

Brock A. Rigbsby

M.S., MFTC

Curriculum Vitae

Email: brigsby.therapy@gmail.com

Phone: (970)821-6359

EDUCATION

Ph.D., Applied Developmental Science Ant. 12/2026

Human Development & Family Studies, Colorado State University

Dissertation: *Developing a Multi-Agent, Multi-Method Approach to Measuring Mindful Partnering and Testing Associations with Health Outcomes*

Mentor: Rachel Lucas-Thompson, Ph.D.

M.S., Human Development & Family Studies 05/2024

Specialization: Marriage & Family Therapy

Human Development & Family Studies, Colorado State University

Thesis: *Romantic Conflict, Interpersonal Mindfulness, and Cellular Aging*

Mentor: Rachel Lucas-Thompson, Ph.D.

B.A., Psychology (with Distinction) & French Studies 05/2021

Southern Methodist University

Thesis: *An Analysis of the Tripartite Model of Anxiety and Depression in Children of Diverse Families*

Mentor: Chrystyna Kouros, Ph.D.

AWARDS & HONORS

College Outstanding Graduate Student – Departmental Nominee 2026, 2025, 2024

Human Development & Family Studies

College of Health & Human Sciences, Colorado State University

Dean's Doctoral Fellowship – \$20,000 Dissertation Award 07/2024-06/2025

College of Health & Human Sciences, Colorado State University

Project Title: *Mindful Partnering- Developing and Validating an Observational Coding System for a Novel Construct & Testing Associations with Health Outcomes*

Mentors: Rachel Lucas-Thompson, Ph.D. & Reagan Miller-Chagnon, Ph.D.

Outstanding Graduate Student Teaching & Mentoring Award 06/2025

Human Development & Family Studies, Colorado State University

Distinction in Research- Behavioral & Social Sciences

03/2025

Research Day, College of Health & Human Sciences, Colorado State University

Graduate Student Research Grant – \$1,480 Competitive Award

08/2023-07/2024

Center for Meaning & Purpose, Colorado State University

Project Title: *Supporting Well-Being in Key Mesosystem Domains: Investigating Bidirectional and Time-Lagged Associations between Work and Romance in Early Adulthood*

ACADEMIC APPOINTMENTS

Instructor

08/2025-Present

Marriage & Family Therapy (MFT) Program

Human Development & Family Studies, Colorado State University

Effort Distribution: 34% Teaching, 33% Research, 33% Service

- Serves as a member of the MFT Core Faculty
- Contributes to curriculum modifications for MFT graduate courses
- Teaches graduate and undergraduate courses relevant to MFT and family studies
- Supervises clinical practice of graduate student therapists
- Disseminates research, with a particular focus on topics relevant to the MFT field (e.g., healthy communication, romantic conflict, developmental/family trauma)
- Contributes to grant funding strategy and proposal submissions for the MFT program and its clinical centers, as well as progress reporting to existing funders
- Reviews applications for admission from prospective students
- Oversees enforcement of graduate student attendance and participation policies for practical and instructional components of the program
- Participates in performance reviews of graduate student therapists each semester
- Contributes to program assessment and reaccreditation processes (e.g., site visits) for the Commission on Accreditation for Marriage and Family Therapy Education
- Serves as subject matter expert to support MFT faculty incorporation of Canvas Learning Management System's accessibility tools for universal design standards
- Leads data-driven decision-making model to enhance student outcomes, program operations, and implementation of feedback from program communities of interest
- Designed, implemented, and maintains policies and procedures library for students, staff, clinical supervisors, and faculty
- Pursuing Approved Supervisor credential through the American Association of Marriage and Family Therapy to better support clinical supervision and training

