

## D. Scott Sibley

Assistant Professor of Human Development and Family Sciences  
School of Family and Consumer Sciences  
Northern Illinois University

**Work Address:**  
Wirtz Hall 122J  
DeKalb, IL 60115

**Phone:** 815-753-6344  
**Email:** dscottsibley@niu.edu  
**Website:** decidetocommit.com

### Education

---

- Ph.D. Kansas State University, May 2015**  
Doctor of Philosophy in Human Ecology: Marriage and Family Therapy  
Major Professor: Dr. Amber Vennum  
Dissertation: *Exploring the Theory of Resilient Commitment in Emerging Adulthood: A Qualitative Inquiry*
- M.S. University of Nebraska-Lincoln, August 2012**  
Master of Science in Child, Youth and Family Studies: Marriage and Family Therapy  
Advisor: Dr. Paul Springer  
Post-Degree Certificate: *Medical Family Therapy*
- M.A. Southern Utah University, May 2010**  
Master of Arts in Professional Communication  
Thesis Director: Dr. Matthew Barton  
Thesis: *An Exploration of the Construction of Commitment Leading to Marriage*
- B.S. Brigham Young University, August 2008**  
Bachelor of Science in Psychology  
Emphasis: *Social Psychology*

### Academic and Professional Experience

---

2015 – Present      **Assistant Professor**, Human Development and Family Sciences, School of Family and Consumer Sciences, Northern Illinois University, DeKalb, IL.

Courses Taught

**HDFS 284** – Introduction to Family Relationships  
**HDFS 382** – Group Process and Personal and Family Functioning  
**HDFS 383** – Clinical Applications in Family Social Services  
**HDFS 477/577** – Domestic Violence and Trauma in the Family  
**HDFS 482/582** – Child Abuse and Neglect  
**HDFS 639** – Practicum in Family Therapy

2012 – 2015      **Graduate Teaching Assistant**, School of Family Studies and Human Services, Kansas State University, Manhattan, KS

*Courses Taught* – Primary instructor for over 2,700 students

**FSHS 110** – Intro to Human Development

**FSHS 300** – Families, Health, and Illness

**FSHS 301** – The Helping Relationship

2010 – 2012      **Graduate Research Assistant**, Child, Youth and Family Studies, University of Nebraska-Lincoln, Lincoln, NE

- Dr. Paul Springer
- Dr. Douglas Abbott

2006 – 2008      **Undergraduate Research Assistant**, Department of Psychology, Brigham Young University, Provo, UT

- Dr. Harold Miller

## **CLINICAL EXPERIENCE**

### **Marriage and Family Therapy**

---

**Licensed Marriage and Family Therapist in the State of Michigan**, License #4101006798

**Licensed Marriage and Family Therapist in the State of Kansas**, License #2556

**AAMFT Approved Supervisor**, May 2016 – Present

**AAMFT Clinical Fellow**, January 2018 – Present

**Marriage and Family Therapist** – Private Practice, DeKalb, IL

- November 2015 – Present
- Responsibilities: Provided individual, couple, and family therapy with clients from the community and NIU. Therapy conducted in the NIU Couple and Family Therapy Clinic

**Marriage and Family Therapy Intern** – K-State Family Center, Manhattan, KS

- August 2012 – May 2015
- Responsibilities: Provided individual, couple, and family therapy with clients from the community and K-State
- Supervisors: Dr. Amber Vennum, Dr. Jared Durtschi

**Marriage and Family Therapy Intern** – Parkinson’s Education & Support Group of the Flint Hills, Meadowlark Hills Retirement Community, Manhattan, KS

- June 2014 – May 2015
- Responsibilities: Designed and implemented a support group for caregivers of patients with Parkinson’s disease; provided education on family functioning and coping
- Supervisors: Dr. Amber Vennum, Michelle Haub

**Marriage and Family Therapy Intern** – Irwin Army Community Hospital, Fort Riley, KS

- February 2013 – August 2014
- Responsibilities: Designed and implemented support groups for military couples about the transition to parenthood and post-partum depression
- Supervisor: Dr. Jared Durtschi

**Medical Family Therapy Intern** – Department of Family Medicine, Durham Outpatient Center, University of Nebraska Medical Center, Omaha, NE

- August 2011 - August 2012
- Responsibilities: Provided individual, couple, and family therapy; collaborated with health care professionals in the Department of Family Medicine and throughout UNMC's health network
- Supervisors: Dr. Dave Robinson, Dr. Dan Felix, Dr. Katie Kueny

**Marriage and Family Therapy Intern** – Family Resource Center, University of Nebraska-Lincoln

- June 2011 - August 2012
- Responsibilities: Provided individual, couple, and family therapy with clients from the community and the Community Corrections Center-Lincoln; parenting classes; distance therapy
- Supervisors: Dr. Richard Bischoff, Dr. Allison Reisbig, Dr. Paul Springer

**Clinical Supervision**

---

**Faculty Supervisor at the Couple and Family Therapy Clinic at NIU – Jan. 2018 – Present**

- Responsibilities: Provided individual group supervision to master's level MFT students; supervised an 8-hour practicum day

**Supervisor in Training K-State Family Center, July 2013 – Jan. 2015**

- Responsibilities: Provided individual supervision to master's level MFT students; provided evening supervision for a four hour block each week for eighteen months

**Additional Training**

---

- Trauma Conference: The Body Keeps the Score – Bessel van der Kolk, M.D. – October 2018
- PREP Approach in Couple Therapy Training – Scott Stanley, Ph.D., Galena Rhoades, Ph.D., Howard Markman, Ph.D., – March 2017
- Nurturing Relational Resilience in Couples and Families: Mastering the Art of Possibilities – Froma Walsh, Ph.D., May 2016

**Family Life Education**

---

**Certified Family Life Educator**, National Council on Family Relations, Certificate #1177982

## SCHOLARSHIP

### Research Interests

---

Commitment in couple relationships; romantic relationship formation; marriage; resilience after parental/grandparental divorce; medical family therapy; family therapy theory (e.g., contextual therapy, Bowen family systems theory).

