ssss/QR/QR19/froude26.pdf>
- Tambling, R.**, Anderson, S. R., & Wong, A. (2014). Expectations about couple therapy: A qualitative investigation. *American Journal of Family Therapy*, 42(1), 29-41. DOI: 10.1080/01926187.2012.747944
- Tambling, R.** & Ketring, S. A. (2014). The R-URICA: A confirmatory factor analysis of a revision of the University of Rhode Island Change Assessment. *Contemporary Family Therapy*, 36, 106-118. DOI: 10.1007/s10591-013-9279-x
- Tambling, R.** & Reckert, A. (2014). Self-reported sexual functioning concerns among undergraduate students. *American Journal of Sexuality Education*, 9(4), 428-444.
- \*Moore, L. E., **Tambling, R.**, & Anderson, S. R. (2013). The intersection of therapy constructs: The relationship between motivation to change, distress, referral source, and pressure to attend. *American Journal of Family Therapy*, 41(3), 245-258. DOI: 10.1080/01926187.2012.685351
- Parker, M. L., **Tambling, R.**, & Campbell, K. (2013). Dyadic adjustment and depressive symptoms: The mediating role of attachment. *The Family Journal*, 21(1). DOI: 10.1177/1066480712456674
- \*\*Saraceno, M. J. & **Tambling, R.** (2013). The sexy issue: Visual expressions of heteronormativity and gender norms in *Cosmopolitan* magazine. *The Qualitative Report*, 18, 1-18. Available at: <http://www.nova.edu/ssss/QR/QR18/saraceno80.pdf>
- Simons, L. G., Burt, C. H., & **Tambling, R.** (2013). Identifying mediators of the influence of family factors on risky sexual behavior. *Child and Family Studies*, 22(4), 260-270. DOI: 10.1007/s10826-012-9598-9

- Tambling, R.** & Glebova, T. (2013). Preferences of individuals in committed relationships about premarital counseling. *American Journal of Family Therapy*, 41(4), 330-340. DOI: 10.1080/01926187.2012.701593
- \*Wong, A. G., **Tambling, R.**, & Anderson, S. R. (2013). Treatment duration and termination status among clients in a university-based counseling center. *The Family Journal*, 21(4), 372-377. DOI: 10.1177/1066480713488524
- Tambling, R.** (2012). A literature review of therapeutic expectancy effects. *Contemporary Family Therapy*, 34(3), 402-415. DOI: 10.1007/s10591-012-9201-y
- Tambling, R.** (2012). Solution-oriented therapy for survivors of sexual assault and their partners. *Contemporary Family Therapy*, 34(3), 391-401. DOI: 10.1007/s10591-012-9200-z
- Tambling, R.**, & Johnson, L. N. (2012). An exploratory factor analysis of the University of Rhode Island Change Assessment among couple therapy clients. *The Family Journal*, 20(1), 59-65. DOI: 10.1177/1066480711429537
- Tambling, R.**, Neustifter, R., Muska, C., Reckert, A., & Rua, S. (2012). Pleasure Centered Educational Program (PCEP): A comprehensive approach to pleasure-oriented sexuality education in domestic violence shelters. *International Journal of Sexual Health*, 24(4), 267-289. DOI: 10.1080/19317611.2012.715119
- Parker, M. L., **Tambling, R.**, & Franklin, L. L. (2011). Family therapy with GLBT youth. *Journal of GLBT Family Studies*, 7(4) 368-387. DOI: 10.1080/1550428X.2011.592966
- Tambling, R.**, Johnson, S. K., & Johnson, L. N. (2011). Analyzing dyadic data from small samples: A pooled regression Actor-Partner Interdependence Model approach. *Counseling Outcome Research and Evaluation*, 2(2), 101-114. DOI: 10.1177/2150137811422901
- Tambling, R.**, & Johnson, L. N. (2010). Client expectations about couple therapy. *American Journal of Family Therapy*, 38(4), 322-333. DOI: 10.1080/01926187.2010.493465
- Tambling, R.**, & Johnson, L. N. (2008). The relationship between stages of change and outcome in couple therapy. *American Journal of Family Therapy*, 36(3), 229-241. DOI: 10.1080/01926180701290941
- Lieser, M. L., **Tambling, R.**, & Bischof, G. H. (2007). Inclusion of sexuality in relationship education. *The Family Journal*, 15 (4). DOI: 10.1177/1066480707304948
- Tambling, R.**, Johnson, L. N., Templeton, G. B., & Melton, M. S. (2007). Using web-based technology to facilitate client engagement. *Contemporary Family Therapy*, 29(3), 177-183. DOI: 10.1007/s10591-007-9037-z

### Chapters in Books

- Tambling, R.** & Anderson, S. R. (2014). Analyzing data from small samples. In Richard B Miller & Lee N. Johnson (Eds.) *Advanced Methods in Family Therapy Research: A Focus on Validity and Change*. Taylor & Francis.
- Banford, A. & **Tambling, R.** (2014). Symbols of practice: A guided exploration of roles and themes in MFT training cohorts. In Roy Bean, Sean Davis, & Maureen Davey (Eds.) *Increased Self-Awareness: Experiential Exercises for Dedicated Clinicians and Supervisors*. Wiley and Sons.

### Trade Publications and Press

- McFadden, G. (2021, February). *Research Spotlight: Assessing COVID-19's effects on mental health with Dr. Rachel Tambling*. Retrieved from: <https://dailycampus.com/2021/02/03/research-spotlight-assessing-covid-19s-effects-on-mental-health-with-dr-rachel-tambling/>



*Return to Running: Runner Attitude Survey Results.* (2020, May). Retrieved from: <https://www.rcca.org/news-articles/news-archives/2020/05/08/return-to-running-runner-attitude-survey-results>. Contributor.

