

# Curriculum Vitae 2023

## Karen Caffee, LMFT

### Education

Adler University  
**PhD in Couple and Family Therapy (COAMFTE)**  
2023

Widener University  
**Masters of Education in Human Sexuality**  
2020

Adler University  
**Masters of Marriage and Family Therapy**  
2012

DePaul University  
**Bachelor's of Sociology**  
2009

### Licenses and Certifications

**American Association of Sex Educators, Counselors, and Therapists (AASECT) Certified Supervisor** Anticipated 2024

**American Association of Marriage and Family Therapists (AAMFT) Approved Supervisor** 2023

**American Association of Sex Educators, Counselors, and Therapists (AASECT) Certified Sex Therapist** 2021

**Licensed Marriage and Family Therapist, Illinois**  
Illinois Department of Financial and Professional Regulation 2017-present

**Collaborative Institutional Training Initiative (CITI)** 2022

**Nonviolent Crisis Intervention** 2013  
Crisis Prevention Institute

**PREPARE/ENRICH Trained** 2012  
Adler University

### Academic Experience

**Couple and Family Therapy Department**  
Adler University, Chicago, IL

Program Director of Sexology, Assistant Professor 2023  
Oversee AASECT certification program  
Teaching core curriculum and AASECT certification courses  
Provide supervision to Masters level clinicians  
Create, edit, implement curriculum and lesson plans  
Cross department collaboration for program optimization

Adjunct Professor 2018-2020, 2022-2023  
Teach core curriculum classes to Masters level students  
Oversee practicum seminar classes, supervising clinicians-in-training  
Teaching Sex Therapy Certificate courses in line with AASECT certificate  
Create and implement lesson plans  
Create sex therapy electives, curricula, and lesson plans (Offered Spring 2019, Spring 2023, Summer 2023)  
Collaborate with faculty for cohesive education and meeting institutional standards

### Teaching Experience

<b>Adler University</b> Chicago, IL	2018-2020, 2022
<b>Couple and Family Therapy Department</b>	
MCFT 572 Basic Skills for Psychotherapy	FA2018, FA2019
MCFT 662 Modern Approaches to MFT	SP2019, SP2020
MCFT 650 Postmodern Approaches to MFT	SU2019, SU2020
MCFT 600 Practicum Seminar	SU2022
CFTD 837 Intro to Consensual Nonmonogamy	SP2019, SP2023
MCFT 603 Practicum Seminar	FA2022, FA2023
SEX690 Biopsychosocial Sex Across the Lifespan	FA2022, SU2023, FA2023
MCFT 604 Practicum Seminar	SP2023
MCFT 653 Introduction to Sex Therapy	SP2023
MCFT 605 Practicum Seminar	SU2023
CFTD 681 Sex and Disability	SU2023
MCFT 601 Practicum Seminar	SU2023

### Publications

#### Refereed Journals

Washington, K. (2023). *The Feminist Experiential Intersystems Approach to Sex Therapy*.  
Journal of Sex and Relationship Therapy.  
<https://doi.org/10.1080/14681994.2023.2253745>

Charlot, L.A., **Washington, K.**, & Hall, C. (2022). Exhumed: Reckoning with the History of Eugenics in Marriage and Family Therapy. *The Family Journal*, 1-6.  
<https://doi.org/10.1177/10664807221104113>

Gebel, G., Griggs, M., & **Washington, K.** (2022). Evaluating Structural Family Therapy from a Consensual Nonmonogamy Lens. *The Family Journal*, 1-9.  
<https://doi.org/10.1177/10664807221104117>

Washington, K. & Spencer, J. (2021). In Memoriam: Betty Dodson – “Better Orgasms, Better Worlds”. *Journal of Feminist Family Therapy*.  
<https://doi.org/10.1080/08952833.2021.1890322>

Washington, K., & Wyatt, H. (2020). Exploring the link between autoimmune disorders and pain with sex in ova-having individuals. *Journal of Feminist Family Therapy*.  
<https://doi.org/10.1080/08952833.2020.1755169>

### **Current Research Projects (IRB)**

#### **Manuscripts (In publication)**

Washington, K. (in publication). “*They won’t work with me,* ”: and other client experiences when attempting to discuss sexological topics in therapy.

#### **Manuscripts (In preparation)**

Washington, K., Wyatt, H., & Diamond, R.. (co-investigators) (2020). *Experiences of Living with Autoimmune Disorders and Painful Sex in Ova-Having Bodies*. Adler University IRB Protocol #21-014.