RESEARCH EXPERIENCE

Asst. Director for Operations & Research

08/2025-Present

Centers for Counseling, Assessment, & Mentoring, Colorado State University

- Serves as Assistant Project Director for SAMHSA NCTSN Category III “Project JUSTIS” (PI/Project Director: Stephanie Seng, M.S.; Project Period: 01/2023-09/2026)
- Leads efforts to optimize workflows and automate processes for referral management, clinical services, and research enrollment
- Designed and implemented quality assurance review process for clinical documentation to ensure compliance with legal, ethical, and insurance standards
- Oversees electronic medical records platform including user training, documentation review, audits, data security, and compliance with HIPAA/HITECH standards
- Supervises lab coordinator and four research/quality assistants
- Trains and mentors undergraduate and post-baccalaureate research assistants to disseminate clinical research through presentations and manuscripts
- Maintains compliance with research protocols and ethical standards
- Coordinates with external evaluators and other research partners
- Monitors outcome data from clinical centers to develop and present actionable insights for clinicians and directors
- Maintains databases of clinical assessment and treatment progress data

Graduate Research Assistantships, Colorado State University (CSU)

- Evaluation & Quality Assurance Researcher 05/2023-07/2025
CSU Trauma & Resilience Assessment Center
- Graduate Research Assistant 05/2021-08/2024
The CALMER Lab (PI: Rachel Lucas-Thompson, Ph.D.)
- Mental Health Research Intern 05/2023-08/2023
Office of Engagement & Extension – Arapahoe County, CO

Peer-Reviewed Journal Articles

1. Moran, M. J., Thompson, T., Miller, R. L., Krause, J. T., **Rigsby, B. A.**, Rzonca, A. J., Carreras, C., Najman, J., Shomaker, L. B., Johnson, S., & Lucas-Thompson, R. G. (2025). Mindfulness training within a mentoring program for adolescents facing adversity: Mixed methods investigation of adaptation, fidelity, and acceptability. *Mindfulness*, 16, 1974-1993. <https://doi.org/10.1007/s12671-025-02610-y>
2. Lucas-Thompson, R. G., Krause, J., Rzonca, A., Moran, M. J., Miller, R. L., **Rigsby, B. A.**, Najman, J. I., Adams, M. S., Haddock, S. A., Zimmerman, T. S., & Shomaker, L. B. (2024). Boosting effects of mindfulness-based intervention with a multi-modal

adaptive supplement: A preliminary investigation. *Current Psychology*, 43(8), 29891-29904. <https://doi.org/10.1007/s12144-024-06546-9>

3. **Rigsby, B. A.**, Miller, R. L., Moran, M. J., Krause, J. T., Rzonca, A. J., Najman, J. I., Adams, M. S., Prince, M. A., & Lucas-Thompson, R. G. (2024). Bi-directional and time-lagged associations between engagement and mental health symptoms in a group mindfulness-based mental health intervention. *Int. J. Environ. Res. Public Health*, 21(8), 1030. <https://doi.org/10.3390/ijerph21081030>
4. Moran, M. J., Miller, R. L., Rzonca, A., Krause, J., Adams, M. S., **Rigsby, B. A.**, Prince, M. A., & Lucas-Thompson, R. G. (2024). Does motivation for practising mindfulness moderate the effects of mindfulness training on stressed adults?. *Counselling and Psychotherapy Research*, 24, 1087-1097. <http://dx.doi.org/10.1002/capr.12724>
5. Ekas, N. V., Kouros, C. D., **Rigsby, B. A.**, Madison, S., Hymel, J., & Filippi, M. (2024). A longitudinal examination of mental health and marital functioning of mothers and fathers of autistic adolescents during COVID-19. *Autism*, 28(3). <https://doi.org/10.1177/13623613231182180>
6. Lucas-Thompson, R. G., Prince, M. A., **Rigsby, B. A.**, Adams, M. S., Miller, R. L., Rzonca, A., Krause, J. T., Moran, M. J., Piehler, T. F., Morrell, N., & Shomaker, L. B. (2023). Preliminary evaluation of Learning to BREATHE PLUS for college students: Does a multi-modal adaptive supplement boost effects of a mindfulness-based intervention? *Mindfulness*, 14, 2699-2715. <https://doi.org/10.1007/s12671-023-02229-x>
7. Lucas-Thompson, R. G., Seiter, N. S., Miller, R. L., **Rigsby, B. A.**, & Crain, T. L. (2022). Inadequate sleep moderates effects of interparental conflict appraisals on adolescent adjustment. *Sleep Health*, 8(1), 82-88. <https://doi.org/10.1016/j.sleh.2021.10.012>