**Tambling, R.** & McDougal, T. A. (2012, January-February). Stretching our comfort levels regarding sexuality and therapy. *Family Therapy Magazine*, 11(1), 36-37. *Invited publication.*

**Tambling, R.** (2010, August). Communicating about "back-to-school" jitters. *Communication Currents*, 5(4). Retrieved from <http://www.natcom.org/>

### **Unpublished Manuals**

Russell, B. S., **Tambling, R. R.**, & D'Aniello, C. (2021). *Promoting Resilience in Self-Management - Caregivers: PRISM - C*. Unpublished manual, University of Connecticut, Storrs CT.

### **Manuscripts Under Review**

Bischoff, T. & **Tambling, R. R.** (Under review). Marriage and family therapist websites: A linguistic and content analysis. *Journal of Language and Social Psychology*.

Hynes, K. C., Russell, B. R., **Tambling, R. R.**, Park, C., & Fendrich, M. (Under review). Subjective stress appraisals over time: The evolving structure of the COVID-19 Stressor Scale. *Psychological Trauma: Research, Theory, and Practice*.

\*Hu, Y., Russell, B. S., Wu, R., Adamsons, K., Horton, A. L., **Tambling, R. R.** (Under review). Relationship factors in the longitudinal spillover of stress between parents and children. *Journal of Family Psychology*.

Mennenga, K. D., Johnson, L. N., Anderson, S. R., **Tambling, R. R.**, & Oka, M. (Under review). Effect of daily positive events on the daily relationship of clinical couples in the early stage of therapy. *Family Process*.

Russell, B. S., Hutchison, M., **Tambling, R.**, Tomkunas, A. & Horton, A. (Under review). Parenting during the COVID-19 pandemic: Mental health, coping, and impacts on adherence with preventative behavior guidelines. *Journal of Family Social Work*.

### **PRESENTATIONS**

\*Note: Presentations marked with an asterisk include a graduate student first author; presentations marked with two asterisks include an undergraduate student first author.

### **Invited Presentations**

**Tambling, R.** & D'Aniello, C. (2022, August). *Mental health literacy: A critical target for the reduction of behavioral health disparities*. Invited keynote presentation at the International Conference on Environment and Human Health: Challenges and Opportunities in the 21st Century, organized by the Research Centre for Environment and Human Health.

**Tambling, R.** (2022, February). *Destigmatizing mental health*. Invited keynote presentation at the GU Psychology Society Annual International Conference: Psychology for Social Change 2022.

**Tambling, R.** (2022, January). *Current trends and future directions in MFT research*. Invited presentation to the Utah State University C/MFT Network.

**Tambling, R.** (2020, October). *Mental health stigma and the cult of positivity*. TedxUConn Patchwork Conference.

*Running is Not Therapy: Running, Mental Health, and the COVID-19 Pandemic.* (2021, March). Invited Guest: Run Farther and Faster podcast. Retrieved from: <https://anchor.fm/runfartherandfaster/episodes/Episode-81-Running-is-NOT-Therapy---but-It-Sure-Helps-A-Conversation-with-Dr--Rachel-Tambling-esv55e> (Also available as a podcast at:

<https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3IuZm0vecy80MDI4OWMwL3BvZGNhc3QvcnNz/episode/YTliMzg4ZDctMTY1OS00OGQ2LWFmNTItNTU2MGlxZjRhODBi>)

**Tambling, R.** (2019, July). *Engaging therapy clients: Expectations, motivation, and hope*. Invited presentation for the Brigham Young University continuing MFT education council.

*Running and Mental Health*. (2017, September). Invited Guest: Marathon Training Academy podcast.

**Tambling, R.** (2017, May). *Running and Addiction*. Educational module for Road Runners Club of America Level II Coaching Training. *Author and presenter, invited*.

**Tambling, R.,** & Anderson, S. R. (2011, April). *High conflict relationships: Conceptualization and treatment*. Invited presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference.

### **International Meetings**

**Tambling R. R.,** D'Aniello, C., & Russell, B. (2021, October). *Mothers' experiences of parenting a young adult with a substance use disorder: Relational and treatment experiences*. Paper presented at the 2021 Virtual World Family Therapy Congress, conference to be held virtually.

**Tambling, R. R.,** Johnson, L. N., Anderson, S. R., Mennenga, K. (2020, September). *A thematic analysis of between session activities of counseling clients*. Paper presented at the NVivo Virtual Conference 2020: Qualitative Research in a Changing World.

\*Tomkunas, A. J., Horton, A. L., Hutchison, M., **Tambling, R. R.,** Russell, B. S. (2020, September). *Parent perceptions of children's health behaviors and stress during the COVID-19 pandemic*. Poster presented at the NVivo Virtual Conference 2020: Qualitative Research in a Changing World.

Anderson, S.R., Rackham, E., & **Tambling, R.** (2017, June). *Dropout in Couple Therapy: Does the therapeutic alliance mediate the influence of common predictor variables?* Paper presented at the annual meeting of the Society for Psychotherapy Research, Toronto, ON, Canada.

\*Huff, S. C, Anderson, S. R., **Tambling, R.,** & Adamsons, K. (2015, November). *Coalitions and parental variables predicting post-divorce contact refusal*. Poster presented at the National Council on Family Relations 2015 Annual Conference, Vancouver, BC, Canada.