### Peer Reviewed Publications

---

\*Denotes Student Collaborator

- Turns, B., Springer, P. R., & **Sibley, D. S.** (2019). Removing the “mystery” in therapy: Transparency as a continuous intervention in family psychotherapy. *Journal of Family Psychotherapy, 30*, 1, 1-19.
- Turns, B. A., & **Sibley, D. S.** (2018). Does maternal spanking lead to bullying behaviors at school? A longitudinal study. *Journal of Child and Family Studies, 27*, 9, 2824-2832.
- Li, X., \*Theisen, A., **Sibley, D. S.**, & Seo, C. (2018). Resourcefulness: Current insights and future directions for family scholars and clinicians. *The Family Journal, 26*, 4, 433-443.
- Sibley, D. S.**, \*Schmidt, A. E., & \*Kimmes, J. G. (2016). Applying a contextual therapy framework to treat panic disorder: A case study. *Journal of Family Psychotherapy, 24*(4), 299-317.
- \*Schmidt, A. E., Green, M. S., **Sibley, D. S.**, & Prouty, A. M. (2016). Effects of parental infidelity on adult children's relational ethics with their partners: A contextual perspective. *Journal of Couple and Relationship Therapy, 15*, 3, 193-212.
- Vennum, A., Hardy, N., **Sibley, D. S.**, & Fincham, F. D. (2015). Dedication and sliding in emerging adult cyclical and non-cyclical romantic relationships. *Family Relations, 64*, 3, 407-419.
- Sibley, D. S.**, Springer, P. R., Vennum, A., & Hollist, C. S. (2015). An exploration of the construction of commitment leading to marriage. *Marriage & Family Review, 51*, 2, 183-203.
- Sibley, D. S.**, Kimmes, J. G., & Schmidt, A. E. (2015). Generating new stories of commitment in couple relationships by utilizing the sliding versus deciding framework. *Journal of Family Psychotherapy, 26*(1), 68-73.
- Hafen, M., Drake, A., Rush, B. R., & **Sibley, D. S.** (2015). Engaging students: Utilizing video clips of authentic client interactions in pre-clinical veterinary medicine education. *Journal of Veterinary Medical Education, 42*(3), 252-258.

## **Published Books**

---

Schmidt, A. E., & **Sibley, D. S.** (2018). *Contextual therapy for family health: Clinical applications*. New York, NY: Routledge.

## **Manuscripts under Review or in Progress**

---

**Sibley, D. S.**, Vennum, A., LeFebvre, L. E., Brown, C., (preparing for 3<sup>rd</sup> submission). “We’re just talking”: Investigating a new trend in emerging adult romantic relationship formation.

**Sibley, D. S.**, Springer, P. R., Vennum, A. V., & Turns, B. (in preparation). Investigating deciding factors of commitment leading to marriage: A qualitative inquiry.

Granger, K., & **Sibley, D. S.** (in preparation). The influence of father involvement on emerging adult daughters’ romantic relationships.

**Sibley, D. S.** (in preparation). *Contextual therapy: A unique clinical framework for intervening with adolescents and emerging adults*.

**Sibley, D. S.**, Vennum, A., & Hartenstein J. (in preparation). The theory of resilient commitment.

Springer, P. R., **Sibley, D. S.**, & Turns, B. (in preparation). The need for transparency in family therapy supervision.

Ray, S., Nalbone, D. P., Murphy, M. J., **Sibley, D. S.** (in preparation). Relational ethics and environmental concern.

LeFebvre, L. E., **Sibley, D. S.** (in preparation). The impact of social media and dating apps on romantic relationship formation and rejection.

**Sibley, D. S.**, Vennum A., Stanley, S. M., (in preparation). Proceed with caution: How emerging adults are testing the water in just talking romantic relationships.

**Sibley, D. S.**, (in preparation). “The game’s rigged”: Exploring gender differences during emerging adulthood in just talking romantic relationships.

## **Peer Reviewed Presentations**

---

\*Denotes Student Collaborator

**Sibley, D. S.**, \*Oliveras, M., & \*Niklas-Robey, S. (2019, April). *A resilient perspective on the intergenerational transmission of divorce*. Workshop presentation at the annual conference of the Illinois Council on Family Relations, Eastern Illinois University, Charleston, IL.

