



LINDSAY HAYES, MA MFTC

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PROFILE

After a career in adult learning and professional development, I returned to school to become a psychotherapist. I have concentrated my studies in couple's dynamics, polyamory, and sexuality. I am currently pursuing a PhD in Counseling Studies.

EDUCATION

Currently enrolled in the **PhD in Counseling Studies** program at the University of Edinburgh.

MA, Couple and Family Therapy, University of Colorado Denver

MA, Communication, University of Oklahoma

BA, English Literature, University of Central Oklahoma

COMMUNITY OUTREACH

Beyond Jealousy: Navigating Challenging Emotions and Polyamory, Free class offered at Studio Friction, May 2024

Polyamory 201: Beyond Jealousy, educational course offered on a recurring basis at the Denver Sexploratorium

PUBLICATION

EFT for Three: Working with Polyamorous Relationships, The Family Journal, February 2024

CONFERENCE PRESENTATIONS

"Explorations of Relational Ethics" International Congress of Qualitative Inquiry, Online, May, 2024

"Does Ethical Nonmonogamy Work? What the Research Says" Sex Education on the Western Front, Denver, CO February, 2024

"The Story of Polyamory: A Narrative Inquiry of a Polycule," The Society for the Scientific Study of Sexuality. New Orleans, November 2023

Presentation, "Using EFT with Clients who are Polyamorous," AAMFT Systemic Family Therapy Conference, Online, October, 2023

"A Narrative Inquiry of a Polycule," Research and Creative Activities Symposium. Denver, CO. April, 2023

INVITED TALKS

"Beyond the Dyad: EFT for Three" CO Center for EFT, Jan, 2024,

"A Polycule Genogram," Family Theories Course, Aug 2022, CU Denver

"Diverse Relationship Structures: Nonmonogamy," Intro to Sex Therapy, Dec 2022, CU Denver

TRAINING

- **EFT Core Skills, Lumen Therapy Services** (Dec 2022-June 2023)
- **EFT Externship, Lumen Therapy Services** (Jan/Feb, 2022)
- **Tree of Life, The Narrative Therapy Initiative** (April, 2021)

EXPERIENCE

CONTRACT THERAPIST

Inner Compass Counseling (Feb 2024-current)

- Conduct individual and relational therapy sessions
- Maintain case files and documentation
- Engage in ongoing professional development and supervision

CLINICAL INTERN

Inner Compass Counseling (Jan 2023-July 2023)

- Conduct individual and relational therapy sessions
- Maintain case files and documentation
- Engage in ongoing professional development and supervision

STUDENT

University of Colorado Denver (2020-2023)

- Master's Thesis: "The Story of Polyamory: A Narrative Inquiry of a Polycule"
 - Collective narrative activity and individual interviews with a polyamorous family
- Coder- Research study on the efficacy of Emotionally-Focused Individual Therapy
 - Research led by Robert Allan and Stephanie Wiebe (in progress)
- Graduate Teaching Assistant- Introduction to Sex Therapy course, fall 2022
- Student Representative facilitating communication between students and faculty

CONSULTANT

Council for Adult and Experiential Learning (2019-2022)

- Conduct research to define talent development content such as education and training options and promotional pathways.

INSTRUCTOR

Morgan Community College (Spring, 2020)

- Teach Career Communication and Interpersonal Communication courses.
- Create course syllabi and all assignments to adhere to preapproved learning objectives
- Conduct lectures, discussions, and activities, grade coursework, manage grade reports.
- Coach students to improve oral and written communication skills.

LEARNING & DEVELOPMENT ASSISTANT

University of Denver (Jan, 2020-Oct, 2020)

- Work with the Learning Experience Design Team to facilitate the design and delivery of online and on-campus courses and faculty professional development.
- Support ongoing project management and logistical planning.
- Create project resources such as agreements, task lists, templates, etc.

CAREER DEVELOPMENT RESOURCES MANAGER

Council for Adult and Experiential Learning (2014-2018)

- Supported ongoing project management and logistical planning for career development projects, stakeholders included the Gates Foundation, JPMorgan Chase Foundation, and various colleges and universities.
- Conducted client and staff training on career maps and tools utilizing adult learning theory; created materials and activities to support learning.

CERTIFICATION COORDINATOR/ MANAGER

Medical Group Management Association (2008-2014)

- Managed all facets of certification exam development and delivery.
- Designed and delivered multiple conference workshops.
- Utilized training in instructional design and adult learning to manage updates and revisions to practice tests and certification workshop support materials.
- Managed exam committee to maintain psychometric best practices.
- Assisted in development of certification study guide and other study materials.

GRADUATE TEACHING ASSISTANT

University of Oklahoma (2004-2006)

- Taught college-level communication course in public speaking, conflict management, leadership and team work.
- Conducted lectures, completed all grading of coursework, managed grade reports.
- Built rapport with students to maintain an engaging learning environment.