Manuscripts Under Review

^gIndicates graduate student mentee

^uIndicates undergraduate or post-baccalaureate mentee

1. Lucas-Thompson, R. G., Krause, J. T., **Rigsby, B. A.**, Seiter, N. S. & Rayburn, S. R. (*revise & resubmit*). Intraindividual variability in adolescent-perceived interparental conflict, parent-adolescent relationship quality, mental health, and sleep.
2. **Rigsby, B. A.**, Dunlop, H. C., Brown, S. M., Faw, M. H., & Lucas-Thompson, R. G. (*revise & resubmit*). Mindful partnering's associations with mental and relational health: Differential patterns between actor and partner effects and by reporter.

3. **Rigsby, B. A.**, ⁶Attai, A. K., ⁶Henner, K. K., ^ULancaster, G., ^UBoucher, C., ^UBallard, J. R., ^UCarrizales, M., Faw, M. H., Brown, S., & Lucas-Thompson, R. G. (*revise & resubmit*). Development of a coding system for interpersonal mindfulness in romantic dyads: Ratings of Observed Mindful Partnering.
4. **Rigsby, B. A.**, Grossklaus, O., Rzonca, A. J., Najman, J. I., Moran, M. J., Krause, J. T., Seiter, N. S., Quirk, K. M., & Lucas-Thompson, R. G. (*under review*). Associations between the novel “Mindful Partnering” construct and romantic conflict behaviors: A pilot study.
5. **Rigsby, B. A.**, ^UStamps, H. V., ^UUjvari, J. K., Sladkowski, C., Winterling, B. J., Seng, S. L., & Rizzo, C. K. (*under review*). Dissociation and posttraumatic stress predict patterns of placement instability among youth in the child welfare system.
6. Najman, J. I., Lucas-Thompson, R. G., Krause, J. T., **Rigsby, B. A.**, Rzonca, A. J., Moran, M. J., Miller-Chagnon, R. L., Haddock, S. A., Zimmerman, T. S., Weiler, L. M., Adams, M. S., & Grossklaus, O. (*under review*). Differences in mentee outcomes based on masked race-matching in a mentoring program.

Manuscripts In Preparation

1. **Rigsby, B. A.**, Seiter, N. S., & Lucas-Thompson, R. G. (*in preparation*). A pilot study of associations between mindful partnering and mental health.
2. Rzonca, A., **Rigsby, B. A.**, Krause, J. T., Moran, M. J., Adams, M., Miller, R. L., & Lucas-Thompson, R. G. (*in preparation*). The relationship between mental health symptoms and attendance in mindfulness-based intervention.

Peer-Reviewed Conference Presentations

^UIndicates undergraduate or post-baccalaureate mentee

1. **Rigsby, B. A.**, Lucas-Thompson, R. G., Brown, S. M., Faw, M. H., Conti, K., & Goebel, T. (*under review*). Beneficial associations of mindful partnering with mental and relational health: Actor and partner effects with self-report and observational measurements [Submitted oral presentation]. International Association of Relationship Research Annual Conference, Glasgow, Scotland, UK.
2. Conti, K., Goebel, T., Faw, M., Lucas-Thompson, R., **Rigsby, B.**, & Brown, S. M. (*under review*). Temporal dynamics in associations of mindfulness and relationship quality in pregnant women exposed to intimate partner violence [Submitted oral presentation]. International Association of Relationship Research Annual Conference, Glasgow, Scotland, UK.