- \*Granger, K. & **Sibley, D. S.** (2019, April). *The influence of father involvement on emerging adult daughters' romantic relationships*. Paper presentation at the annual conference of the Illinois Council on Family Relations, Eastern Illinois University, Charleston, IL.
- \*Hayes, S., \*Jajko, B., \*Treptow, A. & \*Zimmerman, B., & **Sibley, D. S.** (2019, April). *What ever happened to dating? Exploring the recent trend of just talking in romantic relationship formation*. Paper presentation at the annual conference of the Illinois Council on Family Relations, Eastern Illinois University, Charleston, IL.
- \*McCants, K., \*Coleman, B., \*Sims, G., & **Sibley, D. S.** (2019, April). *"Maybe someday I'll get married": Exploring emerging adult beliefs about commitment in couple relationships and marriage postponement*. Poster at the annual conference of the Illinois Council on Family Relations, Eastern Illinois University, Charleston, IL.
- \*Oliveras, M. \*Niklas-Robey, S., \*Sims, G., & **Sibley D. S.** (2019, April). *The construction of commitment during emerging adulthood*. Poster presentation at the annual Undergraduate Research and Artistry Day, Northern Illinois University, DeKalb, IL.
- \*Jajko, B., \*McCants, K., \*Hayes, S. \*Coleman, B., & **Sibley D. S.** (2019, April). *What ever happened to dating? Exploring the recent trend of just talking in romantic relationship formation*. Poster presentation at the annual Undergraduate Research and Artistry Day, Northern Illinois University, DeKalb, IL.
- Sibley, D. S.** (2018, November). *Contextual therapy: A unique clinical framework for intervening with adolescents and emerging adults*. Roundtable presented at the annual conference of the National Council on Family Relations, San Diego, CA.
- Sibley, D. S.**, (2018, November). *"What's the Rush? Exploring Emerging Adult Beliefs about Commitment in Couple Relationships and Marriage Postponement*. Poster presented at the annual conference of the National Council on Family Relations, San Diego, CA.
- \*Goodwin, K., \*Nitzki, H., & **Sibley, D. S.** (2018, August). *Exploring the theory of resilient commitment in emerging adulthood: A qualitative inquiry*. Research presentation at the annual Summer Research Symposium, Northern Illinois University, DeKalb, IL.
- Sibley, D. S.**, \*Kahovec, A., \*Kohlstedt, K., \*Lupo, T., \*Schraufnagel, H., & \*Stoffel, H., (2018, April). *Exploring the theory of resilient commitment in emerging adulthood: A qualitative inquiry*. Paper presentation at the annual conference of the Illinois Council on Family Relations, Heartland Community College, Normal, IL.
- \*Brucki, J., \*Goodwin, K., \*Hill, L., \*McCants, K., \*Slivinski, L., & **Sibley, D. S.** (2018, April). *We're just talking": Constructing a new trend in emerging adulthood romantic relationship formation*. Poster presentation at the annual Undergraduate Research and Artistry Day, Northern Illinois University, DeKalb, IL.

- \*Kahovec, A., \*Kohlstedt, K., \*Ochoa, C., \*Hunter, J., \*Hayes, S., & **Sibley, D. S.** (2018, April). *What's the rush? Exploring emerging adult beliefs about commitment in couple relationships and marriage postponement*. Poster presentation at the annual Undergraduate Research and Artistry Day, Northern Illinois University, DeKalb, IL.
- Sibley, D. S.** & Turns, B. (2017). *Generating new stories of commitment: Sliding versus deciding*. Roundtable accepted for presentation at the annual conference of the National Council on Family Relations, Orlando, FL.
- Sibley, D. S.**, Kahovec, A., Schraufnagel, H., Stoffel, H. (2017, November). "*The Game's Rigged*": *Exploring gender differences during emerging adulthood in just talking romantic relationships*. Paper presented at SSEA 2017, The 8th Conference on Emerging Adulthood, Washington, D.C.
- Sibley, D. S.**, Kahovec, A., Schraufnagel, H., Stoffel, H. (2017, November). *Proceed with caution: How emerging adults are testing the water in just talking romantic relationships*. Paper presented at SSEA 2017, The 8th Conference on Emerging Adulthood, Washington, D.C.
- \*Brucki, J., \*Granger, K., \*Thomas, J. **Sibley, D. S.** (2017, August). "*The Game's Rigged*": *Exploring gender differences during emerging adulthood in just talking romantic relationships*. Research presentation at the annual Summer Research Symposium, Northern Illinois University, DeKalb, IL.
- \*Kahovec, A., \*Kohlstedt, K., \*Lupo, T., \*Ochoa, C., \*Roark, J., & **Sibley, D. S.** (2017, April). *Proceed with caution: How emerging adults are testing the water in just talking romantic relationships*. Poster presentation at the annual Undergraduate Research and Artistry Day, Northern Illinois University, DeKalb, IL.
- Sibley, D. S.**, \*Kahovec, A., \*Kohlstedt, K., \*Potempa, R. \*Roark, J. \*Rosiles, R., & \*Schraufnagel, H. (2017, April). *Proceed with caution: How emerging adults are testing the water in just talking romantic relationships*. Paper presentation at the annual conference of the Illinois Council on Family Relations, Illinois State University, Normal, IL.
- Schmidt, A. E., Dorman, C., Davis, A., **Sibley, D. S.**, (2016, October). *Fair Winds and Squalls: The Health Impact of Family Legacies across the Lifespan*. Panel presentation at the 2016 Collaborative Family Healthcare Association's Annual Conference, Charlotte, NC.
- \*Potempa, R. G., **Sibley D. S.**, & Vennum, A. (2016, September). *The construction of commitment during emerging adulthood*. Formal research presentation at the 2016 American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.
- \*McMillan, B., **Sibley, D. S.**, Springer, P. R., & Vennum, A. (2016, September). *Investigating deciding factors of commitment leading to marriage*. Formal research presentation at the 2016 American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.