\*Hynes, K., Anderson, S. R., & **Tambling, R.** (2015, November). *Threats to the therapeutic alliance in early sessions of high conflict therapy*. Poster presented at the National Council on Family Relations 2015 Annual Conference, Vancouver, BC, Canada.

Miller, R. B, Johnson, L. N., Ketring, S. A., Tambling, R., Anderson, S. R., Oka, M., Huff, S. C, & Mennenga, K. D. (2015, November). *MFT Multi-site Clinical Research: A Case Study*. Symposium presented at the National Council on Family Relations 2015 Annual Conference, Vancouver, BC, Canada.

**Tambling, R.,** Heafner, J., Anderson, S. R., & Silva, K. (2015, November). *Understanding client perceptions of presenting problems*. Poster presented at the National Council on Family Relations 2015 Annual Conference, Vancouver, BC, Canada.

### **National Meetings**

Russell, B. S., Del Farno, A. & Tambling, R. R. (2023, October). *Aligning a new measure ambiguous loss with resilience and wellbeing frameworks*. Poster accepted to the annual meetings of the Society for the Study of Human Development, Philadelphia, PA.

- \*Horton, A. L., Russell, B. S., & **Tambling, R. R.** (2023, March). *Quantitative predictions of parent's ambiguous loss impact on children's stress during COVID-19*. Paper presented at the Society for Research in Child Development Conference, Salt Lake City, UT.
- D'Aniello, C., & **Tambling, R. R.** (2022, November). *Caregiver perception of SUD treatment productiveness*. Paper presented at the annual meetings of the National Council on Family Relations, Minneapolis, MN.
- \*Elias, H., Horton, A., Russell, B. S., **Tambling, R. R.** (2022, November). *Caregiver burden during COVID-19: Family experiences among partnered vs. non-partnered caregivers*. Poster presented at the annual meetings of the National Council on Family Relations, Minneapolis, MN.
- \*Horton, A. L., Russell, B. S., **Tambling, R. R.** (2022, November). *The role of perceived stress in longitudinal predictions of adolescent-parent conflict during COVID-19*. Poster presented at the annual meetings of the National Council on Family Relations, Minneapolis, MN.
- \*Hu, Y., Russell, B. S., & **Tambling, R. R.** (2022, November). *The longitudinal impacts of parents' stress on children: The mediating and moderating effects of family dynamics*. Poster presented at the annual meetings of the National Council on Family Relations, Minneapolis, MN.
- Hynes, C., D'Aniello, C., & **Tambling, R. R.** (2022, November). *College student mental health in the COVID-19 Era: Results of an expressive writing prompt and daily diary method*. Paper presented at the annual meetings of the National Council on Family Relations, Minneapolis, MN.
- Tambling, R. R.**, Hynes, C., & D'Aniello, C. (2022, November). *Manifestations of depression on social media: A thematic analysis of Twitter posts*. Paper presented at the annual meetings of the National Council on Family Relations, Minneapolis, MN.
- \*Horton, A. L., Russell, B. S., & **Tambling, R. R.** (2022, October). *Predicting parent's ambiguous loss during the COVID-19 pandemic*. In Derella, O. (Chair) Symposium presented at the annual convention for the Association for Behavioral and Cognitive Therapies, New York.
- \*Horton, A. L., Russell, B. S., Elias, H., & **Tambling, R. R.** (2022, August). *After a year of COVID-19: Family experiences in the U.S.* Presentation at the Annual Meetings of the American Psychological Association, Minneapolis, MN.
- Hynes, K. C., **Tambling, R. R.**, Bischoff, T., (2022, May) *Sorry about the connection: Telehealth technology competency and difficulties and the therapeutic process*. Presentation at the UConn Center for mHealth & Social Media 6th Annual (Virtual) Conference: Telehealth & Remote Care in a Post-Pandemic World.
- D'Aniello, C., **Tambling, R.**, & Russell, B. (2021, November). *The internalized stigma of substance abuse scale for caregivers: Measuring substance use stigma experienced by caregivers*. Presentation at the 83rd Annual Conference of the National Council on Family Relations, conference held virtually.
- D'Aniello, C., **Tambling, R.**, & Russell, B. (2021, November). *A grounded theory of mothers' emotional and behavioral processes related to having a young adult child with a substance use disorder*. Presentation at the 83rd Annual Conference of the National Council on Family Relations, conference held virtually.
- \*Horton, A. L., Russell, B. S., **Tambling, R. R.**, & Britner, P. (2021, November). *Spill over between family members during COVID-19: Family conflict and parents' stress children's emotional regulation outcomes*. Symposium presentation at the 83rd Annual Conference of the National Council on Family Relations, conference held virtually.
- Russell, B., **Tambling, R.**, & D'Aniello, C. (2021, November). *Unmet need in the context of care: Caregiving burden among parents of individuals seeking substance use treatment*. Presentation at

the 83rd Annual Conference of the National Council on Family Relations, conference held virtually.