3. ^UStamps, H. V., **Rigsby, B. A.**, ^UBallard, J. R., Rizzo, C. K., & Seng, S. L. (2026, April). *A surprising pattern: Additional childhood trauma exposure is linked to placement stability during child protection cases* [Accepted poster presentation]. Society for Research on Adolescence Biennial Meeting, Toronto, ON, CA.
4. ^UBallard, J. R., **Rigsby, B. A.**, ^UStamps, H. V., Edwards, C., Seng, S. L., & Rizzo, C. K. (2026, April). *Informant discrepancies of posttraumatic stress symptoms are associated with higher anger in early adolescents who experienced trauma* [Accepted poster presentation]. Society for Research on Adolescence Biennial Meeting, Toronto, ON, CA.
5. **Rigsby, B. A.**, Grossklaus, O., Rzonca, A., Najman, J. I., Moran, M. J., Krause, J. T., Seiter, N. S., Quirk, K., & Lucas-Thompson, R., G. (2025, May). *A novel construct with a bright future in prevention: Mindful partnering and observed romantic conflict* [Poster presentation]. Society for Prevention Research Annual Meeting, Seattle, WA.
6. ^UUjvari, J., Young-Dusek, S., **Rigsby, B. A.**, Rizzo, C. K., & Seng, S. (2025, May). *Feasibility of clinical research with adolescents at-risk for juvenile justice involvement in a trauma assessment center* [Poster presentation]. Society for Prevention Research Annual Meeting, Seattle, WA.
7. **Rigsby, B. A.**, ^UAttai, A. K., ^UThurston, L. M., ^UGumper, E. M., & Lucas-Thompson, R. G. (2024, April). *Adolescent perceptions of parental monitoring—But not parent perceptions—Predict adolescent mental health and parent-adolescent relational outcomes* [Poster presentation]. Society for Research on Adolescence Annual Conference, Chicago, IL.
8. ^UAttai, A. K., ^UGumper, E. M., ^UThurston, L. M., **Rigsby, B. A.**, & Lucas-Thompson, R. G. (2024, April). *Adolescent perceptions of interparental conflict: Threat is a key predictor of regulatory emotional self-efficacy* [Poster presentation]. Society for Research on Adolescence Annual Conference, Chicago, IL.
9. **Rigsby, B. A.**, Moran, M. J., Krause, J. T., Rzonca, A. J., Montavon, J., Miller, R. L., Brandt, L., Nelson, B. K., & Lucas-Thompson, R. G. (2023, April). *Intervention technology: Acceptability and outcomes of a technological supplement to a mindfulness-based intervention among high school students* [Poster presentation]. Society for Research on Adolescence Annual Conference, San Diego, CA.
10. Moran, M. J., Thompson, T., Miller, R. L., Shomaker, L. B., Krause, J. T., **Rigsby, B. A.**, Rzonca, A. J., & Lucas-Thompson, R. G. (2023, April). *Adapting a mindfulness-based intervention for delivery in a youth mentoring program: A mixed-methods exploration of feasibility and acceptability considerations* [Poster presentation]. Society for Research on Adolescence Annual Conference, San Diego, CA.

11. Rzonca, A., **Rigsby, B. A.**, Krause, J. T., Moran, M. J., Adams, M., Miller, R. L., Lucas-Thompson, R. G., & Prince, M. (2023, February). *The relationship between mental health symptoms and attendance in mindfulness-based intervention* [Poster presentation]. Inaugural conference of the International Society for Contemplative Research, San Diego, CA.
12. Lucas-Thompson, R. G., Prince, M. A., **Rigsby, B. A.**, Adams, M. S., Miller, R. L., Rzonca, A., Krause, J. T., Moran, M. J., Piehler, T. F., Morrell, N., & Shomaker, L. B. (2023, February). *The benefits of incorporating a multi-modal adaptive supplement into a mindfulness-based intervention* [Poster presentation]. Inaugural conference of the International Society for Contemplative Research, San Diego, CA.
13. Moran, M. J., Thompson, T., Miller, R. L., Krause, J. T., **Rigsby, B. A.**, Rzonca, A. J., Shomaker, L. B., & Lucas-Thompson, R. G. (2023, February). *Adapting mindfulness training for delivery within youth mentoring: Acceptability considerations* [Poster presentation]. Inaugural conference of the International Society for Contemplative Research, San Diego, CA.
14. Moran, M. J., Rzonca, A., Miller, R. L., Krause, J. T., Adams, M., **Rigsby, B. A.**, Prince, M., & Lucas-Thompson, R. G. (2023, February). *Motivation for practicing mindfulness: Changes with mindfulness training and associations with intervention outcomes* [Poster presentation]. Inaugural conference of the International Society for Contemplative Research, San Diego, CA.
15. **Rigsby, B. A.**, Kerwin, E., & Kouros, C. D. (2021, April). *A multi-method test of the tripartite model of anxiety and depression in children* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Minneapolis, MN. (Virtual presentation)
16. Kerwin, E., **Rigsby, B. A.**, Reems, B., Ekas, N. V., & Kouros, C. D. (2021, April). *Associations between parents' emotional recognition skills and ability to recognize child depression* [Flash-talk]. Society for Research in Child Development Biennial Meeting, Minneapolis, MN. (Virtual talk)
17. Carson, C. N., **Rigsby, B. A.**, Frank, B., Ekas, N. V., & Kouros, C. D. (2021, April). *Discrepancy in parent and child perceptions of parenting behaviors moderated by children's autism symptom severity* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Minneapolis, MN. (Virtual presentation)
18. **Rigsby, B. A.**, Goodman, P., Wee, S., Ekas, N. V., & Kouros, C. D. (2020, April). *Stigma toward mental illness predicts help-seeking behavior among college students* [Poster presentation]. Southwestern Psychological Association Annual Convention, Frisco, TX. (Conference canceled due to COVID-19)

