Curriculum Vitae

Mary E. Bowles, PsyD, LMFT, RRT, MIAAN, RTM
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Education

- Doctor of Psychology (PsyD) – California Southern University (*2023*), *Summa Cum Laude* (*4.0 GPA*)
    - Dissertation: A Mismatch of Emotion States: A Mechanism for Applied Memory Reconsolidation
- Doctor of Marriage & Family Therapy (PhD/DMFT) w/specialization in Medical Family Therapy, Northcentral University (*transferred to CalSo*) (*3.92 GPA*)
- Master of Arts, Marriage and Family Therapy, *Summa Cum Laude*, Touro University Worldwide (*2012, 3.982 GPA*)
- Bachelor of Arts, Psychology Concentration in Counseling, *Magna Cum Laude*, Colorado Mesa University (*2011, 3.78 GPA*)
- Associates of Arts, Psychology, with Honors, University of Phoenix (*2009, 3.95 GPA*)

Licensures, Certifications, Appointments, and Elections

Colorado State Marriage & Family Therapy License – MFT.0001316, exp. 08/31/2027
Texas State Marriage & Family Therapy License – MFT 204129, exp 01/31/2027

- Arbitration Training
- Advanced Mediation Certification: Family-Divorce-Child Custody
- International Association of Applied Neuroscience (IAAN) Supervisor
- Colorado State Court Appointed Parenting Coordinator/Decision Maker
- Mental Health First Aid – National Council for Behavioral Health
- Reconsolidation of Traumatic Memories (RTM)
- International Association of Applied Neuroscience Elected Board Member (2016-2024)
- International Association of Applied Neuroscience Certification (MIAAN)
- Rapid Resolution Therapy Practitioner Certification (RRT)
- Gottman Model Therapy Training Levels 1, 2, & 3
- Advanced Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Certification
- Trauma Focused Cognitive Behavioral Therapy Certification (TF-CBT)
- Gottman Seven Principles of Making Marriage Work Program Certification
- Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Certification
- 1-2-3 Magic Parenting Trainer Certification (Community & Professional)
- Mediators without Borders (Advanced Dispute Resolution) Certification
- Applied Suicide Intervention and Skills Training (ASIST) Certification
- PADI Certified Open Water Scuba Diver and Altitude Diver Certification
- Mykut Real Estate Sales Certification

Awards and Accomplishments

Who's Who Among Students in American Universities & Colleges Honor Society (2009)
Mesa State College Who's Who Among Students Honor Society (2009)
Founding Fellow npn Neuroplastician® (f.npn) designation (2026)

Teaching Experience

- 1-2-3 Magic Parenting (2009 to Present)
- 7 Principles of Making Marriage Work Courses (2013 to Present)
- 9th Judicial District Co-Parenting Through Divorce & Separation Course (2014 to 2021)
- Adjunct Faculty Psychology Instructor: PSY 226 – Social Psychology, Colorado Mountain College (2014 to 2015)
- University of Denver MSW Program Guest Speaker: SOWK 4752: Trauma Informed Assessment and Interventions (2018, 2019)

Memberships

Association of Family and Conciliation Courts (AFCC)
Neuroplastician Hub (Npn Hub), Master & Founding Fellow
International Association of Applied Neuroscience (IAAN)
American Psychological Association (APA)
American Association for Marriage and Family Therapy (AAMFT), Clinical Fellow
Global Association for Interpersonal Neurobiology Studies (GAINS)
Institute of Organizational Neuroscience (ION)
Florida Family Therapy Alliance
Alpha Chi National Honor Society (Gamma Chapter) (2010)
PSI CHI Honor Society (2009)

Publications

Vlaar, S., Dale, C., Kennedy, J. J., Sanaia, A., & Bowles, M. E. (in press). The resilient brain: how neuroplasticity fuels leadership, innovation, and stress adaptation. The Journal of Leaderology and Applied Leadership.

Bowles, M. E. [Host] & Newell, Jennifer [Host]. (2024- Present). Unfiltered family therapists [Video Podcast Series]. Youtube. https://www.youtube.com/playlist?list=PLxrfWrb3sZGcOvggUcgrdqxrb11_MgZAU

npnHub - Uniting Neuroplasticians. (2024). Topic interview: Neuroplastic families with Dr. Mary Bowles. [Video podcast episode]. https://youtu.be/9Jiq5R_WJqk?si=WsIoYeaFbk0NuFiv

npnHub - Uniting Neuroplasticians. (2024). Memory Reconsolidation: Topic Interview with Dr. Mary Bowles. [Video podcast episode]. https://youtu.be/ni089-YMGWM?si=pvrHF9JWCojEMMHb

Bowles, M. (in press). A Mismatch of Emotion States: A Mechanism for Applied Memory Reconsolidation. ProQuest Open Access Database.