Washington, K. & Charlot, L.A. (in progress). *Have Men and Masculinity Evolved in the Perception of FFT Leaders? A thematic analysis of interviews*.

Washington, K. & Wyatt, H. (in progress). *An update to exploring the link between autoimmune disorders and painful sex in ova-having individuals*.

Washington, K. (in progress). *Method review of sexological education in clinical training programs*.

#### **Encyclopedia Entry**

Washington, K. (2021). Open marriage. In J.L. Hartenstein (ed.), *Marriage and Divorce in America: Issues, Trends, and Controversies*. ABC-CLIO.

#### **Book Reviews**

Washington, K. (2019, January 13). [Review of the book *Buzz: A Stimulating Review of the Sex Toy*, by H. Lieberman]. *Journal of Sex and Marital Therapy* 44(6), 613-614.  
<https://doi.org/10.1080/0092623X.2018.1405591>

Washington, K. (2019, June 7). [Review of the book *Future Sex*, by E. Witt]. *Journal of Sex and Marital Therapy* 45(2), 173-174. <https://doi.org/10.1080/0092623X.2018.1563343>

## Other Publications

Washington, K. (2021). 13 Things all Long Term Couples Should Try in Bed. Bustle. [13 Things All Long-Term Couples Should Do In Bed \(bustle.com\)](https://www.bustle.com/story/13-things-all-long-term-couples-should-try-in-bed-1234567)

Washington, K. (2013-2017). Q&A Column for online sex education site Kinkly.com

Washington, K. (2017, Jan. 5). The 8 Best Sex Positions for Exhausted Parents. Kinkly. <https://www.kinkly.com/the-8-best-sex-positions-for-exhausted-parents/2/14131>

Washington, K. (2016, Sept.). Rapid Ejaculation. Sexology International. <https://sexologyinternational.com/rapid-ejaculation/>

Washington, K. (2015, Feb. 23). Is This High Libido or a Serious Sex Addiction? Kinkly. <https://www.kinkly.com/2/8168/sexual-health/sexual-disorder/is-this-high-libido-or-a-serious-sex-addiction>

Washington, K. (2014, July 3). How Taking Control of Your Sex Life Will Lead to Better Sex. Kinkly. <https://www.kinkly.com/2/4784/lets-talk-about-it/perspectives/bad-sex-why-its-all-your-fault>

Washington, K. (2014, Jan. 27). 6 Signs You've Just Had Great Sex. Kinkly. <https://www.kinkly.com/2/1106/lets-talk-about-it/perspectives/6-signs-youve-just-had-great-sex>

Washington, K. (n.d.). Best Mattress for Sex: 39 Sex Therapists Share Their Tips. Mattress Insider. <https://www.mattressinsider.com/blog/best-mattress-for-sex/>

## Clinical Experience

### Relationship Reality 312 Chicago, IL

2014-present

Clinical Director (since 2021)

Marriage and Family Therapist, Certified Sex Therapist, AAMFT Approved Supervisor

Offer therapeutic services to individuals, couples, families

Supervisor – supervising students and recent grad therapists in training

Running staff meetings and group supervision

Developing new social justice mission for practice

Provide training education for therapists

Crisis intervention and prevention

Collaborate with professionals across multiple disciplines to offer holistic services and intervene on multiple levels

Networking and advertising to create/grow referral base

Research

Obtain continuing education to provide best possible care, interventions, and information  
834 clinical sex therapy hours under supervision of Bruce Berman, PhD towards CST

**River Birch Counseling St. Peters, MO** 2013-2014

Associate Marriage and Family Therapist

Offer therapeutic services to individuals, couples, and families

Crisis intervention and prevention

Attend weekly supervision in compliance with licensure requirements

Networking within community to create/grow referral and resource base

Collaborate with professionals across disciplines to provide services on multiple levels

Operate as 1099 within group practice

**Total Nurses Network** 2013

Per Diem Mental Health Professional

1:1 and group interactions in inpatient psychiatric facility

Assist with daily living activities

Crisis intervention and prevention

**Family Counseling Center Joliet, IL** 2011-2012

Intern Therapist

Medicaid compliance trained, including all intake, assessment, treatment and progress  
note paperwork and reauthorizations

Received one-hour individual supervision and three hours didactic training/supervision  
weekly

**Honors and Awards**

New Writers Fellowship by Family Process Journal: *Craft of Scholarly Writing in Family  
Therapy* 2023

MAP Research and Education Foundation/Sexual Tipping Point Honorable Mention 2021

Carol Cobb Nettleton Community Service Leadership Award in Clinical Sexology 2020

**Grants and Fellowships**

**ISSWSH Research Grant** 2021

Received \$3670 in funding

Funding *Experiences of Living with Autoimmune Disorders and Painful Sexual Experiences in  
Ova-having Bodies* qualitative research.

