

Julie de Azevedo Hanks, PhD, LCSW

EDUCATION

- Ph.D.** 2015 University of Louisiana at Monroe, College of Health and Pharmaceutical Science
Marriage and Family Therapy
Dissertation: (Pro)Creating: Transforming Constraints to Creative Productivity of Mothers Through a Partnership Model of Family Organization
- M.S.W.** 1995 University of Utah, College of Social Work
Emphasis: Clinical Social Work, Child and Family
- B.S.** 1991 University of Utah, College of Health and Behavioral Science
Major: Psychology, Minor: Sociology

LICENSURE & CERTIFICATIONS

- 2002-present Licensed Clinical Social Worker (LCSW), UT
1995-2002 Certified Social Worker (CSW), UT
2008-present Board Certified Diploma in Clinical Social Work (BCD)
2010-present Board Certified in Practice with Children and their Families
2014-present Certified Daring Way™ Facilitator – Candidate
2015-present Certified Caring Economy Community Advocate

PROFESSIONAL MEMBERSHIPS

- 1991-2015 National Association of Social Workers, Member
2015-present Council on Social Work Education
2000-present International Psychotherapy Institute, Associate Member
1998-present Association of Mormon Counselors & Psychotherapists
2007-present International Centre for Excellence in Emotionally Focused Therapy
2006-2012 American Society of Reproductive Medicine

CLINICAL PRACTICE EXPERIENCE

- 2002-present **Founder, Owner, Executive Director, Clinical Director, Clinical Supervisor, Therapist**
Wasatch Family Therapy, LLC, Salt Lake City, Orem, and Bountiful, UT.
Responsibilities: Provide clinical services to individuals, couples, families and groups
Supervise clinical and administrative staff at all locations
Manage all business aspects of the private practice therapy clinic, including business planning, accounting/billing, marketing, budgeting, IT
Human resource management, hiring, employee issues
Manage practicum placement and training site for USC, University of Phoenix, Argosy University, Westminster College
Community presentations and workshops
Local and national media interviews
Website design and content management. social media management

- 2007-present **Private Practice Business and Marketing Consultant**
 Dr. Julie Hanks Consulting, LLC
Responsibilities: Consultation with private mental health practitioners regarding private practice, marketing their practice, building clientele, and hiring employees, and other practice related issues. Provide group and individual consulting services in-person and via phone or Skype.
- 1997-2002 **Therapist, Certified Social Worker**
 South Temple Psychotherapy/The Salt Lake Family Therapy Clinic, Salt Lake City, UT.
Responsibilities: Provide individual, family, couple, and group counseling to clients; emphasis on couples counseling, premarital counseling, child and family therapy, and eating disorder
 Conduct family history assessment
 Diagnose mental health disorders
 Co-lead a process-oriented women’s therapy group
- 1994-1995 **MSW Practicum Student**
 Center For Family Development, Salt Lake City, UT.
Responsibilities: Provide individual, couple, family, and group therapy to victims and offenders of domestic violence, sexual abuse, physical abuse and their families in an outpatient setting
 Administer intake assessments
 Act as a liaison between D.F.S. and probation officers
 Organize and lead a women’s abuse survivor group
- 1992-1993 **MSW Practicum Student**
 South Valley Mental Health, Children and Families Team, Salt Lake City, UT.
Responsibilities: Provide individual, couple, family, and group therapy, with focus on children and adolescents in an outpatient clinic
 Administer intake assessments
 Acting as liaison with school counselors, D.F.S. workers, and other community services
- 1990-1991 **Teen Outreach Worker**
 YWCA Teen Outreach Program, Salt Lake City, UT.
Responsibilities: Provide advocacy, educational, and recreational experiences to teen mothers in a community outreach program
 Provide support counseling and community referrals
- 1989-1990 **Child Therapist**
 The Children’s Center, Kearns & Salt Lake City, UT.
Responsibilities: Co-lead a daily pre-school age social skills group for children with emotional and behavioral problems
 Plan group activities and interventions
 Consult with parents and individual therapist

TEACHING EXPERIENCE

- 2014-present **Adjunct Faculty, Lecturer**
Direct Social Work Practice with Individuals
 University of Southern California, Master of Social Work Program, Virtual Academic Center
- 2010 **Adjunct Lecturer**
The Psychology of Aging
 Argosy University, Undergraduate Psychology Program, Draper, UT
- 2002-2003 **Instructor**
The Thinness Obsession: Eating Disorder Psychodynamics and Treatment
 Institute in Human Services, University of Utah, College of Social Work, Salt Lake City, UT

PROFESSIONAL PRESENTATIONS

JURIED PRESENTATIONS

- 2015 *Social Media Ethics for Social Workers*, Council on Social Work Education, Annual Program Meeting, Denver, CO