- \*Potempa, R. G. \*Miguel, Y., \*Ochoa, C., \*Pease, J., \*Rosiles, R., \*Stoffel, H., \*Turuc R., & **Sibley, D. S.** (2016, August). *The impact of just talking on romantic relationship formation during emerging adulthood*. Research presentation at the annual Summer Research Symposium, Northern Illinois University, DeKalb, IL.
- \*Busk P., \*Knapp, D., \*Mallory A., \*Brown, C., \*Busk, M., & **Sibley, D. S.** (2015, November). *Technology's role in emerging adult romantic relationship formation*. Poster presented at the annual conference of the National Council on Family Relations, Vancouver, Canada.
- Sibley, D. S.**, \*Knapp, D., \*Brown, C., \*Mallory, A., \*Busk, P., \*Kimmes, J., \*Busk, M., & Vennum, A. (2015, October). *"We're just talking": Constructing a new trend in emerging adulthood romantic relationship formation*. Paper presented at SSEA 2015, The 7th Conference on Emerging Adulthood, Miami, FL.
- \*Schmidt, A. E., & **Sibley, D. S.** (2015, September). *A contextual therapy framework for family health*. Conference session presented at the 2015 American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
- \*Schmidt, A. E., Green, M. S, Prouty, A. M., & **Sibley, D. S.** (2015, February). *Parental infidelity and adult children's relationships*. Poster accepted for presentation at the annual conference of the Texas Association for Marriage and Family Therapy, Austin, TX.
- Sibley, D. S.**, Springer, P. R, Vennum, A.V., Hollist, C.S. (2014, November). *An exploration of a construction of commitment leading to marriage*. Paper presented at the annual conference of the National Council on Family Relations, Baltimore, MD.
- Schmidt, A. E., & **Sibley, D. S.** (2014, November). *It's not fair: Using contextual therapy with families facing health issues*. Roundtable accepted for presentation at the annual conference of the National Council on Family Relations, Baltimore, MD.
- Sibley, D. S.**, Springer, P. R, Vennum, A.V., & Hollist, C.S. (2014, October). *An exploration of a construction of commitment leading to marriage in young adult couples*. Poster presented at the annual conference of the American Association for Marriage and Family Therapy, Milwaukee, WI.
- Sibley, D. S.**, Hartenstein J., \*Huff, E., \*Mohney, A., \*Crosson, J., \*McMillan, B., \*Hermes, H. (2014, March). *Commitment in romantic relationships: Developing the resilient commitment scale*. Research poster presented at the annual K-State Research Forum, Kansas State University, Manhattan, KS.
- \*Hardy, N. R., Anderson, J. R., Johnson, M. D., **Sibley, D. S.**, \*Luu, S., Wilcox, A., (2013, November). *Neuroticism, distress, and dietary adherence among couples with diabetes*. Paper presented at the annual conference of the National Council on Family Relations, San Antonio, TX.



Miller, B., Springer, P., **Sibley, D. S.**, Davis, E., & Neuhaus, V. (2012, September). *Ethics in Action*. Workshop presented at the annual conference of the American Association for Marriage and Family Therapy, Charlotte, NC.

**Sibley, D. S.** & Springer, P. (2010, November). *An exploration of the construction of commitment leading to marriage*. Research poster presented at the annual Student Research Conference of the College of Education and Human Sciences, University of Nebraska-Lincoln. Lincoln, NE.

## **Invited Presentations**

---

Sibley, D. S. (2018, September). *Beliefs and Change: The Heart of the Matter*. Workshop presented at the Stake Relief Society Conference Stake of The Church of Jesus Christ of Latter-day Saints, Rockford Stake Center, Rockford, IL.

Sibley, D. S. (2018, September). *How to Use Social Media Professionally*. Panel member for the GSC Professional Development Series at Kansas State University. Skype with students and faculty at Kansas State University, Manhattan, KS.

Sibley, D. S. (2017, November). *The impact of pornography on individuals, couples, and families*. Workshop presented at the Bishop's Welfare Meeting for Rockford Stake of The Church of Jesus Christ of Latter-day Saints, Rockford Stake Center, Rockford, IL.

Sibley, D. S. (2017, July). *Understanding and supporting adolescent mental health*. Workshop for the Young Women's Stake Leaders for the Rockford Stake of The Church of Jesus Christ of Latter-day Saints, Camp Loud Thunder, Illinois City, IL.

Sibley, D. S. (2017, January). *Roll with the waves: The importance of self-care*. Presentation in Dr. Jon Briscoe's MGMT 615 – Managerial Leadership, Northern Illinois University, Hoffman Estates, IL.

Sibley, D. S. (2017, January). *Establishing and maintaining healthy relationships*. Presentation in Dr. Jon Briscoe's MGMT 615 – Managerial Leadership, Northern Illinois University, Hoffman Estates, IL.

Sibley, D. S. (2016, October). *Establishing and maintaining healthy relationships*. Presentation for the Relief Society of the Sycamore Ward in The Church of Jesus Christ of Latter-day Saints, Sycamore, IL.