**Conference Presentations**

Washington, K. (2023). *Sex Therapy for Non-Sex Therapists*. 1-hour presentation on learning the  
basics of PLISSIT to increase effective, ethical care of clients. IAMFT Conference.

- Washington, K. & Flannery, J. (2022). *Intimacy Blocks Unlocked*. 3-hour presentation on obstacles to achieving desired sexual life/connection. IAMFT Conference.
- Charlot, L.A. & **Washington, K.** (2022). *Exhumed: A reckoning with the history of eugenics in marriage and family therapy*. 20 minute presentation on influence of eugenics on formation of MFT field and education. IFTA Conference.
- Washington, K. & Wyatt, H. (2021). *Autoimmune Disorders and Painful Sex in Ova-Havers*. 90-min pre-recorded presentation highlighting research. IAMFT Conference.
- Charlot, L.A., & **Washington, K.** (2021). *Exhumed: A reckoning with the history of eugenics in marriage and family therapy*. 90-min pre-recorded presentation highlighting research. IAMFT Conference.
- Washington, K. & Wyatt, H. (2021). *Exploring the Link Between Autoimmune Disorders and Painful Sex in Ova-Having Individuals*. 5-minute data blitz presentation highlighting research. SSTAR Conference.
- Washington, K. & Flannery, J. (2019). *Sex Therapy 101*. 3-hour presentation for clinicians to incorporate basic tenants of sex therapy into current practice. ILAMFT Conference.
- Washington, K. & Flannery, J. (2018). *Incorporating sex into your therapy practice*. 90-minute presentation for clinicians to incorporate basics of sex therapy into current couple's therapy practice. IAMFT Conference.

### Conference Poster Presentations

- Washington, K. (2023). *Feminist Experiential Intersystems Theory*. Poster presentation on integrated theoretical model adapted for working with sex therapy clients. SSTAR conference.
- Gebel, G., Griggs, M., & **Washington, K.** (2022). *An Evaluation of Structural Family Therapy from the Lens of Consensual Nonmonogamy*. Poster presentation on modifications to Structural therapy to accommodate consensually nonmonogamous persons. IFTA Conference.
- Washington, K. & Wyatt, H. (2022). *Exploring the Link Between Autoimmune Disorders and Painful Sex in Ova-Having Individuals*. Poster presentation on the comorbidity of autoimmune disorders and genital pain occurring in ova-having bodies. ISSWSH Conference.
- Washington, K. & Wyatt, H. (2021). *Exploring the Link Between Autoimmune Disorders and Painful Sex in Ova-Having Individuals*. Poster presentation on the comorbidity of autoimmune disorders and genital pain occurring in ova-having bodies. ISSWSH Conference.
- Washington, K. & Wyatt, H. (2020). *Exploring the Link Between Autoimmune Disorders and Painful Sex in Ova-Having Individuals*. Poster presentation on the comorbidity of

autoimmune disorders and genital pain occurring in ova-having bodies. SSTAR Conference.

Washington, K. & Wyatt, H. (2020). *Exploring the Link Between Autoimmune Disorders and Painful Sex in Ova-Having Individuals*. Poster presentation on the comorbidity of autoimmune disorders and genital pain occurring in ova-having bodies. IAMFT Conference.

Washington, K. (2015). *Expanding counseling for couples using third party infertility treatment*. Poster presentation on lack of therapeutic support for heterosexual couples using donation methods for infertility as compared to punitive treatment of other populations using methodology; also addresses lack of oversight regarding specific to sperm donation. IAMFT Conference.

### **Provision of Continuing Education Credits**

Washington, K. (2021). *Sexual Harassment Training*. 1 CE webinar to meet mandatory training requirements for licensure renewal. Sponsored by ILAMFT.

Washington, K. & Flannery, J. (2020). *Desire Discrepancy*. Three-part, 6 CE presentation for clinicians to learn foundational knowledge of desire discrepancy, assessment, theory, and interventions. Updated to include new information and reflect on impacts from pandemic and social distress. Sponsored by ILAMFT.

Washington, K. & Flannery, J. (2019). *Desire Discrepancy*. 6 CE presentation for clinicians to learn foundational knowledge of desire discrepancy, assessment, theory, and interventions. Sponsored by ILAMFT.