Hoyt, M., Hill, R., LeDoux, J., DeLoach, C., Rothschild, B., Cannistra, F., Minett, G., Tatkin, S., Rossi, K., Bowles, M., Cozolino, L., Samuelson, C., Drulis, C., Chan, A., & Badenoch, B. (2022, July). Issue 100. *The science of psychotherapy, 10*(7). https://www.thescienceofpsychotherapy.com/the-science-of-psychotherapy-july-2022/

Bowles, M. (2022, July). Therapy and the therapist in the 21st Century. *The Science of Psychotherapy, 10*(7), 64-66. https://www.thescienceofpsychotherapy.com/the-science-of-psychotherapy-july-2022/

Bowles, M. (2019, February 1). An integrated rapid memory reconsolidation approach: Rapid Resolution Therapy, Part 1. *The Neuropsychotherapist, 7*(2), 43-54.

https://www.thescienceofpsychotherapy.com/an-integrated-rapid-memory-reconsolidation-approach-rapid-resolution-therapy/
Bowles, M. (2019, March 1). An integrated rapid memory reconsolidation approach: Rapid Resolution Therapy, Part 2. The Neuropsychotherapist, 7(3), 4-12. https://www.thescienceofpsychotherapy.com/an-integrated-rapid-memory-reconsolidation-approach-part-2/
Bowles, M. (2019, March 12). SoP 23: Mary Bowles talks about Rapid Resolution Therapy [podcast]. https://www.thescienceofpsychotherapy.com/sop-23-mary-bowles-talks-about-rapid-resolution-therapy/
Bowles, M. (2019, July 10). Mary Bowles, LMFT describes the science behind "normal but not effective" strategies in how families cope with the additional stress of addiction [podcast]. In Fighting Addictions Podcasts Whole Family Healing through Leng & Co Podcast and Virtual Assistance. https://thefamilyrecoverysolution.com/2019/07/10/mary-bowles/

Presentations and Speaking Experience

- Invitation to speak to University of Texas Arlington PsiChi Honor Society on My Educational Journey Through Psychology and Marriage and Family Therapy to Applied Neuroscience (2025)
- Emotion Pairing as a Mechanism for Rapid Neuroplastic Change: Roundtable with Dr. Mary Bowles. Npnhub.com (2024)
- A Theory of Emotion State Mismatch: A Mechanism for Applied Memory Reconsolidation. Webinar offered by the International Association of Applied Neuroscience (2024)
- 2022 International Association of Applied Neuroscience Conference of Applied Neuroscience
    - *Presentation*: Applied Memory Reconsolidation through the Classical Conditioning of Emotions
    - *Panel Discussion with John Arden, Mary Bowles, Nicholas Talley, Jenny Venter, and Dirk Geldenhuys*; Let's Explore Some Practical Neuroscience-Based Strategies & Techniques That Can Enhance a Person's Health/Wellbeing & Functional Capacity When Facing Adversity
- Memory Reconsolidation Applied: Neuroscience Founded Painless Removal of Stress and Trauma for MindWise Institute, Plano, TX (Nov 2019), New Castle, CO (Sep 2019)
- 1st Annual Conference of Applied Neuroscience, by the International Association of Applied Neuroscience (May 2019)
    - *Keynote*: An Assembly of Scientific and Psychological Footprints: The Groundwork for Rapid Transformational Change
    - *Panel Discussion with John Arden, Mary Bowles, Daren Wilson, Roger Mysliwiec, and Thedy Veliz*: Applied Neuroscience In Clinical Practice And Education: What Difference Does It Matter?
- Neuroscience of Rapid Resolution Therapy: Memory Reconsolidation Applied (April 2019) for The Institute for Rapid Resolution Therapy.
- Essential Brain Science for Parenting (x3): Roaring Fork School District, Family Resource Center (2019)
- Applied Memory Reconsolidation. River Bridge Regional Center, Glenwood Springs, CO (2019)

- 2nd Annual Conference of Neuropsychotherapy, by the International Association of Clinical Neuropsychotherapy (2018)
    - Clinical Applications Toward Rapid Memory Reconsolidation
    - The Space Between Us: Forging Neuropsychotherapeutic Relationships
- The Biology of Fear for Coal Ridge High School Track Team (2018)
- Mind-Wise & Meaning-Less: Changing Relationships from the Bottom Up (2017)
- Neuropsychotherapy: The Neurobiological Basis for Psychotherapy for Rapid Resolution Therapy Group Cohort (2017)
- Trauma and The Mind (2016)
- Co-Parenting through Divorce & Beyond (CO State 9th Judicial District) classes (2014-2021)
- QPR (Suicide Prevention) Trainings (2013)
- Suicide Prevention Trainings for Garfield County Suicide Prevention Coalition (2013-2015)
- 1-2-3 Magic Parenting (community and professional personnel) training (2012)
- Gottman's Seven Principles of Making Marriage Work training (2012)
- Mesa County Childbirth Education Association Childbirth Education Courses (2000-2002)