Sibley, D. S. & Schmidt, A. E. (2016, April). *An introduction to medical family therapy*. Presentation in MFT 872 – Family Therapy, Kansas State University via Skype.

Sibley, D. S. (2015, September). *An introduction to contextual therapy*. Presentation in MFT 910 – Topics in Marriage and Family Therapy, Kansas State University via Skype.

- Sibley, D. S. (2015, February). *Roll with the waves: The importance of self-care*. Presentation at the Parkinson's Education Group of the Flint Hills, Meadowlark Hills Retirement Community, Manhattan, KS.
- Sibley, D. S. (2014, October). *Analyzing qualitative data using a grounded theory approach*. Presentation in FSHS 902 – Qualitative Research Methods in FSHS, Kansas State University, Manhattan, KS.
- Durtschi, J. A. & **Sibley, D. S.** (2014, August). *The transition to parenthood for military couples*. Presentation at Irwin Army Community Hospital, Fort Riley, KS.
- Sibley, D. S.** (2014, October). *A family perspective on Parkinson's disease*. Presentation at the Parkinson's Education Group of the Flint Hills, Meadowlark Hills Retirement Community, Manhattan, KS.
- Lindsay, S., **Sibley, D. S.**, & Bunker, S. (2009, April). *Compliance gaining strategies: An analysis of structured messages most effective for physicians treating patients with diabetes*. Patient interview findings presented to health care providers from Valley View Medical Center and Cedar Ridge Family Medicine Clinic, Southern Utah University. Cedar City, UT.

## **Book Reviews**

---

- Sibley, D. S. (April 01, 2018). Whiting, J. B. (2016). *Love me true: Overcoming the surprising ways we deceive in relationships*. Springville, UT: Plain Sight Publishing, 164 pp., \$14.99. *Journal of Marital and Family Therapy*, 44, 2, 369-371.

## **Journal Reviewer**

---

### Ad Hoc Reviewer:

- *Contemporary Family Therapy*
- *Emerging Adulthood*
- *Journal of Social and Personal Relationships*
- *Journal of Family Psychotherapy*
- *Journal of Feminist Family Therapy*

## **Professional Blog Posts**

---

- Sibley, D. S. (2018, September 20th). When Grandparents Divorce, Everyone Hurts. [Blog post]. *Institute for Family Studies*. Retrieved from: <https://ifstudies.org/blog/when-grandparents-divorce-everyone-hurts>
- Sibley, D. S. (2018, July 18<sup>th</sup>). Seeking and Finding Fairness in Couple and Family Relationships. [Blog post]. *Institute for Family Studies*. Retrieved from: <https://ifstudies.org/blog/seeking-and-finding-fairness-in-couple-and-family-relationships>

- Sibley, D. S. (2018, March 20<sup>th</sup>). Resilient Commitment: Overcoming the Intergenerational Effects of Parental divorce. [Blog post]. *Institute for Family Studies*. Retrieved from: <https://ifstudies.org/blog/resilient-commitment-overcoming-the-intergenerational-effects-of-parental-divorce>
- Sibley, D. S. (2018, January 4<sup>th</sup>). Communicating key truths about marriage and family in the university classroom. [Blog post]. *Institute for Family Studies*. Retrieved from: <https://ifstudies.org/blog/communicating-key-truths-about-marriage-and-family-in-the-university-classroom>
- Sibley, D. S. (2017, October 29<sup>th</sup>). Excitement and preparation for the SSEA 2017 Conference in Washington, D.C. Retrieved from: <https://decidetocommit.com/excitement-and-preparation-for-the-ssea-2017-conference-in-washington-d-c/>
- Sibley, D. S. (2017, July 31<sup>st</sup>). Are you a strong link in your relationships? [Blog post]. *Decide to Commit*. Retrieved from: <https://decidetocommit.com/are-you-a-strong-link-in-your-relationships>
- Sibley, D. S. (2017, June 17<sup>th</sup>). Choose your love, love your choice. [Blog post]. *Decide to Commit*. Retrieved from: <https://decidetocommit.com/choose-your-love-love-your-choice>
- Schmidt, A. E., **Sibley, D. S.**, & Dorman, C. (2016, November 29<sup>th</sup>). Fair Winds and Squalls: The health impact of family legacies across the lifespan. [Blog post]. *Collaborative Family Health Care Association*. Retrieved from: <http://www.cfha.net/blogpost/753286/263378/Fair-Winds-and-Squalls-The-Health-Impact-of-Family-Legacies-Across-the-Lifespan>

## **Research Grants & Fellowships**

### **GRANTS RECEIVED FOR RESEARCH**

- 2017            Sibley, D. S. *Proceed with caution: How emerging adults are testing the water in just talking romantic relationships*. College of Health and Human Sciences Faculty Grant for 2017. \$2,000
- 2014            Sibley, D. S. *Exploring the Theory of Resilient Commitment in Emerging Adulthood: A Qualitative Inquiry*. School of Family, Consumer, and Nutrition Sciences, Robert H. Poresky Award for Dissertation Research. \$1,500

### **UNFUNDED RESEARCH GRANTS**

- 2018            **Sibley, D. S.** & Walters, M. *Technoference in Parenting*. Research and Artistry Grant, Northern Illinois University. \$15,000
- 2016            Sibley, D. S. *The NIU Relationship Survey*. Research and Artistry Grant, Northern Illinois University. \$15,000