INVITED PROFESSIONAL & COMMUNITY PRESENTATIONS

- 2015 Keynote: *Embracing Imperfection: Creativity as the Antidote to Perfectionism*, Mental Health Symposium, Utah Valley University, Orem, UT
- 2015 Keynote: *Self-care and Mindfulness*, PEHP Healthy Wellness Council Conference, South Jordan, UT
- 2015 Keynote: *Emotional Self-Care*, Utah School Nurses Association Provo, Utah
- 2014 *Emotional Self-Care*, Utah Bankers Association, Women in Banking Conference, Sandy, UT
- 2014 *The Burnout Cure*, First Lady Herbert's Uplift Families Conference, Lehi, UT
- 2014 *The Burnout Cure*, American Express Women's Networking Event, Salt Lake City, UT
- 2014 *Emotional Self-Care*, Utah School Nurse Association, Keynote, Provo, UT
- 2013 *Social Media for Shrinkers: Practice Building Strategies and Ethical Considerations*, Association of Mormon Counselors and Psychotherapist, Fall Convention, Salt Lake City, UT
- 2012 *Building Your Private Practice In A Digital World: Creating A Strong Online Presence For Your Practice*, University of UT, Utah NASW, Salt Lake City, UT
- 2012 *Building Your Private Practice In A Digital World: Creating A Strong Online Presence For Your Practice*, NASW Specialty Practice Section National Webinar
- 2010 *Minding Your Business: Building A Successful Private Practice*, Association of Mormon Counselors and Psychotherapist, Fall Convention, Salt Lake City, UT
- 2010 *Promoting Secure Attachments in Modern Family Life*, Association of Mormon Counselors and Psychotherapist, Fall Convention, Salt Lake City, UT
- 2008 *Getting Clients in the Door: Strategies of Effective Marketing and Advertising*, The Joy of Practice Conference, Utah Psychological Association, Salt Lake City, UT
- 2006 *Strengthening Relationships*, Families Under Fire Conference, Brigham Young University, Provo, UT

SELECTED WEBINARS/TELECOURSES

- 2015 *Rock the Media School for Therapists*, Private Media Coaching ECourse for Mental Health and Health Therapists, RockTheMediaSchool.com
- 2015 *Social Media Ethics in Social Work Practice*, National Association of Social Workers, Wisconsin Chapter
- 2014 *Social Workers as Media Experts: How to land and leverage media interview to share your passions and build your practice*, Private Practice Specialty Practice Section, National Webinar

- 2013 *Developing Multiple Income Streams: Strategies for Weathering the Ebb and Flow of Private Practice Income*, National Association of Social Workers, Specialty Practice Section, National Webinar
- 2012 *Building Your Private Practice in a Digital World: Creating A Strong Online Presence For Your Practice*, National Association of Social Workers, Private Practice Specialty Practice Section, National Webinar

PUBLICATIONS

PEER-REVIEW JOURNAL ARTICLES

Hanks, J de Azevedo (2015, Spring). *Bringing Partnership Home: A Model of Family Transformation*, *Interdisciplinary Journal of Partnership Studies*, 2(1), Article 4. <http://pubs.lib.umn.edu/ijps/vol2/iss1/4>

BOOKS

Hanks, J. de Azevedo (2015). *The Burnout Cure: An Emotional Survival Guide For Overwhelmed Women*. American Fork UT: Covenant Communications.

MANUSCRIPTS UNDER REVIEW

Hanks, J. de Azevedo. (expected date August, 2016). *The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Life*. Oakland, CA: New Harbinger Publications, Inc.

NEWSLETTERS

Hanks, J. de Azevedo (2015, Fall). Social Media Ethics for Social Workers, *National Association of Social Workers Mental Health Specialty Practice Section Connection Newsletter*.

Hanks, J. de Azevedo. (2013). Social Media Ethics for Social Workers, *National Association of Social Workers, Private Practice Specialty Practice Section Connection Newsletter*.