History of Expert Witness Experience and Litigation Support

- Case number: Unknown. 9th Judicial District, Garfield County Colorado. Nature of Case: Dissolution of Marriage

Work History – 2011 to Present

- **MindWise Institute Corporation/MindWise Life, LLC. (formerly Better Life Transitions, LLC.) –** President/Founder, Doctor of Psychology, Licensed Marriage, & Family Therapist, Certified Rapid Resolution Therapist, Certified Clinical Neuropsychotherapist, Certified Reconsolidation of Traumatic Memories Therapist, Co-Parenting through Divorce & Beyond trainer for Colorado State 9th Judicial District, Parent Coordinator/Decision Maker (PCDM) for high conflict divorce and custody cases. Texas Parent Coordinator and Parent Facilitator. Specializations in couples therapy, rapid treatment for trauma (including advanced treatment focus in treatment with First Responders, Veterans, PTSD, anxiety, and sexual abuse survivors), parenting (123 Magic Parenting), ADHD Parenting, Licensed MFT – Colorado, Texas, Florida (2023-2025, lapsed by choice), Telehealth. (*2012 – Present*)**.**
- **International Association of Applied Neuroscience** (IAAN) – Applied Neuroscience Supervisor – (*December 2021 – Present*)
- **Journal of Applied Neuroscience** – Editorial Board (ORCID ID: 0000-0001-9157-4592) – (*December 2021 – Present*), AOSIS
- **International Association of Applied Neuroscience** – Invited Management Committee Board Member, Head of Supervision and Personal Development (PD) auditing and advertising – Sydney, Australia, (*November 2021 to 2024*)
- **International Journal of Neuropsychotherapy** – Editorial Board – May 2018 – July 2019
- **International Association of Applied Neuroscience** – Elected Management Committee Member – Sydney, Australia, (*May 2018 – July 2019*)
- **Colorado Mountain College –** Adjunct Faculty, Social Psychology, PSY226 **–** Rifle, CO campus. (*2014 – 2015*)

- **Solution Focused Therapy/Joel Karr, LCSW –** Marriage and Family Therapist **–** Glenwood Spring, CO. (*2012 –2013*)
- **Solution Focused Therapy/Joel Karr, LCSW –** Graduate Intern Therapist, Glenwood Spring, CO. (*2012 –2012*)
- **Colorado West Regional Mental Health Center (currently Mind Springs Health)** Case Manager/Intern, Rifle, CO. (*January 2011 – May 2011*)

Volunteerism

- 2000+ hours pro bono client care for community members, including 1st responders, veterans, teachers, and low-income clients (2011 to present)
- Institute of Organizational Neuroscience (ION) Research and Mentoring – (2024 to present)
- Invited Management Committee Member – International Association of Applied Neuroscience. December 2021 to present
- Western Slope Veterans Coalition Board of Directors board member – 2020
- Elected Management Committee Member – International Association of Applied Neuroscience. May 2018 to July 2019
- Support Coordinator International Association of Clinical Neuropsychotherapy – 2017 to 2018
- Aspen Hope Center Suicide Prevention Instructor – 2013 to 2017
- Suicide Prevention Coalition of Garfield County – 2013 to 2017
- American Red Cross, Western Slope Chapter – 2013 to 2017
- Vice President, Alpha Chi National Honor Society – 2010 to 2011
- President, Coal Ridge High School Booster Club – 2008 to 2009
- Relay For Life – 2006, 2007
- Navy-Marine Corps Relief Society – 1990 to1991

Additional Trainings

- Court Ordered Family Therapy: Roles, Agreements, Privilege, & DORA – Colorado Association of Family and Conciliation Courts (COAFCC)
- Ethics in Behavioral Health Documentation: Reasons, Risks, & Rewards – Colibri Healthcare
- Ontario Domestic Assault Risk Assessment – ODARA
- Mastering Immigration Evaluations – Georgia King, LCSW
- Cognitive Distortions and First Responders – International Association of Fire Fighters
- Non-Abstinent Approaches to Substance Use Disorders – Dr. Rocco Iannucci & Dr. Jess Kosiba
- Assessment Training Workshop on Autism and ADHD assessment, including ADOS, WRAT, BASC, ABAS, ASRS, TSCC, SRS, CONNORS, CAARS, GARS, AQ-10, SASSI.
- Interpersonal Neurobiology (IPNB), Mindsight Approach to Well-Being (segment A & B) – Dr. Daniel J. Siegel
- A Heart Shattered, the Private Self, and a Life Unlived an Existential-Humanistic Approach to Relentless Despair – Martha Stark, MD.
- Identifying and Alleviating Secondary Trauma Stress, Compassion Fatigue, & Burnout amid the COVID Pandemic
- Telehealth Ethics Along the Continuum of Care in a Pandemic Environment

