

Cynthia J. Meyer, Ph.D., L.P.

Senior Lecturer, Family Social Science Department
University of Minnesota
397 McNeal Hall

Education and Licensure

March 2016	Certified as a Sex Therapist through AASECT
June 2015	Completed SAR at the AASECT Annual Conference in Minneapolis
January 2015	Completed Sex Therapy Post Graduate Training Institute In NYC—Two-Year Program
October 1989	Licensed as a Psychologist by the Minnesota Board of Psychology
December 1988	Completed Ph.D. in the Family Social Science Department at the University of Minnesota with a minor in Psychology. Coursework focused on marriage and family therapy theory and practice, human sexuality, professional ethics, psychological assessment, statistics, research methods, family assessment, and feminist theory and studies.
March 1984	Received Master's Degree in Family Social Science from the University of Minnesota.
May 1979	Graduated from Macalester College in St. Paul. Received a B.A. Magna Cum Laude in Psychology

Teaching and Clinical Experience

September 1990-Present	Senior Lecturer, University of Minnesota, Family Social Science, St. Paul Responsibilities have included teaching Sex and Gender in Family Relationships; Introduction to Marital and Family Therapy; Sex and Technology in Relationships; Counseling Skills I, Family Psychology; Gay, Lesbian, and Bisexual Families; Introduction to Feminism and the Family; Ethical Issues in Marital and Family Therapy; and Culture, Substance Abuse and Families. Additionally, responsibilities
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include supervising graduate and undergraduate teaching assistants and supervising undergraduate research projects funded through UROP. Currently serves as supervisor of the graduate student teacher training program having developed FSoS 8151: Preparing Future Faculty for Independent Teaching in the Family Field which was revisioned as a 3 credit course in 2019. Served as faculty leader of the Wayne Caron Family Caregiving Center for patients with dementia and their caregivers until May 2011. Developed an on-line version of FSoS 4101: Sex and Gender in Family Relationships and has served as instructor for this distance learning course since 2008. Promoted to rank of Senior Lecturer in 2013.

December 1990-
Present

Licensed Psychologist, Private Practice, Saint Paul

Provides individual, couple, and group psychotherapy to adults. Areas of specialization include assessment and treatment of sexual problems and dysfunction, sexual abuse and assault and impact on adult sexual functioning, sexual minority issues, body image, depression, relationship and intimacy issues.

September 2003-
Present

Senior Lecturer, University of Minnesota, Food Science and Nutrition, St. Paul

Responsibilities include co-teaching Nutrition Education and Counseling for undergraduate students seeking careers as dietitians and in dietary-related professions as well as supervising graduate level teaching assistants

November 1988-
June 2011

Psychologist, HealthPartners, St. Paul

Experience and responsibilities include providing initial assessments for adult individuals and couples; providing evidence-based individual and couples therapy to adults; functioning as part of a multi-disciplinary collaborative health care team in a medical clinic; providing individual supervision to graduate interns; leading psychotherapy groups for adult clients; providing consultation and training to staff psychologists, social workers, and family therapists regarding psychological assessment tools; serving as a member of the bariatric assessment team providing psychological evaluations for patients seeking weight loss surgery; and serving as staff psychologist with the ACCORD research program for adults with diabetes and their family members.

- February 1994-
May 2001 **Adjunct Instructor, Augsburg College, Minneapolis**
Responsibilities include teaching Psychology of Gender, Personality, and Counseling Psychology to undergraduate students.
- May 1986-
November 1988 **Psychotherapist, Incest Treatment Program, Rape and Sexual Assault Center, Minneapolis**
Responsibilities include intake assessments; long and short-term psychotherapy with children, adults, couples, and families, supervised MMPI interpretations; play therapy group for children (ages 4-8) who have been sexually abused; incest therapy group for adult women survivors; developing and teaching educational groups, classes, and workshops for clients focusing on communications skills, intimacy, shame, anger, and family of origin issues; supervising group work of graduate interns; and initial and on-going training of interns and volunteers.
- October 1984
August 1985 **Doctoral Intern, Jewish Family and Children's Service, Minneapolis**
Training includes working with individuals, couples, and families in on-going psychotherapy, co-therapy experience with senior staff -members, and co-leading therapy and family of origin groups.

Publications and Presentations

- Meyer, C.J. (2019), Green, S., & Flemons, D. (2018). *Quickies: The Handbook of Brief Sex Therapy (3rd ed.)*. New York, NY: W. W. Norton & Company.
- J Marital Fam Ther*, 45: 733-734. doi:[10.1111/jmft.12379](https://doi.org/10.1111/jmft.12379)
- Meyer, C.J. (2017). "So You Want to Be a Sex Therapist," Lecture present to FSoS CFT students and faculty on October 23, 2017.
- Meyer, C. J. (2003, Winter). For lesbian parents: An important resource for lesbian families [Review of the book For Lesbian Parents]. *Rainbow*

Families, 22, 14-15.

Meyer, C. J. (2001, October). Stress and Diabetes. Lecture presented to
ACCORD research staff and participants.

Meyer, C. J. (2000, May). *Transition to Parenthood Among Lesbians*. Invited
paper presented to National Perinatal Social Worker Annual Conference,
Minneapolis.

Meyer, C. J. (1989, November). *Who We Are in Our Families: Birth Order
Positions and Family Roles*. Personal Development Seminar Presentation
at College of St. Catherine, St. Paul.

Meyer, C. J. (1989). Social Support and Couple Closeness Among Lesbians.
Unpublished Doctoral Dissertation, University of Minnesota, St. Paul.

Meyer, C. J. (1988, June). Social Support and Closeness Among Lesbians.
Paper presented at National Women's Studies Association Conference,
Minneapolis.

Meyer, C. J. (1987). Stress: There's no place like a first home. *Family
Relations*, 36, 198-203.

Meyer, C. J. (1984). Book review of *Current Feminist Issues in Psychotherapy*.
International Journal of Women's Studies, 7, 466-468.

Meyer, C. J. & Rosenblatt, P. C. (1984). Book review of *Aging in Early Industrial
Society: Work, Family, and Social Policy in Nineteenth Century England*.
Anthropology of Work Review, 5, 49-50.

Meyer, C. J. & Rosenblatt, P. C. (1987). Feminist analysis of family textbooks.

Journal of Family Issues, 8, 247-252.

Rosenblatt, P. C. & Meyer, C. J. (1986). Imagined interactions and the family.

Family Relations, 35, 319-324.

Rosenblatt, P. C.; Meyer, C. J.; & Karis, T. (1992). Internal interaction with God or therapist. *Imagination, Cognition, and Personality*, 11, 85-97.