- Tambling, R. R.**, D’Aniello, C., & Russell, B. S. (2021, November). *Mental health literacy: A critical target for behavioral health service providers*. Poster presented at the 83<sup>rd</sup> Annual Conference of the National Council on Family Relations, conference held virtually.
- Tambling, R. R.**, Russell, B. S., Park, C., & Fendrich, M. (2021, November). *Predictions of mental health help seeking during the COVID-19 pandemic: Social support, emotion regulation, and mental health symptoms*.. Poster presented at the 83<sup>rd</sup> Annual Conference of the National Council on Family Relations, conference held virtually.
- D’Aniello, C. & **Tambling, R. R.** (2021, September). *Treatment productiveness for caregivers of loved ones with SUDs*. Presentation at the AAMFT Intervention Research in Systemic Family Therapy Topical Interest Network Annual Conference.
- Russell, B. S., **Tambling, R. R.**, & D’Aniello, C. (2021, August). *Unmet need in the context of care: distress among parents of individuals with Substance Use Disorders*. Poster presented at the annual meetings of the American Psychological Association, conference held virtually.
- Tambling, R. R.**, Bischoff, T., & Hynes, K. C. (2021, May). Marriage and family therapists’ reporting of telehealth use on practice websites during covid-19: A linguistic analysis. Paper presented at the fifth annual conference of the UConn Center for mHealth and Social Media, “The COVID-19 Pandemic: Media, Misinformation, and Science Communication”, conference held virtually.
- \*Hutchison, M., Russell, B. S., & **Tambling, R. R.** (2021, April). *Perceived stress and emotion regulation associations with parent-child relationships during COVID-19*. Paper presented at the 42nd Annual Conference of the Society for Behavioral Medicine, conference held virtually.
- Russell, B., **Tambling, R.**, & D’Aniello, C. (2021, April). *Parental relationship contributions to the stability of college students’ substance use*. Paper presented at the 42nd Annual Conference of the Society for Behavioral Medicine, conference held virtually.
- \*Horton, A.L., Russell, B.S., & **Tambling, R.R.** (2021, April). *Parent’s Perceptions of Family Conflict and Children’s Mental Health During COVID-19*. Poster presented at the American Psychological Association Annual Conference, conference held virtually.
- \*Tomkunas, A. Russell, B.S., & **Tambling, R.R.** (2021, April). *Longitudinal relationships between parent’s perceptions of family conflict and children’s emotion regulation outcomes during COVID-19*. Poster presented at the Annual Conference of the Society for Research in Child Development, conference held virtually.
- \*Hutchison, M., Russell, B., & **Tambling, R. R.** (2021, April). *Perceived stress and emotion regulation associations with adolescent-parent relationships during COVID-19*. Paper presented at the Annual Conference of the Society for Research in Child Development, conference held virtually.
- Russell, B.S., Horton, A., Hutchison, M., **Tambling, R. R.**, & Tomkunas, A. (2021, April). *Prospective contributions to parents’ mental health risk during COVID-19: Parent-child closeness predicts exacerbated depression outcomes*. Paper presented at the Annual Conference of the Society for Research in Child Development, conference held virtually.
- D’Aniello, C., & **Tambling, R.** (2020, Cancelled session). *Experiences and needs of mothers of young adults with substance use disorders*. Paper accepted for presentation at the 78th Annual Conference of the American Association for Marriage and Family Therapy, Orlando, FL. Conference modified due to the COVID-19 global pandemic.
- Parker, M. L., Diamond, R., **Tambling, R. R.**, & Ledermann, T. (2020, Cancelled session). *The process of divorce initiation*. Paper accepted for presentation at the 78th Annual Conference of the

- American Association for Marriage and Family Therapy, Orlando, FL. Conference modified due to COVID-19 global pandemic.
- \*Kinzette, A., Hynes, K. C., **Tambling, R.** (2020, Cancelled session). *Therapeutic alliance as a moderator between hope and couple outcomes*. Paper accepted for presentation at the American Association for Marriage and Family Therapy Conference, Orlando, FL. Conference modified due to the COVID-19 global pandemic.
- Friedlander, M.L., **Tambling, R.**, Hynes, K., Anderson, S.R., Megale, A., Xu, M., & Peterson, E.K. (2020, Cancelled conference). *A close look at split and repaired alliances in couple therapy: Behavioral manifestations in five cases*. Paper accepted for presentation at the annual meeting of the Society for Psychotherapy Research, Amherst, MA. Conference cancelled due to the COVID-19 global pandemic.
- \*Bischoff, T. & **Tambling, R.** (2019, November). *Marriage and Family Therapist Websites: A Pilot Study*. Paper presented at the 81<sup>st</sup> Annual Conference of the National Council on Family Relations, Fort Worth, TX.
- D’Aniello, C. & **Tambling, R.** (2019, November). *The Role of Therapy Productiveness on MFT Clients’ Intentions to Persist in Therapy*. Paper presented at the 81<sup>st</sup> Annual Conference of the National Council on Family Relations, Fort Worth, TX.
- D’Aniello, C. & **Tambling, R.** (2019, November). *A Confirmatory Factor Analysis of the Productive Processes Inventory*. Paper presented at the 81<sup>st</sup> Annual Conference of the National Council on Family Relations, Fort Worth, TX.
- Banford Witting, A., Anderson, S., Johnson, L.N., Ketring, S., & **Tambling, R.** (2018, November). *Trauma, adjustment, pressure and alliance in couple therapy*. Paper presented at the National Council on Family Relations 2018 Annual Conference, San Diego, CA.
- \*Bischoff, T., Krenicki, L., & **Tambling, R.** (2018, November). *Therapist Reported Reasons for Client Termination*. Poster presented at the National Council on Family Relations 2018 Annual Conference, San Diego, CA.
- Tambling, R.** & Bischoff, T. (2018, November). *The Therapeutic ‘Black Box’: Understanding the Specifics of Therapy*. Poster presented at the National Council on Family Relations 2018 Annual Conference, San Diego, CA.
- \*Sumner, B.W., Anderson, S.R., Parady, A., **Tambling, R.** & Rackham, E. (2018, November) *De-escalating conflict in high-conflict coparenting therapy*. Presentation presented at the American Association for Marriage and Family Therapy 2018 Annual Conference.
- \*Sumner B., Parady, A., Anderson, S., **Tambling, R.**, Whiting, J., (2018, April) *De-escalating episodes of conflict in high-conflict co-parenting therapy: A task analysis*. Presentation at the Utah Council for Family Relations Conference, Provo, Utah.
- \*Heafner, J. & **Tambling, R.** (2017, November). *Feminist Family Therapists Experiences of Managed Care*. Paper presented at the National Council on Family Relations 2017 Annual Conference, Orlando, FL.
- Anderson, S. R., Rackham, E., & **Tambling, R.** (2016, November). *Correlates of dropout in individual, couple, and family therapy*. Poster presented at the National Council on Family Relations 2015 Annual Conference, Minneapolis, MN.
- \*Heafner, J., Bischoff, T., **Tambling, R.**, & Hynes, K. (2016, November). *Establishing reliable change for the Family Assessment Device*. Poster presented at the National Council on Family Relations 2015 Annual Conference, Minneapolis, MN.