- First Responder Cultural Aspects: Dispatch, EMS, Fire, and Police – Mines & Associates
- First Responder Couples and Family Considerations – Mines & Associates
- It's Crisis Time and We Need to Step up Our Game: How Hypnosis Can Help Our Clients
- Child Abuse 101 and How to Respond to Abuse
- Evidence Based Child Abuse Assessments
- Sibling Sexual Abuse from a MDT Perspective
- The ADHD Guide to Fighting Stigma - How to Defend Your Diagnosis and Build Your Self-Esteem
- Hacking the Science of Your ADHD Brain: 5 Secrets to Productivity
- Key Concerns in Diagnosing & Treating Children with ADHD
- Coping with Anxiety and Adult ADHD in the COVID-19 World
- The State of Systemic Family Therapy and the World
- MFT's for Systemic Change: A Call to Action
- Sex Therapy Assessment Strategies: Comprehensive and Systemic Tools
- Intimate Partner Violence: Victim, Perpetrator and the Couple
- A Common Struggle: A Personal Journey through the Past and Future of Mental Illness and Addiction
- Common Factors of Couple Recovery from Problematic Pornography Use
- Screen Use and Abuse Create a Healthy Video Game Diet for Your Child with ADHD
- The ADHD Guide to Fighting Stigma - Defending the ADHD Diagnosis
- Taking Care of Your Most Important Relationships – Sue Johnson, PhD/AAMFT
- Traumatic Mind Mapping During The COVID-19 Pandemic – AAMFT
- Telehealth Ethics Along the Continuum of Care in a Pandemic Environment
- The Ethics of Care and Cultural Competency - AAMFT
- Identifying and Alleviating Secondary Trauma Stress, Compassion Fatigue, & Burnout
- Memory Reconsolidation with Bruce Ecker – The Science of Psychotherapy Academy
- Navigating the Stages of ADHD: Key Concerns in Diagnosing & Treating Children - ADDitude
- Anti-Trafficking Training – Homeless Leadership Coalition
- A SANE Approach to Abuse & Neglect – River Bridge Center training
- The Ethics of Care and Cultural Competency: Family Therapists as First Responders
- Infant Mental Health
- Reconsolidation of Traumatic Memories (RTM)
- Neurolinguistic Programming (NLP)
- American Assoc. of Marriage & Family Therapy (AAMFT) Fundamentals of Supervision
- Dan Siegel's Interpersonal Neurobiology (IPNB) Mindsight Institute Courses 101-304
- Gottman Couples Course (Affairs & Addiction)
- Rapid Resolution Therapy (RRT), Levels 1, 2, & 3
- Mediros Neuropsychotherapy/Neuroscience Core Courses
- Principles of Neuroscience (Neuropsychotherapy)
- Neuroscience Training Summit
- PTSD, Sexual Trauma & Childhood Abuse (RRT)
- Dan Siegel's Practicing Mindsight
- 10 Brain-based Strategies to Help Children Handle Their Emotions

- CFHA - The Role of Collaborative/Integrative Care in Advancing Population Health
- Changing Brains Symposium
- Secrets, Cybersex, Infidelity, Addictions, Trauma, & Forgiveness
- Motivational Interviewing
- Anne Munch, Esq. – Understanding Sexual Assault: Building Strong Cases
- Teach Students How to Learn: Metacognition is the Key
- Advanced TF-CBT Training
- Treatment of Attachment-Based Parental Alienation (Dr. Craig Childress)
- Parental Alienation: An Attachment-based Model (Dr. Craig Childress)
- Young Adult Conference: Failure to Launch
- Therapy with Men: A Cultural Divide (Mantherapy)
- Trends in the Evaluation/Treatment of the Addicted Healthcare Professional
- Suicide Awareness Trainer Training - Aspen Hope Center (C-SSRS)
- Victor Vieth, JD. – Child Abuse Training
- Legal Considerations for Therapists – The Subpoena and Testifying
- Sexting: Balancing the Law, Teens, Technology, & Choices
- Divorce & Custody Process in Colorado

References

- Martha Stark, MD. – Faculty, Harvard Medical School MarthaStarkMD@hms.harvard.edu (617) 244-7188
- Bruce Bishop, PhD. – Associates in Behavioral Counseling, LLC. 518 28 Road, Suite A207 Grand Junction, CO 81501 bishop_phd@bresnan.net (970)245-3212
- Joel Karr, LCSW – Solution Focused Therapy, Glenwood Springs, CO 81601 joelkarr2000@gmail.com (970)404-3216