- 2015 Sibley, D. S. *Exploring how Emerging Adults Conceptualize Romantic Relationship Formation Leading to Marriage*. Research and Artistry Grant, Northern Illinois University. \$15,000

## **RESEARCH EXPERIENCE**

### **Research Projects & Positions**

---

#### **Supervised and Led the HDFS Research Team (undergraduate and graduate students)**

Northern Illinois University, May 2015 – Present

- Led and designed several research projects and offered mentorship to undergraduates
- Conducted weekly research team meetings with undergraduate and graduate students
- Provided a special setting for undergraduate and graduate students to gain experience with academic writing, research scale creation, and data collection
- Designed a blog to allow undergraduate and graduate students an opportunity to write and critique the latest romantic relationship findings on DecideToCommit.com

#### **Co-Principle Investigator on the K-State Relationship Survey**

Kansas State University, January 2014 – May 2015

- Designed and implemented a major research study with Dr. Jared Durtschi
- Created a new survey in three waves across each semester to collect longitudinal data
- Provided data and codebooks to faculty and graduate students in marriage and family therapy, family studies, and sociology

#### **Supervised and Led the FSHS Research Team (undergraduate and graduate students)**

Kansas State University, May 2013 – May 2015

- Led and designed several research projects and offered mentorship to undergraduates
- Provided a special setting for undergraduate and graduate students to gain experience with academic writing, research scale creation, and data collection

#### **Graduate Research Assistant**

Dr. Paul Springer, University of Nebraska-Lincoln, August 2010 – August 2012

- Created a research poster and handout for use at AAMFT 2010
- Documentation for IRB, Literature reviews, survey creation

#### **Graduate Research Assistant**

Dr. Douglas Abbott, University of Nebraska-Lincoln, August 2010 – August 2012

- Research Recruitment – Presented a research project to over 2,000 students to recruit potential research participants for a research study
- Literature reviews, Data collection, and Data analysis

#### **Undergraduate Research Assistant**

Dr. Harold Miller, Brigham Young University, January 2006 – May 2008

- Literature reviews, Data Collection, Lab technician

## **STUDENTS MENTORED/RESEARCH SUPERVISED**

### **Doctoral Students – Dissertation Committee**

\*Dean’s Designee

2018	Christine Putlack*	A Comparative Study of the Effects of a Highly Qualified Transition Specialist on Successful Transition Planning for Individuals with Intellectual or Developmental Disabilities
2016	Nicole Burt	Direct and Interactive Effects of Infant Frustration and Parenting on Toddler Compliance: A Test of Differential Susceptibility

### **Master’s Students – Thesis Committee**

\*Denotes Thesis Chair

2019	Taylor Lupo*	How Emerging Adults are Impacted by Family Conflict.
2019	Hillary Schraufnagel*	The impact of parental alcohol abuse on emerging adult romantic relationships
2018	Katie Granger*	The Influence of Father Involvement on Emerging Adult Daughters’ Romantic Relationships
2018	Sydney Ray	Relational Ethics and Environmental Concern

### **Master’s Students – Mentored Research on Research Team**

\*Denotes Graduate Assistant

2017 – Present	Taylor Lupo*	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.
2018	Karissa Kimes	DecideToCommit.com
2016 – 2018	Hillary Schraufnagel	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.

2016 – 2018	Hanna Stoffel*	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.
2017	Stephanie Lipira	DecideToCommit.com *Child Life Internship – Yale New Haven Hospital
2017	Katie Granger	“The Game’s Rigged”: Exploring Gender Differences during Emerging Adulthood in Just Talking Romantic Relationships. *Graduate School Acceptance – HDFS Ph.D. Program; Iowa State University
2015 – 2017	Ryan Potempa*	Exploring the Theory of Resilient in Emerging Adulthood: A Qualitative Inquiry
2013 – 2015	Paul Busk	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.
2013 – 2015	Allen Mallory	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation. *Graduate School Acceptance – HDFS Ph.D. Program; University of Texas at Austin
2015	Laura Schachtner	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.

### **Undergraduate Students – Mentored Research on Research Team**

2019 – Present	Abby LaRocco	DecideToCommit.com
2019 – Present	Brigette Jajko	What Ever Happened to Dating? DecideToCommit.com
2019 – Present	Samantha Niklas-Robey	The Intergenerational Transmission of Divorce; DecideToCommit.com
2019 – Present	Brianna Zimmerman	What Ever Happened to Dating? DecideToCommit.com
2019 – Present	Gabby Sims	“Maybe Someday I’ll Get Married”,

