

**Dr. John Souza, Jr., LMFT, DMFT**  
Department of Family and Consumer Sciences  
Human Development and Family Science Program  
FTE Distribution: 100% (Assistant Professor-Tenure Track)

## Education

- **Doctorate of Marriage & Family Therapy (DMFT)**, 2012  
Argosy University Twin Cities (AUTC)  
Clinical concentration: Clinical psychopharmacology and addictions studies  
Doctoral Thesis: *The Relational Diagnostic Assessment: Bridging the Practice-Research Gap in Culturally Diverse Communities*
- **M.A., Marriage & Family Therapy**, 2008  
Minnesota School of Professional Psychology at Argosy University, Twin Cities
- **B.S., Business Administration**, 2005  
Metropolitan State University, St. Paul, MN  
Minor: Organizational & Industrial Psychology

## Professional Appointments

- **Assistant Professor-Tenure Track**, August 2023-present  
University of Hawai'i-Mānoa, College of Tropical Agriculture & Human Resilience
- **Lecturer**, August 2022-July 2024  
University of Hawai'i-Mānoa, College of Tropical Agriculture & Human Resources
- **Adjunct Faculty**, January 2022-May 2023  
Alliant International University, School of Social and Behavioral Sciences
- **Assistant Part-Time Professor**, March 2020-May 2022  
Northcentral University, School of Social and Behavioral Sciences
- **Lecturer**, Spring 2019-present  
Hawai'i Community College, Early College
- **Guest Faculty**, October 2018; January 2019; November 2019  
United States International University (Nairobi, Kenya via Video Conference),  
School of Humanities and Social Sciences
- **Adjunct Faculty**, 2017-2019  
Argosy University, Hawai'i Island & Maui Campus, College of Psychology and  
Behavioral Sciences - MFT-M.A.
- **Adjunct Faculty**, 2013-2017  
Capella University (Virtual Campus), Harold Abel School of Social and Behavioral  
Sciences- MFC/T M.A.

- **Adjunct Assistant Professor**, 2012-2014  
MSPP/AUTC, College of Psychology and Behavioral Sciences-DMFT & Clinical Psychology M.A.
- **Adjunct Assistant Professor**, 2012-2013  
Saint Mary's University of Minnesota, Twin Cities, Graduate School of Health and Human Services- MFT M.A.
- **Guest Lecturer**, October 2010  
Universidad Catolica de Santa Maria (Arequipa, Peru), Psychology Department
- **Teaching Assistant/Tutor**, 2007-2012  
MSPP/AUTC, College of Psychology and Behavioral Sciences-DMFT & MA.
- **Group Private Practice Co-Owner/Operator**, 2008-2024  
Elemental Guidance, LLC
- **RnR Group Facilitator for Medical Residency Interns**, 2021-2024  
Hilo Medical Center
- **Family Program Therapist**, 2016-2020; 2021-present  
Pacific Quest Corporation (Hilo/Pahoa, HI)
- **Primary Therapist**, 2014-2016  
Pacific Quest Corporation (Hilo/Ka'u, HI)
- **Clinical Supervisor**, 2012-2014  
The Neighborhood Involvement Program (Minneapolis, MN)
- **Clinical Supervisor & Director of Research and Evaluation**, 2008-2014  
Change, Inc. (Minneapolis, MN)
- **Clinical Therapist / Intern Supervisor**, 2008-2012  
Rum River Counseling, Inc. (Andover, MN)
- **Mental Health Practitioner II**, 2007-2009  
Choices Psychotherapy, Ltd. (St. Louis Park, MN)

## **Courses Taught**

### **University of Hawai'i-Mānoa**

- Intimacy, Marriages, and Families
- Adolescence and Emerging Adult Development
- Adolescence & Early Adulthood

### **Hawai'i Community College**

- Survey of Psychology
- Intro to Sociology of Families

### **United States International University**

- Family Therapy with Adolescents and Children

### **Argosy University**

- Schools of Family Therapy
- Psychopathology and Assessment
- Human Development: Lifespan
- Advanced Theories

