

Cynthia J. Meyer, Ph.D., L.P.

Instructor, Family Social Science Department
University of Minnesota
299b McNeal Hall

Education and Licensure

- October 1989 Licensed as a Psychologist by the Minnesota Board of Psychology
- December 1988 Completed Ph.D. in the Family Social Science Department at the University of Minnesota with a minor in Psychology. Coursework focused on marriage and family therapy theory and practice, human sexuality, professional ethics, psychological assessment, statistics, research methods, family assessment, and feminist theory and studies.
- March 1984 Received Master's Degree in Family Social Science from the University of Minnesota.
- May 1979 Graduated from Macalester College in St. Paul. Received a B.A. Magna Cum Laude in Psychology

Teaching and Clinical Experience

- September 1990- Present **Lecturer, University of Minnesota, Family Social Science, St. Paul**
Responsibilities have included teaching Counseling Skills I; Sex and Gender in Family Relationships; Family Psychology; Gay, Lesbian, and Bisexual Families; Introduction to Feminism and the Family; Ethical Issues in Marital and Family Therapy; and Culture, Substance Abuse and Families. Additionally, responsibilities include supervising graduate and undergraduate teaching assistants and supervising undergraduate research projects funded through UROP. Currently serves as supervisor of the graduate student teacher training program having developed FSoS 8151: Preparing Future Faculty For Independent Teaching in the Family Field. Served as faculty leader of the Wayne Caron Family Caregiving Center for patients with dementia and their caregivers until May 2011. Developed an on-line version of FSoS 4101: Sex and Gender in Family Relationships and has served as instructor for this distance learning course since 2008.

- September 2003-
Present **Lecturer, University of Minnesota, Food Science and Nutrition, St. Paul**
Responsibilities include co-teaching Nutrition Education and Counseling for undergraduate students seeking careers as dietitians and in dietary-related professions as well as supervising graduate level teaching assistants
- November 1988-
June 2011 **Psychologist, HealthPartners, St. Paul**
Experience and responsibilities include providing initial assessments for adult individuals and couples; providing individual and couples therapy to adults; providing individual supervision to graduate interns; leading psychotherapy groups for adult clients; providing consultation and training to staff psychologists, social workers, and family therapists regarding psychological assessment tools; serving as a member of the bariatric assessment team providing psychological evaluations for patients seeking weight loss surgery; and serving as staff psychologist with the ACCORD research program for adults with diabetes and their family members.
- December 1990-
Present **Licensed Psychologist, Private Practice, Saint Paul**
Provides individual, couple, and group psychotherapy to adults. Areas of specialization include family of origin issues, body image, sexual abuse and assault, sexuality issues, chronic illness, depression, relationship and intimacy issues.
- February 1994-
May 2001 **Adjunct Instructor, Augsburg College, Minneapolis**
Responsibilities include teaching Psychology of Gender, Personality, and Counseling Psychology to undergraduate students.
- May 1986-
November 1988 **Psychotherapist, Incest Treatment Program, Rape and Sexual Assault Center, Minneapolis**
Responsibilities include intake assessments; long and short-term psychotherapy with children, adults, couples, and families, supervised MMPI interpretations; play therapy group for children (ages 4-8) who have been sexually abused; incest therapy group for adult women survivors; developing and teaching educational groups, classes, and workshops for clients focusing on communications skills, intimacy, shame, anger, and family of origin issues; supervising group work of graduate interns; and initial and on-going training of interns and volunteers.

October 1984
August 1985

**Doctoral Intern, Jewish Family and Children's Service,
Minneapolis**

Training includes working with individuals, couples, and families in on-going psychotherapy, co-therapy experience with senior staff -members, and co-leading therapy and family of origin groups.

Publications and Presentations

Meyer, C. J. (2003, Winter). For lesbian parents: An important resource for lesbian families [Review of the book For Lesbian Parents]. *Rainbow Families*, 22, 14-15.

Meyer, C. J. (2001, October). Stress and Diabetes. Lecture presented to ACCORD research staff and participants.

Meyer, C. J. (2000, May). *Transition to Parenthood Among Lesbians*. Invited paper presented to National Perinatal Social Worker Annual Conference, Minneapolis.

Meyer, C. J. (1989, November). *Who We Are in Our Families: Birth Order Positions and Family Roles*. Personal Development Seminar Presentation at College of St. Catherine, St. Paul.

Meyer, C. J. (1989). Social Support and Couple Closeness Among Lesbians. Unpublished Doctoral Dissertation, University of Minnesota, St. Paul.

Meyer, C. J. (1988, June). Social Support and Closeness Among Lesbians. Paper presented at National Women's Studies Association Conference, Minneapolis.

Meyer, C. J. (1987). Stress: There's no place like a first home. *Family Relations*, 36, 198-203.

Meyer, C. J. (1984). Book review of *Current Feminist Issues in Psychotherapy*.

International Journal of Women's Studies, 7, 466-468.

Meyer, C. J. & Rosenblatt, P. C. (1984). Book review of *Aging in Early Industrial Society: Work, Family, and Social Policy in Nineteenth Century England*. *Anthropology of Work Review*, 5, 49-50.

Meyer, C. J. & Rosenblatt, P. C. (1987). Feminist analysis of family textbooks. *Journal of Family Issues*, 8, 247-252.

Rosenblatt, P. C. & Meyer, C. J. (1986). Imagined interactions and the family. *Family Relations*, 35, 319-324.

Rosenblatt, P. C.; Meyer, C. J.; & Karis, T. (1992). Internal interaction with God or therapist. *Imagination, Cognition, and Personality*, 11, 85-97.