19. Carson, C. N., **Rigsby, B. A.**, Frank, B., Ekas, N. V., & Kouros, C. D. (2020, March). *Discrepancy in parent and child perceptions of parenting behaviors moderated by children's autism symptom severity* [Poster presentation]. Society for Research on Adolescence Biennial Meeting, San Diego, CA. (Conference canceled due to COVID-19)

Public Scholarship

1. **Rigsby, B. A.** (2024, February 8). Red flags in teen relationships: 11 signs to watch for to prevent dating violence. SOURCE: CSU Office of Engagement & Extension. <https://engagement.source.colostate.edu/identify-teen-dating-violence/>

Intramural Talks & Presentations

^U Indicates undergraduate or post-baccalaureate mentee

1. **Rigsby, B. A.** (2025, March). *Mindful partnering: A new approach to romantic relationships* [Lightning talk]. College of Health & Human Sciences Research Day, Colorado State University, Fort Collins, CO.
2. **Rigsby, B. A.**, Grossklaus, O., Rzonca, A., Najman, J. I., Moran, M. J., Krause, J. T., Seiter, N. S., Quirk, K., & Lucas-Thompson, R., G. (2025, March). *Associations between the novel "Mindful Partnering" construct and romantic conflict* [Poster presentation]. College of Health & Human Sciences Research Day, Colorado State University, Fort Collins, CO.
3. ^UUjvari, J., Young-Dusek, S., **Rigsby, B. A.**, Rizzo, C. K., & Seng, S. (2025, March). *Feasibility of clinical research with adolescents experiencing trauma* [Poster presentation]. College of Health & Human Sciences Research Day, Colorado State University, Fort Collins, CO.
4. ^UStamps, H. V., **Rigsby, B. A.**, Rizzo, C. K., & Seng, S. L. (2025, March). *Resilience and anger: Negative associations among youth who experienced trauma* [Poster presentation]. College of Health & Human Sciences Research Day, Colorado State University, Fort Collins, CO.

TEACHING & MENTORING

Instructor of Record

- HDFS 101: Lifespan Human Development – SM24, SM25, FA25
- HDFS 250: Introduction to Research Methods – FA24, SP25
- HDFS 484: Supervised College Teaching – SP25, FA25

- HDFS 498: Undergraduate Research – SP25, FA25
- HDFS 521: Family Therapy Practice: Common Factors – SP26
- HDFS 644: Foundations in Family Therapy – SP26

Graduate Teaching Assistant

- HDFS 101: Individual and Family Development – FA21
- HDFS 312: Adult Development and Aging – SP22, FA22, SP23
- HDFS 375: Lifespan Intervention and Prevention Science – FA21
- HDFS 434: Risk and Resilience Across the Lifespan – FA21
- HDFS 492: Capstone- Program Proposal Development – FA21

Student Mentorship

- Honors Thesis Committee Chair, Rena Zucker SP26
Project Title: Access Barriers to Family Therapy Among Deaf People
- Guide, First Year Scholars Academy 08/2023-05/2024
Multicultural Undergraduate Research, Artistry, & Leadership Symposium
Office of Inclusive Excellence, Colorado State University

