

Curriculum Vitae
Mario R. Gaspar de Alba, LMFT, M.S.
2026

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Education

PhD	(Present)	Couples and Family Therapy University of Georgia <i>Athens, GA</i>
M.S.	2023	Marriage and Family Therapy Seattle Pacific University <i>Seattle, WA</i>
B.S.	2020	Psychology Brigham Young University-Idaho <i>Rexburg, ID</i>

Professional Experience

2026 – Present	Marriage and Family Therapist, Owner and Operator New Light Counseling <i>Athens, GA</i>
2022 – 2026	Marriage and Family Therapist Intern, Associate, and Clinician Larch Counseling <i>North Bend, WA</i> (Licensed Associate in 2023, Licensed in 2024)
2025 – 2026	Adjunct Faculty Seattle Pacific University <i>Seattle, WA</i>
2020 – 2021	Behavior Intervention Specialist Madison School District – Madison Middle School <i>Rexburg, ID</i>
2018 – 2020	Admissions Counselor, Admissions Counselor Supervisor BYU-Idaho Admissions Department <i>Rexburg, ID</i>
2017 – 2018	Student Support Training Team Supervisor BYU-Pathway Worldwide <i>Rexburg, ID</i>

Research Experience

- 2026 – Present Research Assistant to Dr. Joshua Novak
Department of Human Development and Family Science
University of Georgia
Athens, GA
- 2022 – 2023 Graduate Research Assistant to Dr. Peter Rivera
Seattle Pacific University Psychology Department
Predominately Quantitative Methodology
Seattle, WA
- 2023 Research Proposal Presentation
School of Psychology, Family, and Community Research Conference
“Are Telehealth Interventions Efficacious in Reducing Symptoms of Depression and Anxiety?”
Seattle Pacific University, Marriage and Family Therapy
Seattle, WA
- 2020 Research Assistant to Dr. Scott Martin
BYU-Idaho Psychology Department – Positive Psychology Lab
Predominately Quantitative Methodology
Rexburg, ID

Research Interests

- 1) Couples Therapy
 - a) Improving treatment of couples through socioculturally attuned methods
 - b) Long-term committed couples and their process of long-term growth
 - c) Infidelity prevention
 - d) System-based common factors
 - e) Self-sustaining couples therapy interventions
- 2) Trauma
 - a) Impacts on resilience and personal growth
 - b) Common factors that support post-traumatic growth
 - c) Interrupting intergenerational transmission
 - d) Community involvement and supporting broader change
 - e) Systemic trauma of marginalized groups (notably the transition and stabilization of refugees and immigrants)
 - f) Differences in post-traumatic stress response for individuals and systems of diverse backgrounds and cultures
- 3) Advancing Adult Learning
 - a) Building and designing student learning outcomes for adult learners
 - b) Adapting education to adults with neurodivergence
 - c) Socially responsible learning and clinical training models

Professional Affiliations

2021 – 2023	Student Member American Association for Marriage and Family Therapy (AAMFT)
2023 – Present	Clinical Fellow American Association for Marriage and Family Therapy (AAMFT)

Professional License

2026 – Present	Licensed Marriage and Family Therapist (State of Georgia)
2024 – Present	Licensed Marriage and Family Therapist (State of Washington) (MFT.LF.61611623)
2023 – 2024	Associate Licensed Marriage and Family Therapist (State of Washington) (MG 61456754)

University Teaching Experience

2025, 2026	MFT 6401: Group Therapy I - Grief Department of Marriage and Family Therapy Seattle Pacific University (COAMFTE Accredited Program)
2025, 2026	MFT 6643: Parenting and Treatment of Families Department of Marriage and Family Therapy Seattle Pacific University (COAMFTE Accredited Program)

Volunteer Service

2022 – 2023	Snoqualmie Valley School District Community Engagement Board <i>A district-level intervention for altering the path of chronic student absentees to prevent harmful, unnecessary legal intervention (i.e., juvenile detention) and to offer equitable support.</i>
200 Hours	Food Bank Associate
50 Hours	Habitat for Humanity
2014 – 2016	Full-Time Missionary <i>The Church of Jesus Christ of Latter-day Saints</i>

Additional Information

Foreign Languages:	Spanish (conversational)
Certifications:	RBT (Autism Partnership Foundation), ADHD-CCSP, QPR, & CPR

References

Peter Rivera, PhD, LMFT
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Seattle Pacific University
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