- \*Heafner, J., Bischoff, T., & **Tambling, R.** (2016, September). *Establishing meaningful change in anxiety and depression*. Presentation at the American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.
- \*Kubricht, B., Miller, R., Su, L. P., Johnson, L., Ketring, S., & **Tambling, R.** (2015, September). *Who Benefits from Couple Therapy?: The Road to Satisfaction*. Presented at the American Association for Marriage and Family Therapy Conference. Austin, TX.
- \*Hynes, K.C., Gurmen, M, S., Anderson, S. R., & **Tambling, R.** (2014, November). *Experiences of high conflict co-parents in early sessions of family therapy*. Poster presented at the National Council on Family Relations 2014 Annual Conference, Baltimore, MD.
- \*Huff, S. C, Anderson, S. R., **Tambling, R.**, Oka, M, Johnson, L.N., Ketring, S., & Miller, R. (2014, November). *Dyadic alliance trajectories as predictors of outcome in couple therapy*. Poster presented at the National Council on Family Relations 2014 Annual Conference, Baltimore, MD.
- Anderson, S. R., Huff, S. C, & **Tambling, R.** (2014, October). *Converging alliance scores and outcome in couple therapy*. Poster presented at the Annual Conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- \*Huff, S. C, Anderson, S. R., & **Tambling, R.** (2014, October). *Client and therapist communication in divorce therapy*. Poster presented at the Annual Conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- Johnson, L. N., Mennenga, K. D., Oka, M., **Tambling, R.**, & Anderson, S. R., (2014, October). *How effective are therapy interventions? A daily diary study*. Poster presented at the Annual Conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- Tambling, R.**, Anderson, S. R., & Freeman, S. (2014, October). *Communication patterns within couple therapy*. Poster presented at the Annual Conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- Tambling, R.**, Wong, A. G., & Anderson, S. R. (2014, October). *Expectations about couple therapy over time*. Poster presented at the Annual Conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- Wong, A. G. & **Tambling, R.** (2014, October). *Couples coping with cancer: An exploratory study of factors influencing relationship satisfaction*. Poster presented at the Annual Conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- \*Huff, S. C, Anderson, S. R., & **Tambling, R.** (2013, May). *Clinical application of planned missingness designs*. Poster presented at the Modern Modeling Methods Conference, Storrs, CT.
- \*Rose, A. H., Anderson, S. A., Huff, S. C., **Tambling, R.** (2013, November). *High conflict couples' therapy expectations*. Poster presented at the National Council on Family Relations Annual Conference, San Antonio, TX.
- \*Huff, S. C, Anderson, S. R., & **Tambling, R.** (2013, November). *Can planned missingness designs inform clinical decisions?* Paper presented at the National Council on Family Relations Annual Conference, San Antonio, TX.
- \*Kang, H., Ki, P., & **Tambling, R.** (2013, November). *The measurement of expectancy effects for family therapy*. Poster presented at the National Council on Family Relations Annual Conference, San Antonio, TX.
- \*Gurmen, M. S., Banford, A., Webster, E., Anderson, S. R., & **Tambling, R.** (2013, October). *Parenting confidence, mental health, and family relationships*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Portland, OR.