2018 – Present	Mark Oliveras	The Intergenerational Transmission of Divorce; DecideToCommit.com *Graduate School Acceptance – MFT Program; Northern Illinois University
2018 – Present	Brandi Coleman	“Maybe Someday I’ll Get Married”, DecideToCommit.com *Graduate School Acceptance – Social Work Program; University of Houston
2018 – Present	Amanda Treptow	What Ever Happened to Dating? DecideToCommit.com
2018	Lilydian Tolbert	Exploring the Romantic Relationship Formation Continuum
2018	Heather Nitzki	Exploring the Romantic Relationship Formation Continuum *Graduate School Acceptance – MFT Program; Northern Illinois University
2018 – Present	Sarah Hayes	Exploring the Romantic Relationship Formation Continuum
2018 – Present	Keilene McCants	Exploring the Romantic Relationship Formation Continuum
2018	Kelsey Goodwin	Exploring the Romantic Relationship Formation Continuum
2018	Lauren Slivinski	Exploring the Romantic Relationship Formation Continuum *Graduate School Acceptance – MFT Program; Purdue University Northwest
2018	Jamye Hunter	Exploring the Romantic Relationship Formation Continuum
2017 – 2018	Laura Hill	Exploring the Romantic Relationship Formation Continuum *Graduate School Acceptance – MFT Program; Northern Illinois University
2017	Rebecca Viereckl	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2017	Edgar Favela	DecideToCommit.com

2017	Jenna Thomas	DecideToCommit.com
2017	Taylor Spooner	DecideToCommit.com *Graduate School Acceptance – Law Program; Northern Illinois University
2017 – 2018	Jessie Brucki	“The game’s rigged”: Exploring gender differences during emerging adulthood in just talking romantic relationships. *Graduate School Acceptance – MFT Program; Northern Illinois University
2017 – Present	Taylor Lupo	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2017 – 2018	Jaqui Roark	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – Social Work Program; Aurora University
2017 – 2018	Kelli Kohlstedt	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2017	Shannon Bowen	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships
2016 – 2018	Hillary Schraufnagel	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2016 – 2018	Amie Kahovec	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – Child and Family Studies Program; University of Tennessee



2016 – 2017	Claudia Ochoa	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships
2016 – 2017	Rodolfo Rosiles	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2016 – 2017	Aaron Tse	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2016 – 2017	Morgan Smith	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2016 – 2017	Rachel Turuc	Exploring how Emerging Adult’s Conceptualize Romantic Relationship Formation Leading to Marriage *Graduate School Acceptance – MFT Program; Northern Illinois University
2016 – 2018	Hanna Stoffel	Proceed with Caution: How Emerging Adults are Testing the Water in Just Talking Romantic Relationships *Graduate School Acceptance – MFT Program; Northern Illinois University
2016 – 2017	Jasmine Pease	Exploring how Emerging Adult’s Conceptualize Romantic Relationship Formation Leading to Marriage *Graduate School Acceptance – Social Work Program; Aurora University
2016	Cindy Nunez	Exploring how Emerging Adult’s Conceptualize Romantic Relationship Formation Leading to Marriage
2016	Yesica Miguel	Exploring how Emerging Adult’s Conceptualize Romantic Relationship Formation Leading to Marriage

2015 – 2016	Amanda O'Connor	Constructing a Romantic Relationship Formation Continuum during Emerging Adulthood
2015 – 2016	Rachael Martin	Constructing a Romantic Relationship Formation Continuum during Emerging Adulthood *Graduate School Acceptance – MFT Program; Purdue University-Calumet
2015	Michelle Busk	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation. *Graduate School Acceptance – MFT Program; Kansas State University
2014 – 2015	Shannon Conover	K-State Relationship Survey
2014 – 2015	Amber Paxton	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.
2014 – 2015	Karlyn Ruggle	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation. *Graduate School acceptance – Social Work Program; Kansas University
2014 – 2015	Lara Hoss	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation.
2014 – 2015	Riley Hundley	K-State Relationship Survey
2014 – 2015	Kelsey Koblitz	K-State Relationship Survey *Graduate School acceptance – School Psychology Program; Oklahoma State University
2013 – 2015	Aeriel Dodson	K-State Relationship Survey *Graduate School acceptance – Social Work Program; Kansas University
2013 – 2015	Blair McMillian	Exploring the Theory of Resilient in Emerging Adulthood: A Qualitative Inquiry; K-State Relationship Survey *Graduate School Acceptance – MFT Program; University of Nebraska-Lincoln

---

2013 – 2015	Jordan Crosson	Commitment Formation Scale; K-State Relationship Survey *Graduate School Acceptance – MFT Program; Kansas State University
2013 – 2015	Emily Huff	Deciding Factors of Commitment; K-State Relationship Survey; Commitment Formation Scale *Graduate School Acceptance – Nursing Program; MidAmerica Nazarene University
2013 – 2014	Chelsea Short	K-State Relationship Survey; Deciding Factors of Commitment *Graduate School Acceptance – MFT Program; University of Nebraska-Lincoln
2013 – 2014	Haley Hermes	“We’re Just Talking”: Constructing a New Trend in Emerging Adulthood Romantic Relationship Formation. *Graduate School Acceptance – MFT Program; University of Nebraska-Lincoln
2013 – 2014	Sarah Smith	Commitment Formation Scale; *Graduate School Acceptance – MFT Program; University of Nebraska-Lincoln
2013 – 2014	Ashley Mohney	Commitment Formation Scale
2013 – 2014	Tori Marshall	Commitment Formation Scale

## **PROFESSIONAL MEMBERSHIP & SERVICE**

### **Professional Leadership**

---

- Co-Chair of the Romantic Relationships Section with Dr. Brian Willoughby for the Society for the Study of Emerging Adulthood, 2018 – Present
- Website Chair and Member of the Executive Board for the Illinois Council on Family Relations, 2016 – Present