Washington, K. (2019). *History of desire: The darker side of sex therapy*. 1 CE presentation for clinicians to learn historical foundations of sex therapy, use of unethical practices, and oppression against nondominant groups. Sponsored by Chicago Sex Therapist Network.

### **Other Presentations**

Washington, K. & Fahey, J. (2018). *Romantic love*. 90-minute presentation to incoming college freshman providing information and psychoeducation on romantic relationships with a therapeutic lens. DePaul University Immersion Week.

Washington, K. (2018). *Adult sex education 101*. 2-hour presentation for general public to address a range of topics commonly occurring in sex therapy practice. Relationship Reality 312.

### **Service to the Profession**

**Illinois Affiliation of Marriage and Family Therapy**  
Board of Directors 2020-present  
Communications Committee (creator and chair)

Conference Chair for Sex in the Windy City Member	2010-present
<b>American Association of Marriage and Family Therapy</b> Clinical Fellow Approved Supervisor	2010-present 2023
<b>Society for Sex Therapy and Research</b> Member Communications committee 2018-present Continuing Education committee 2018	2016-present
<b>American Association of Sex Educators, Counselors, and Therapists</b> Member	2018-present
<b>International Society for the Study of Women's Sexual Health</b> Member	2020-present

### **Scholarly Service to the Profession**

<b>Journal Article Reviewer</b> Journal of Sex and Relationship Therapy	2023
<b>Delta Kappa Marriage and Family Therapy Honor Society</b> Charter member, Adler University	2020-
<b>Gamma Eta Rho Honor Society in Human Sexuality</b> Charter member, Widener University	2020-

### **Service to the University**

#### **Adler University**

##### **Adjunct**

Collaboratively create and implement American Association of Sex Educators, Counselors, and Therapists approved curricula to offer AASECT certification to students concurrently with other programs	2018-2020
Faculty Advisor for ASoS	2022-2023

##### **Doctoral Student**

Sexual Wellness and Advocacy Group President	2020-2022
Journal of Feminist Family Therapy group	2020-2021
Sexuality and Gender Affinity Group Co-leader	2020-2022
Co-facilitator of AASECT SAR	2020



## Service to the Community

### **Give An Hour**

Volunteer Therapist 2018-present

### **One Million Degrees**

Volunteer Mentor for undergraduate student 2015-2016

### **WINGS Naperville, IL**

Mentor for female high school students 2012-2013

### **Women for Economic Justice Chicago, IL**

Intern 2010-2011

Curriculum writing, grant writing, networking, fundraising for not for profit helping women in underprivileged communities

### **Project H.E.L.P.**

Volunteer 2010

Edited press releases and quarterly newsletter, collaborated on grant proposals, volunteered at Naperville Jazz Festival in 2010 for community presence

### **Education and Research Foundation of Michael Reese and Michael Reese Family Planning Clinic**

Intern 2009

Collaborated on mission pamphlet, attend meetings regarding community work, outreach, and education, client outreach and follow up

## In the Media

Cited by Carrie Pallardy July 2023 on division of domestic labor and sex in relationships for website Get Me Giddy. <https://getmegiddy.com/sex-housework-divison-chores-intimacy>

Cited by Daniel Sher May 2023 on Viagra and psychological erectile dysfunction for website Between Us Clinic. [How to Overcome Psychological ED – Learn to Clear Mental Blocks \(betweenusclinic.com\)](https://betweenusclinic.com/how-to-overcome-psychological-ed-learn-to-clear-mental-blocks)

Interviewed by Angela Skurtu May 2020 about practicing sex therapy for podcast About Sex. (Found on iTunes & Google Play)

Interviewed by Kellye Howard Jue September 2018 about practicing sex therapy for podcast Kellye Talks. (Found on iTunes & SoundCloud)

Interviewed by NBC News February 2015 about the social impact of 50 Shades of Grey. <http://www.nbcchicago.com/news/local/Sex-Therapist-Urges-Caution-Following-50-Shades-Sex-Assault-293939461.html>

## Professional Memberships

American Association of Marriage and Family Therapy (AAMFT) Clinical member	2010 - present
Illinois Affiliation of Marriage and Family Therapy Board of Directors member – appointed 2020	2010 – present
Society for Sex Therapy and Research (SSTAR) SSTAR Associate Member	2017-present 2021-present
Communications Committee	
American Association of Sex Educators, Counselors, and Therapists	2019-present
International Society for the Study of Women’s Sexual Health	2020-present
Association of Counseling Sexology and Sexual Wellness	2023-present
Delta Kappa Honor Society	inducted 2020
Gamma Eta Rho Honor Society	inducted 2020