- \*Huff, S. C., Anderson, S. R., & Tambling, R. (2013, October). *Exploring the alliance in high conflict divorce cases*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Portland, OR.
- Ketring, S. A., Johnson, L. N., **Tambling, R.**, Oka, M., Anderson, S. R., & Miller, R. B. (2013, October). *Intersession Report (IR) sensitivity to change*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Portland, OR.
- Neustifter, R. N., **Tambling, R.**, & Dice, J. L. (2013, October). *Preparing children to become sexually healthy adults*. Session presented at the American Association for Marriage and Family Therapy Annual Conference, Portland, OR.
- Tambling, R.** & Ketring, S. A. (2013, October). *A confirmatory factor analysis of a three-factor model of the URICA*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Portland, OR.
- \*Yoo, Y., **Tambling, R.**, & Robinson, J. L. (2013, May). *Longitudinal Influence of marital satisfaction on harmonious family functioning: Using SEM to estimate the APIM with distinguishable dyads*. Poster presented at the 2013 Modern Modeling Methods Conference. Storrs, CT.
- \*Huff, S. C., Anderson, S. R., & **Tambling, R.** (2013, May). *Parenting competence in high conflict divorce cases*. Poster presented at the 2013 Modern Modeling Methods Conference. Storrs, CT.
- Glebova, T., **Tambling, R.**, Byrd, M., & Poggi, G. (2012, October/November). *Relational ethics and relationship satisfaction of individuals contemplating marriage*. Paper presented at the National Council on Family Relations Annual Conference, Phoenix, AZ.
- Tambling, R.**, Wong, A., Anderson, S. R., Scrivano, N., & Silva, K. (2012, October/November). *Pre-therapy expectations about couple treatment: A qualitative exploratory study*. Poster presented at the National Council on Family Relations Annual Conference, Phoenix, AZ.
- Anderson, S. R., Rose, A., **Tambling, R.**, & Banford, A. (2012, September). *The effectiveness of therapy provided by MFT trainees*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Charlotte, NC.
- Banford, A., Anderson, S. R., & **Tambling, R.** (2012, September). *Factor structure of instruments in a training clinic*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Charlotte, NC.
- Tambling, R.** & Anderson, S. R. (2012, September). *Expectations, hope, and alliance in early couple therapy*. Session presented at the American Association for Marriage and Family Therapy Annual Conference, Charlotte, NC.
- \*Moore, L. & **Tambling, R.** (2011, November). *Effect of distress, referral source, and pressure to attend therapy on motivation to change*. Poster presented at the National Council on Family Relations Annual Conference, Orlando, FL.
- Tambling, R.** & Johnson, L. N. (2011, November). *Exploratory factor analysis of the URICA among couple therapy clients*. Poster presented at the National Council on Family Relations Annual Conference, Orlando, FL.
- \*Gong, A., Thurston, K., **Tambling, R.**, & Anderson, S. R. (2011, September). *Treatment experience of soft mandated vs. voluntary clients*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Fort Worth, TX.
- Parker, M. L., **Tambling, R.**, Campbell, K., & Nash, B. (2011, September). *An attachment model of relational distress and depression*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Fort Worth, TX.

- \*Thurston, K., Gong, A., Anderson, S. R., & **Tambling, R.** (2011, September). *Who initiated termination and therapeutic outcome*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Fort Worth, TX.
- Tambling, R.** & Johnson, L. N. (2010, November). Expectancy effects in couple therapy. *Using the Actor-Partner Interdependence Model to examine outcomes in couple therapy*. Symposium presented at the National Council on Family Relations 72<sup>nd</sup> Annual Conference, Minneapolis, MN.
- Arndt-Jordan, C., Simons, L. G., **Tambling, R.**, & Burt, C. H. (2010, November). *Identifying mechanisms whereby family factors influence adolescent risky sexual behavior*. Poster presented at the National Council on Family Relations 72<sup>nd</sup> Annual Conference, Minneapolis, MN.
- \*Moore, L., **Tambling, R.**, & Johnson, L. N. (2010, November). *A dyadic model of motivation to change and outcome in couple therapy*. Poster presented at the National Council on Family Relations 72<sup>nd</sup> Annual Conference, Minneapolis, MN.
- Tambling, R.**, Anderson, S. R., Parker, M. L., & Campbell, K. (2010, September). *Measuring change in couple therapy using the RDAS*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Atlanta, GA.
- Dice, J., **Tambling, R.**, Campbell, K., & Erwin, P. (2009, November). *Job-seeking in a multicultural world: Secrets to success from first year faculty and a graduate student*. Paper presented at the National Council on Family Relations 71<sup>st</sup> Annual Conference, San Francisco, CA.
- Tambling, R.** (2009, November). Couples' expectations about counseling: A review and empirical investigation. *Predicting relationship outcomes from shared and realistic couple expectations*. Symposium conducted at the National Council on Family Relations 71<sup>st</sup> Annual Conference, San Francisco, CA.
- Neustifter, R., & **Tambling, R.** (2008, June). *The context of pleasure: A program for survivors of sexual victimization*. Poster presented at the American Association of Sex Educators, Counselors, and Therapists Annual Conference, New Orleans, LA.
- Simons, L. G., Arndt, C. A., & **Tambling, R.** (2007, November). *Identifying mechanisms whereby family factors influence adolescent risky sexual behavior*. Poster presented at the National Council on Family Relations Annual Conference, Pittsburgh, PA.
- Tambling, R.**, Neustifter, B. B., Neustifter, R., & Johnson, L. N. (2007, June). *The efficacy of general psychotherapy for sexual concerns*. Poster presented at the American Association of Sex Educators, Counselors, and Therapists Annual Conference, Charlotte, NC.
- Silva, L. C., **Tambling Blyskal, R.**, & Templeton, G. B. (2006, October). *The effect of reminders on first therapy session attendance*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
- Tambling Blyskal, R.**, & Johnson, L. N. (2006, October). *Stage of change and outcome in couple therapy*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
- Tambling Blyskal, R.**, & Parker, M. L. (2006, October). *Working with mandated clients: A case for collaboration*. Session presented at the American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
- Anderson, S. A., Johnson, L. N., Childs, N. M., **Tambling Blyskal, R.**, & Ketring, S. A. (2005, October). *Antecedents of change in marital sentiment*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Kansas City, MO.



Johnson, L. N., Orr, M. J., Brewer, A. L., Anderson, S. R., & **Tambling Blyskal, R.** (2005, October). *The development of the therapeutic alliance in family therapy*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Kansas City, MO.

Templeton, G. B., Johnson, L. N., **Tambling Blyskal, R.**, & Melton, M. S. (2005, October). *Using web-based technology to facilitate client engagement*. Poster presented at the American Association for Marriage and Family Therapy Annual Conference, Kansas City, MO.