SELECTED DIGITAL ARTICLES

- Hanks, J. de Azevedo (2015, June 30). Is there a Mormon burnout epidemic? Dr. Julie de Azevedo Hanks answers. *LDS Living*. Retrieved on November 2, 2015, from <http://www.ldsliving.com/Is-There-a-Mormon-Burnout-Epidemic-Dr-Julie-de-Azevedo-Hanks-Answers/s/79298>
- Hanks, J. de Azevedo (2015, September 15). Reclaiming your right to say no. *LDS Living*. Retrieved on November 2, 2015, from <http://www.ldsliving.com/Reclaiming-Your-Right-to-Say-No/s/79869>
- Hanks, J. de Azevedo (2015, October 13). Is there a downside to idealizing motherhood? *Meridian Magazine*. Retrieved on November 2, 2015, from <http://ldsmag.com/is-there-a-downside-to-idealizing-motherhood/>
- Hanks, J. de Azevedo (2015, September 2). Healing Aspirational Shame: Is it Wrong to Want More? *Meridian Magazine*. Retrieved on November 2, 2015, from <http://ldsmag.com/healing-aspirational-shame-is-it-wrong-to-want-more/>
- Hanks, J. de Azevedo (2015, August 18). Misunderstanding Modesty Part 2: Dr. Hanks Responds to Comments. *Meridian Magazine*. Retrieved on November 2, 2015, from <http://ldsmag.com/misunderstanding-modesty-part-2-dr-julie-hanks-responds-to-comments/>

- Hanks, J. de Azevedo (2015, August 12). The Costs of Misunderstanding Modesty. *Meridian Magazine*. Retrieved on November 2, 2015, from <http://ldsmag.com/the-problem-with-overemphasizing-modesty/>
- Hanks, J. de Azevedo (2015, April 16). 3 Cultural Myths that Make Mormons Miserable. *Meridian Magazine*. Retrieved on November 2, 2015, from <http://ldsmag.com/3-common-cultural-myths-that-make-mormons-miserable>
- Hanks, J. de Azevedo (2015, March 31). Redefining “Christ-like” Beyond the Cultural Norm of Being “Nice”. *Meridian Magazine*. Retrieved on November 2, 2015, from <http://ldsmag.com/redefining-christ-like-moving-beyond-the-cultural-norm-of-being-nice/>
- Hanks, J. (2012, Fall). Why conventional media still matter: Insights for growing your practice. *Therapeutic Innovations in Light of Technology*. 3(1). 22-34.

PROFESSIONAL WEBSITES/BLOGS

- Hanks, J. de Azevedo (2009-2015). *Dr. Julie Hanks*. <http://www.drjuliehanks.com>
- Hanks, J. de Azevedo (2009-2015). Blog. *Wasatch Family Therapy*. <http://www.wasatchfamilytherapy.com/archives/author/julie-2>
- Hanks, J. de Azevedo (2012-2015). Private Practice Toolbox Blog. *Psych Central Pro*. <http://pro.psychcentral.com/private-practice/>
- Hanks, J. de Azevedo (2015). Emotional Health Blogger. *Healthy Way*. <http://www.healthyway.com/author/dr-julie-hanks>
- Hanks, J. de Azevedo (2012-2015). Relationship Expert. *Answers.com* https://wiki.answers.com/Q/User:Julie_de_Azevedo-Hanks
- Hanks, J. de Azevedo (20012-2013). Ask the Therapist Column. *Psych Central*. <http://psychcentral.com/ask-the-therapist/author/julie>
- Hanks, J. de Azevedo (2012-2013). Health Blogger. *Daily Strength* http://www.dailystrength.org/health_blogs/julie-hanks/articles
- Hanks, J. de Azevedo (2012-2015). Private Practice Business and Marketing. *Private Practice Toolbox*. <http://www.privatepracticetoolbox.net/blog/>
- Hanks, J. de Azevedo (2015) *Highly Creative Women*. <http://highlycreativewomen.com/blogpage>

PROFESSIONAL AND COMMUNITY SERVICE

2015-present	Board Member, SALT Contemporary Dance Company, Draper, UT
2014-present	Community Advisory Council Member, Marriage and Family Therapy Programs, Argosy University, Salt Lake City, UT
2012-present	Director, Emotionally Focused Couples Therapy (EFT) Salt Lake City Community.
2012-2014	Board Member, National Association of Social Workers, Private Practice Specialty Practice Section.
2010-2011	Executive Advisory Board Member, ChildHelp Utah Chapters
2008	Area Coordinator, National Eating Disorder Awareness Week, NEDA, Salt Lake City, UT
2001-present	Community Workshop Presenter Women’s Self-Care, Family Relationship, and Mental Health Topics <i>Responsibilities:</i> Present hundreds of workshops, presentations, and speeches to women’s community groups throughout the US

- 2003-2004 Member, Intermountain Trauma Treatment Network: Intermountain West
- 2003-2004 Volunteer Educator, National Association for Mental Illness (NAMI), Utah Chapter, Hope for Tomorrow Program in Public Schools, Salt Lake County, UT

MEDIA EXPERIENCE

MEDIA/SOCIAL MEDIA AWARDS

- 2015 **2015 NASW Media Award**, Website Category, JulieHanks.com, National Association of Social Workers
- 2012 **Named #1 Online Influencer for Depression**, Sharecare.com
- 2014 **Named #2 Social Health Maker for Mental Health**. Sharecare.com