### **Capella University**

- Introduction to Marriage and Family Counseling/Therapy
- Counseling and Advocacy with Diverse Populations
- MFT Residencies
- Group Supervision

### **MSPP/AUTC**

- Directed Study-Theories of Family Process and Development
- Doctoral Seminar III
- Foundations of Clinical Interventions
- Integrative Paper
- Research and Program Evaluation
- Couples and Family Therapy

### **Saint Mary's University of Minnesota**

- Foundations of Family
- Integrative Paper Advisor

### **Universidad Catolica de Santa Maria**

- Family and Couples Psychotherapy: Assessment and Intervention

### **Northcentral University**

- Research Methods
- Clinical Practicum & Internship

### **Alliant International University**

- Practicum

## **Publications**

- Freedle, L. R., McGee, M., Blechman, S., **Souza, Jr., J.**, & Zandbergen, D. L. (2021). The lava ate my school: The use of group sandplay to reduce anxiety and post-traumatic stress in displaced elementary school students. *Journal of Sandplay Therapy*, 30(2), 129-147.
- Freedle, L. R., Goodwin-Downs, D., **Souza, Jr., J.**, & Cipponeri, A. (2020). The added value of sandplay therapy with emerging adults in an outdoor behavioral healthcare program. *Journal of Sandplay Therapy*, 29(1), 129-144.
- **Souza, Jr., J.** (2012). The relational diagnostic assessment: Bridging the practice research gap in culturally diverse communities. ProQuest Dissertations & Theses Global.

## **Graduate Students**

Mentored over 100 Marriage and Family Therapy (MFT) graduate students throughout career

Currently mentoring 1 Master of Social Work (MSW) student (graduating May 2025) as Graduate Research Assistant

Beginning to mentor undergraduate students:

- 2 undergraduate students currently involved in research projects
- 1 undergraduate student starting Fall 2025 as an intern in the MFT lab

## **Research Support**

- 2024-2025 Western Center for Agricultural Health and Safety (WCAHS) Pilot/Feasibility Grant, University of California, Davis, Relational Climate and Violence in Hawai'i's Agricultural Worksites, \$20,000, Principal Investigator, NIOSH grant #U54OH007550
- 2024 SEED IDEAS \$1,000 Grant: Empowering Future Therapists: Local BIPOC Licensure Journeys Discussion, Principal Investigator

## **Presentations at Conferences**

- Ram-Souza, V., & \*Souza, Jr., J. (2024, September 20). The Re-Indigenization Project: A Radical Approach to Compassion and Resilience (in a Polarizing World). Presentation at the 2024 Hawai'i Behavioral Health and Wellness Convention, Honolulu, HI.
- \*Souza, Jr., J. & Downey, M. (2024, September 20). The Myth of Independence: Nature-Based Family Therapy with Emerging Adults. Presentation at the 2024 Hawai'i Behavioral Health and Wellness Convention, Honolulu, HI.
- Ram-Souza, V., & \*Souza, Jr., J. (2024, March 15). Integral and transpersonal family therapy: A radical approach to reindigenizing leadership. Workshop at the American Association for Marriage and Family Therapy Leadership Symposium, Phoenix, AZ.
- \*Souza, Jr., J. (2024, March 6). Systemic-Relational Resilience. Research seminar presented at the University of Hawai'i at Mānoa, Department of Family and Consumer Sciences, Human Development and Family Studies Program, Honolulu, HI.
- Okumura, C., \*Souza, Jr., J., Koch, T., & Moore, C. (2023, October 20). Beyond the classroom: An experiential discussion of growth and scaling your business in private practice. Presentation at the Hawai'i Behavioral Health & Wellness Convention, Honolulu, HI.
- \*Souza, Jr., J. (2022, March 4). Protecting public welfare: A campaign to improve access to, utilization of, and quality of mental and behavioral health services in Hawai'i. Presentation at the Hilo Rotary Club, Hilo, HI.
- Karume, M., \*Souza, Jr., J., Ram-Souza, V., & Thakore-Dunlap, U. (2021, March). Lessons learned from intersectional leaders: The four diamonds model of inclusive leadership groups. Keynote at the American Association for Marriage and Family Therapy Leadership Symposium.
- Karume, M., \*Souza, Jr., J., Ram-Souza, V., & Thakore-Dunlap, U. (2020, November). Lessons learned from intersectional leaders: The four diamonds model of inclusive leadership groups. Lecture for the Hawaiian Islands Association for Marriage and Family Therapy.
- \*Souza, Jr., J., & Goodwin-Downs, D. (2020, June). The myth of independence needs a corrective relational experience! Presentation at the American Association for Marriage and Family Therapy Advanced Training Institute, Honolulu, HI. (Accepted to present, cancelled due to COVID-19).
- Karume, M., \*Souza, Jr., J., Ram-Souza, V., & Thakore-Dunlap, U. (2020, March). Lessons learned from intersectional leaders: The four diamonds model of inclusive leadership groups. Keynote at the American Association for Marriage and Family Therapy Leadership Symposium, Phoenix, AZ. (Cancelled due to COVID-19).