### **Regional Meetings**

- \*Hynes, K.C., Anderson, S. R., & **Tambling, R.** (2015, April). *Frequency of threats to the therapeutic alliance in high conflict couple sessions*. Poster presented at the Connecticut Association for Marriage and Family Therapy Annual Conference, Trumbull, CT.
- \*\*Borowski, S., & **Tambling, R.** (2014, April). *Applying the health belief model to individuals' beliefs and preferences about premarital counseling*. Poster presented at the Frontiers in Undergraduate Research Poster Exhibition, Storrs, CT.
- \*\*Burrick, A. & **Tambling, R.** (2014, April). *Responding to trauma: Help-seeking behavior and posttraumatic growth in a college sample*. Poster presented at the Frontiers in Undergraduate Research Poster Exhibition, Storrs, CT.
- \*Huff, S. C., Anderson, S. R., & **Tambling, R.** (2013, April). *Parenting competence in high conflict divorce cases*. Poster accepted for presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT.
- \*Ki, P., Kang, H. & **Tambling, R.** (2013, April). *Multicultural issues in expectancy studies in MFT*. Poster accepted for presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT.
- \*Silva, K., Heafner, J. **Tambling, R.**, & Anderson, S. R. (2013, April). *Client-reported presenting problems at an MFT clinic*. Poster accepted for presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT.
- \*Yoo, Y. S., **Tambling, R.**, & Robinson, J. L. (2013, April). *Longitudinal Influence of marital satisfaction on harmonious family functioning: Using SEM to estimate the APIM with distinguishable dyads*. Poster accepted for presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT.
- \*O'Connor, N., Wong, A. G., **Tambling, R.**, & Blank, T. O. (2012, April). *Medical family therapy and prostate cancer: A literature review*. Poster presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT.
- \*McDougal, T., Green, H. D., Wong, A. G., Ki, P., Huff, S., & **Tambling, R.** (2012, April). *Staying up to date on clinically relevant information*. Poster presented at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT. (Note: this poster was the recipient of the Most Innovative Contribution Award in the 2012 CTAMFT Poster Competition.)
- \*Reckert, A., Muska, C., Neustifter, R., & **Tambling, R.** (2012, April). *Pleasure Centered Educational Program (PCEP): A comprehensive approach to pleasure-oriented sexuality education in domestic violence shelters*. Poster presented at the Connecticut Association for Marriage and Family Therapy Annual Conference. Mystic, CT.
- \*McDougal, T. & **Tambling, R.** (2011, October). *Teaching sexuality from a postmodern feminist perspective using experiential activities*. Poster presented at the 2011, 17<sup>th</sup> Annual Meeting of the Northeast Conference of Teachers of Psychology. Fairfield, CT.

- \*\*Saraceno, M. J. & Tambling, R. (2011, April). *The sexy issue: What do the images in Cosmopolitan say about the sexualities and relationships in modern America?* Poster presented at the 2011 Frontiers in Undergraduate Research Conference. Storrs, CT.
- \*Moore, L., Thurston, K., & **Tambling, R.** (2011, April). *Literature of cultural barriers' effect on motivation in therapy.* Poster presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Cromwell, CT.
- \*Reckert, A., Froude, C., Gurmen, S., & **Tambling, R.** (2011, April). *Using Skype as a treatment modality in marriage and family therapy: Implications for clinical practice.* Poster presentation at the Connecticut Association for Marriage and Family Therapy Annual Conference. Cromwell, CT. (Note: This poster is also the recipient of the Most Innovative Award in the 2011 CTAMFT Poster Competition)
- Parker, M. L. & **Tambling, R.** (2009, April). *Collaboration with the criminal justice system: Working with mandated clients.* Poster presented at the Georgia Association of Marriage and Family Therapy Spring Conference. St. Simons Island, GA.
- Tambling, R.**, & Johnson, L. N. (2007, May). *Stage of change and alliance in couple therapy.* Poster presented at the Georgia Association for Marriage and Family Therapy Spring Conference, St. Simons Island, GA.
- Silva, L. C., **Tambling Blyskal, R.**, Templeton, G. B., & Johnson, L. N. (2006, May). *To call or not to call: The effect of reminder phone calls on client attendance at first therapy sessions.* Poster presented at the Georgia Association for Marriage and Family Therapy Spring Conference, St. Simons Island, GA.
- Tambling Blyskal, R.** (2006, May). *Motivation to change and premature dropout in couple therapy.* Poster presented at the Georgia Association for Marriage and Family Therapy Spring Conference, St. Simons Island, GA.
- Johnson, L. N., Anderson, S. A., & **Tambling Blyskal, R.** (2005, November). *Research in couple perception of spouse during marital therapy.* Invited presentation to the North East Georgia Association for Marriage and Family Therapy, Athens, GA.
- Brewer, A. L., & **Tambling, R. R.** (2005, February). *The mutual storytelling technique.* Presentation at the Southeast Symposium on Child and Family Development, Athens, GA.
- Templeton, G. B., Johnson, L. N., **Tambling Blyskal, R.**, & Santilli, M. (2005, February). *The effects of web-based technology on a university family therapy clinic.* Poster session presented at the Southeast Symposium on Child and Family Development, Athens, GA.
- Tambling, R. R.**, & Lieser, M. L. (2004, April). *Using art therapy to foster resilience in children coping with chronic illness.* Poster session presented at the annual meeting of the Michigan Association for Marriage and Family Therapy, Lansing, MI.
- Tambling, R. R.**, & Jaffa, M. R. (2001, October). *Attachment and emotional expression.* Paper presented at the Central Michigan University Research and Creative Endeavors Fair, Mt. Pleasant, MI.