CLINICAL EXPERIENCE

Owner, Couple & Family Therapist 05/2024-Present
Brock Rigsby Psychotherapy, PLLC
Teletherapy in CO (License: MFTC.0014645)

Couple & Family Therapist 08/2024-03/2026
The Willow Collective Foundation
Fort Collins, CO (License: MFTC.0014645)

Marriage & Family Therapy Intern 01/2022-05/2024
CSU Centers for Counseling, Assessment, & Mentoring

- Center for Family & Couple Therapy (SP22-SP24)
- Campus Connections Therapeutic Youth Mentoring (SP23 Rotation)
- CSU Trauma & Resilience Assessment Center (SM22 Rotation)

PROFESSIONAL TRAININGS & CERTIFICATIONS

- Level 1 Training in the Psychobiological Approach to Couple Therapy
- Level 1 Training in Gottman Method Couples Therapy
- Training in Internal Family Systems Therapy (45 Program Hours)

- Collaborative Assessment and Management of Suicidality
- Informed Supervisor Training, Larimer County Department of Human Services
- Graduate Student Teaching Certificate of Completion, The Institute for Teaching & Learning, Colorado State University

OTHER EXPERIENCE

Evaluation Associate	11/2021-06/2025
The STEM Center (<i>closed as part of university restructuring at end of fiscal year 2024-2025</i>) Office of the Vice Provost for Faculty Affairs, Colorado State University	
<ul style="list-style-type: none"> • NIH/National Institute of General Medical Sciences 5T32GM132057, Predoctoral Training in Quantitative Cell & Molecular Biology, PI: Carol Wilusz, Ph.D. • NIH/National Institute of General Medical Sciences 5T32GM136628, Dual-Degree Medical Scientist Training Program for Veterinarians, PI: Sue VandeWoude, D.V.M. • NIH/National Institute of Biomedical Imaging and Bioengineering 5R25EB029342, Rocky Mountain Summer Research Education Experience, PI: Scott Reed, Ph.D. • NSF 2029357, Enhancing Recruitment and Retention of Undergraduate Mathematics and Computer Science Scholars, PI: Brian Kronenthal, Ph.D. • NSF CAREER 1942313, The Role of Seasonal Migration in Avian Diversification, PI: Kristen Ruegg, Ph.D. • NSF CAREER 2143849, The Spatiotemporal Dynamics of the C. Elegans Intestinal Gene Regulatory Network, PI: Erin Osborne Nishimura, Ph.D. • NSF IUSE 2013318, Promoting Geoscience Research, Education, Success, and Equity through Mentoring, PI: Emily Fischer, Ph.D. • NSF RESEARCH-PGR 2114641, Illuminating the Plant Protein Interactome with Genome-wide Signatures of Coevolution, PI: Daniel Sloan, Ph.D. • NSF REU 1950172, Research Experiences for Undergraduates in Earth System Science at Colorado State University, PI: Melissa Burt, Ph.D. 	

SERVICE

Member , Faculty Search Committee: Professor/Department Head Human Development & Family Studies, Colorado State University	08/2025-Present
Panelist , Male-Inclusive Experiences in the Helping Professions Undergraduate Student Seminar Series Human Development & Family Studies, Colorado State University	03/2025

Panelist , Teaching Effectiveness & Student Success Annual Teaching Colloquium College of Health & Human Sciences, Colorado State University	10/2024
Facilitator , Graduate Student Q&A with Dr. Jennifer Lansford MacPhee Forum on Issues in Prevention Science Human Development & Family Studies, Colorado State University	09/2024
Mentor , Admissions Assistance Program Applied Developmental Science Ph.D. Program Human Development & Family Studies, Colorado State University	11/2022-02/2023
Facilitator , Graduate Teaching Assistant Orientation The Institute for Learning and Teaching, Colorado State University	08/2022
Session Facilitator , “Canvas for New GTAs” Human Development and Family Studies, Colorado State University	08/2022

Ad Hoc Manuscript Reviews:

- Journal of Child & Family Studies
- Mindfulness

PROFESSIONAL MEMBERSHIPS

American Association for Marriage and Family Therapy
Society for Research on Adolescence
Colorado Clinical & Translational Sciences Institute
International Society for Contemplative Research