### **Professional Organizations**

---

- American Association for Marriage and Family Therapy, Clinical Fellow, 2010 – Present
- National Council on Family Relations, Member, 2013 – Present
- Society for the Study of Emerging Adulthood, Early Career Member, 2014 – Present
- Collaborative Family Health Care Association, Member, 2016 – 2018
- Illinois Council on Family Relations, 2015 – Present
- Illinois Association for Marriage and Family Therapy, Member, 2015 – Present
- American Family Therapy Academy, Student Member, 2014 – 2015
- Kansas Association for Marriage and Family Therapy, Student Member, 2012 – 2015
- Nebraska Association for Marriage and Family Therapy, Student Member, 2010 – 2012

### **Professional Conference Reviewer**

---

- National Council on Family Relations 2019 Annual Conference
- Illinois Council on Family Relations 2019 Annual Conference
- American Association for Marriage and Family Therapy 2018 Annual Conference
- Illinois Council on Family Relations 2018 Annual Conference
- National Council on Family Relations 2017 Annual Conference
- Society for the Study of Emerging Adulthood 2017 Biennial Conference
- American Association for Marriage and Family Therapy 2017 Annual Conference
- National Council on Family Relations 2016 Annual Conference
- Society for the Study of Emerging Adulthood 2015 Biennial Conference
- National Council on Family Relations 2014 Annual Conference

## **SERVICE ACTIVITIES**

---

### Northern Illinois University

2017                      Invited Speaker at the Red and Black Event for the NIU Foundation  
 2016 – 2018              Freshmen Orientation for New Students and Families – Professor’s Panel

### College of Health and Human Sciences

2018                      Health Sciences Ph.D. Admissions Committee

School of Family and Consumer Sciences

2017 – Present	School of Family and Consumer Sciences Graduate Faculty Chair
2016 – Present	Interviewer and Presenter during the NIU MFT Program Interviews
2016 – Present	Faculty Advisor for the NIU Student Council on Family Relations
2016 – Present	Committee on Scholarships and Recognition
2016 – 2018	Partnership with the Illinois Department of Children and Family Services
2016 – 2017	School of Family and Consumer Sciences Curriculum Committee

Kansas State University

2013 – 2014            2<sup>nd</sup> Year Ph.D. Cohort Faculty Meeting Representative

**Awards & Achievements****Illinois Council on Family Relations, 2019**

Illinois Council on Family Relations Faculty Mentor of Year

**Nominated for the College of Health and Human Sciences Faculty Teaching Award, 2019**

NIU Human Development and Family Sciences Faculty

**Northern Illinois University, 2017**

College of Health and Human Sciences Faculty Grant – \$2,000

**Kansas State University, 2015**

Golden Key International Honour Society Graduate Teaching Assistant of the Year

**Kansas State University, 2013, 2014**

Nominated twice for the GSC Award for Graduate Student Teaching Excellence

**Kansas State University, 2014 – 2015**

Robert H. Poresky Award – \$1,500 for Dissertation Research

**Kansas State University, 2013 – 2014**

GTA Recognition of Achievement in Professional Development – Awarded for Excellence and Commitment in Undergraduate Teaching

**University of Nebraska-Lincoln, 2011 – 2012**

Lutjeharms Fellowship – Provided money for books and other school expenses

**University of Nebraska-Lincoln, 2010 – 2012**

Edgren Graduate Tuition Fellowship – Provided in-state tuition

**Brigham Young University, 2004, 2005**

Real Estate Owned Managers Association (REOMAC) Scholarship – Two-time Recipient

**Brigham Young University-Idaho, 2002 – 2003**

Thomas E. Ricks Scholarship – Full Tuition and Books

**Community Service**

---

- Youth Soccer Coach, 2009 – Present
- LDS Seminary Teacher, 2012 – 2014
- Volunteer Scout Leader in the Boy Scouts of America, 2010 – 2012, 2015 – 2018
- Voluntarily served as a full-time church representative in Johannesburg, South Africa for 2 years, 2000 – 2002
- Eagle Scout in the Boy Scouts of America, 1998

## **Professional References**

---

### *Kansas State University*

#### **Dr. Amber Vennum**

Major Professor & Dissertation Committee Chair, Associate Professor

Email: [avennum@ksu.edu](mailto:avennum@ksu.edu)

Phone: 785-532-1489

212 Campus Creek Complex

Manhattan, KS, 66506

#### **Dr. Jared Durtschi**

Dissertation Committee Member, Associate Professor

Email: [jadmft@ksu.edu](mailto:jadmft@ksu.edu)

Phone: 785-532-1488

209 Campus Creek Complex

Manhattan, KS, 66506

#### **Dr. Sandra Stith**

Dissertation Committee Member, Professor

Email: [sstith@ksu.edu](mailto:ssith@ksu.edu)

Phone: 785-532-4377

101 Campus Creek Complex

Manhattan, KS, 66506

### *University of Nebraska Lincoln*

#### **Dr. Paul Springer**

MFT Program Advisor, Associate Professor

Email: [pspringer3@unl.edu](mailto:pspringer3@unl.edu)

Phone: 402-472-1656

Family Resource Center

Lincoln, NE, 68588

#### **Dr. Richard Bischoff**

MFT Supervisor, Professor

Email: [rbischoff2@unl.edu](mailto:rbischoff2@unl.edu)

Phone: 402-472-5801

Agricultural Hall 300

Lincoln, NE, 68588