#### **EDITORIAL BOARD MEMBERSHIP AND REVIEWS**

*Journal of Marital and Family Therapy*, Editorial Board Member since 2013

*Contemporary Family Therapy*, Editorial Board Member 2016 – 2020

*American Journal of Sexuality Education*, ad hoc reviewer since 2009

*Anxiety, Stress, and Coping*, ad hoc reviewer since 2015

*Family Process*, ad hoc reviewer since 2008

*Family Relations*, ad hoc reviewer since 2008

*Feminism and Family Therapy*, ad hoc reviewer since 2009  
*Health Education and Behavior*, ad hoc reviewer since 2014  
*Journal of Couple and Relationship Therapy*, ad hoc reviewer since 2008  
*Journal of Family Social Work*, ad hoc reviewer since 2018  
*Journal of Mental Health*, ad hoc reviewer since 2017  
*Journal of Traumatic Stress*, ad hoc reviewer since 2019  
*Psycho-Oncology*, ad hoc reviewer since 2012  
*Psychotherapy Research*, ad hoc reviewer since 2018  
*Social Science and Medicine*, ad hoc reviewer since 2020  
*The Family Journal*, ad hoc reviewer since 2008

### **Grant and Proposal Review**

University of Connecticut	
Research Excellence Award Program Proposal Reviewer	2019, 2020, 2021
IDEA Grant Proposal Reviewer	2022

### **SERVICE AND LEADERSHIP ACTIVITIES**

#### **National Service and Leadership**

National Council on Family Relations – elected positions	
Family Therapy Section Past Chair	November 2020 – November 2022
Family Therapy Section Chair	November 2017 – November 2020
Family Therapy Section Chair-Elect	November 2016 – November 2017
Family Therapy Section Secretary/Treasurer	November 2012 – November 2014
American Association for Marriage and Family Therapy	December 2016 – December 2017
Board Member, nationally elected position	
Member, Performance Evaluation Committee	
Commission on Accreditation for Marriage and Family Therapy Education	
Accreditation Site Visitor/Evaluator	October 2013 – December 2017
Sexual Assault Crisis Center of Eastern Connecticut	
Secretary	April 2017 – present
Vice President	April 2014 – April 2017
Treasurer	May 2013 – April 2014
Interim Treasurer	November 2012 – May 2013
Board Member	April 2012 – November 2012
Connecticut Association for Marriage and Family Therapy	
Treasurer-elect; Treasurer	June 2011 – August 2013
Associate Representative to the Board	June 2010 – June 2011
<b><u>University of Connecticut Service and Leadership</u></b>	
Office of the Vice President for Research, IRB Member	2020 – present
American Association of University Professionals	
Departmental Representative	2019 – present
Committee W (for women and underrepresented groups)	2020 – present
University of Connecticut Faculty Senate	
University Planning Committee	June 2020 – May 2023

Faculty Advisor, Yoga Club (student organization)	2018 – present
Faculty Advisor, Family Studies Undergraduate Committee	2011 – 2014
Department of Human Development and Family Sciences	
Graduate Awards Committee Member	2020, 2021, 2022, 2023
Strategic Planning Committee Member	2017
Admissions Committee Member	2010 – 2012, 2014 – 2017
Faculty Responsibilities Document Committee	2009 – 2010

### **Searches Chaired**

Department of Human Development and Family Sciences, Clinic Director

### **INSTRUCTION AND ADVISING**

#### **Courses Taught**

HDFS 2004W, Research Methods (writing intensive)  
HDFS 3277, Human Sexuality  
HDFS 3319, Risk and Resilience in Individuals and Families  
HDFS 3340, Individual and Family Intervention  
HDFS 5000, Independent Study in HDFS (sex therapy)  
HDFS 5002, Sex Therapy  
HDFS 5003, Graduate Research Methods  
HDFS 5099, Independent Study, Graduate (research methods)  
HDFS 5320, Special Issues in Human Development  
HDFS 5751 and HDFS 5756, Models and Concepts of Marriage and Family Therapy  
HDFS 5762, Practicum in Marriage and Family Therapy  
HDFS 5763, Individual Supervision in Marriage and Family Therapy  
HDFS 5764, Clinical Assessment in MFT  
HDFS 5790, Theories and Worldviews in MFT  
HDFS 6710, Research Methods in Family Therapy  
HDFS 6730, Advanced Family Therapy  
UNIV 1784, Mental Health Literacy (honors)

#### **Advising and Mentoring**

Graduate Advising:

    PhD Major Advisor – 7 graduated (3 are faculty in accredited MFT programs, 1 a national research director)

    PhD Associate Advisor – 4 graduated, 1 current

    MA Major Advisor – 14 graduated (2 completed optional thesis experience)

    MA Associate Advisor – 28 graduated

Undergraduate Advising:

    Individualized Major Primary Advisor – 2 graduated

    Honors Thesis Primary Advisor – 2 graduated, 1 current

### **PROFESSIONAL QUALIFICATIONS**

#### **Professional Memberships**

American Association for Marriage and Family Therapy, member since 2002

American Association of Sex Educators, Counselors, and Therapists, member since 2004

National Council on Family Relations, member since 2004

**Licenses and Certifications**

Connecticut Licensed Marital and Family Therapist #001445

PREPARE/ENRICH Counselor (Lifetime Certification)

American Association for Marriage and Family Therapy Clinical Fellow #105287

American Association for Marriage and Family Therapy Approved Supervisor #105287