- \**Souza, Jr., J.*, & Sullivan, M. (2019, October). The (potentially dangerous) myth of independence: Skills for a corrective relational experience with emerging adults and their families. Presentation at the Young Adult Transition Association Annual Conference, Coeur d'Alene, ID.
- Freedle, L., \**Souza, Jr., J.*, Ram-Souza, V., McGee, M., & Blechman, S. (2019, September). The living mythology of Pele: Mobile sandplay in disaster relief: A multicultural approach. Presentation at the Hawaiian Island Psychological Association, Waimea, HI.
- Freedle, L., \**Souza, Jr., J.*, Ram-Souza, V., McGee, M., & Blechman, S. (2019, May). Fire and sand: Mobile sandplay in disaster relief. Presentation at the Sandplay Therapists of America Assembly, Minneapolis, MN.
- Karume, M., \**Souza, Jr., J.*, Ram-Souza, V., & Thakore-Dunlap, U. (2019, March). Lessons learned from intersectional leaders: The four diamonds model of inclusive leadership groups. Presentation at the American Association for Marriage and Family Therapy Leadership Symposium, Arlington, VA.
- Freedle, L. R., \**Souza, Jr., J.*, Ram-Souza, V., & Nahm-Mijo, T. (2018, October 26). Pele reigns: Sandplay therapy, disaster relief and the Kilauea eruption. Presentation at the Hawai'i Psychological Association.
- Zimmer, B., Sheldon, W. R., & \**Souza, Jr., J.* (2016, July 28). Separate yet connected: Integrating clinical relationships for adolescents and young adults. Presentation at the American Association of Naturopathic Physicians Annual Convention, Salt Lake City, UT.
- Ram-Souza, D., & \**Souza, Jr., J.* (2014, February 15). The near divorce experience model. Presentation at the Women's Federation for World Peace Spirituality-Healing-Service, Minneapolis, MN.
- Ramji, J., \**Souza, Jr., J.*, Xiong, L., & Yeager, C. (2013, October 3). The relational diagnostic assessment: A contextual, relational, and culturally responsive approach to school-based therapy. Workshop at the 18th Annual Advancing School Mental Health Conference, Arlington, VA.
- \**Souza, Jr., J.* (2012). The relational diagnostic assessment: Bridging the practice research gap in family therapy. Poster session presented at MSPP/AUTC First Annual Graduate Research Conference, Eagan, MN.
- Yeager, C., & \**Souza, Jr., J.* (2011, April). Relational diagnostic assessment. Colloquium presentation, Department of Family Social Science, University of Minnesota, St. Paul, MN.
- \**Souza, Jr., J.* (2010, Summer). Family and couple psychotherapy: Assessment and intervention. Two-week, 36-hour intensive course. Curriculum developed and presented at the Universidad Catolica de Santa Maria, Arequipa, Peru.

- \*Souza, Jr., J. (2007-2009). Personal power group for teens: Anger management training. Curriculum developed and trainings conducted for/at Choices Psychotherapy, Ltd., St. Louis Park, MN.
- Stewart, K., & \*Souza, Jr., J. (2007, October). Will work for?.... Poster session presented at the American Association for Marriage and Family Therapy National Conference, Long Beach, CA.