ON-AIR TELEVISION

- 2009-present **On-Camera TV Contributor, Women’s Emotional Health**
Studio 5, NBC Affiliate KSL TV, Salt Lake City, UT, appeared on 130 shows.
Responsibilities: providing topics and content for TV segments on health and relationship segments, writing web articles.
- 2014-present **On-Camera TV Contributor, Psychotherapist, Celebrity Commentator**
Celebrity Legacies, Reelz Channel, appeared on 12 episodes.
Responsibilities: Researching and providing on-camera commentary on the mental health and relationships of Hollywood celebrities.
- 2008 **On-Camera Talk Show Host and Producer**
 Home Team: You & Me Monday, KJZZ TV, Salt Lake City, UT, produced/hosted 30 episodes.
Responsibilities: production of weekly TV talk show, plan one hour of content for live TV show, select show topics, guest booking, guest management, interview guests on live TV.

RADIO/PODCAST HOST

- 2011-2012 **On-Air Radio Show Host**
The Julie Hanks Show, Sirius XM 143.
Responsibilities: Produce weekly radio show, answer caller questions on emotional health and relationships, interview guests, schedule show topics, contact and schedule expert/author guests for interviews
- 2011 & 2014 **On-Air Radio Guest Contributor**
Todd and Erin Morning Show, B98.7 FM, UT.
Responsibilities: Appear on weekly radio show answering listener family relationship questions, discussing current news topics and their impact on families
- 2011-2012 **Podcast Show Host**
You and Yours Show with Julie Hanks, LCSW, The Women’s Information Network
Responsibilities: Producing and recording regular podcast shows on emotional health and relationship topics, invite and schedule guest interviews, write and edit content, script writing, research, assist in training broadcast interns, write and record show’s theme song
- 1988–present **Professional Recording Artist/Singer-Songwriter** “Julie de Azevedo”, Deseret Book/Highway Records, Salt Lake City, UT.
Responsibilities: Released 10 solo CD’s, songwriting, producing music CD’s, vocal and instrumental recording, music promotion, media interviews and appearances, newspaper, magazine, and radio interviews, television appearances, overseeing graphic design elements, updating website, live concert performances, concert video recordings, co-producing music video

SELECTED POPULAR MEDIA INTERVIEWS/QUOTES

- Kramer, J. (October 13, 2015). How to help a stressed out spouse. *Brides*. <http://www.brides.com/blogs/aisle-say/2015/10/how-to-help-a-stressed-spouse.html>
- Kramer, J. (2015, Sept. 30). Does flirting equal infidelity? *Brides*. <http://www.brides.com/blogs/aisle-say/2015/10/does-flirting-equal-infidelity.html>
- Kramer, J. (2015, Sept. 30). Is the First Year of Marriage Really the Toughest? *Brides*. <http://www.brides.com/blogs/aisle-say/2015/09/is-the-first-year-of-marriage-really-the-toughest.html>
- Kramer, J. (2015, Aug. 20). Caught by Your In-Laws Having Sex. *Brides*. <http://www.brides.com/blogs/aisle-say/2015/08/caught-by-in-laws-having-sex.html>
- Kramer, J. (2015, July 22) .Your Fiancé’s BFF: Is she friend or foe. *Brides*. <http://www.brides.com/blogs/aisle-say/2015/07/husbands-best-female-friend.html>
- Fottrell, Q. (2015, July 17). This academic study of people who post selfies confirms everything you expect. *Market Watch*. Retrieved Oct. 30, 2015 <http://www.marketwatch.com/story/beware-of-people-who-always-post-selfies-on-facebook-2015-07-16>
- Fottrell, Q. (2015, May 23) Here’s how to give your daughter an edge in her career (and raise a good son). *Market Watch*. <http://www.marketwatch.com/story/heres-how-to-give-your-daughter-an-edge-in-her-career-and-raise-a-good-son-2015-05-20>
- Fottrell, Q. (2015, May 20). Give your daughter an economic edge in her career and raise a good son too. *Market Watch*. <http://www.marketwatch.com/story/heres-how-to-give-your-daughter-an-edge-in-her-career-and-raise-a-good-son-2015-05-20>
- Bernstein, E. (2015, May 18). Do You Cry Easily? You May Be a ‘Highly Sensitive Person.’ *Wall Street Journal*. Retrieved October 30, 2015. <http://www.wsj.com/articles/do-you-cry-easily-you-may-be-a-highly-sensitive-person-1431971154?tesla=y>
- Fottrell, Q. (2015, May 9). Highly educated women are having more babies. *Market Watch*. Retrieved Oct. 30, 2015 <http://www.marketwatch.com/story/highly-educated-women-are-having-more-babies-2015-05-08>
- Fottrell, Q. (2015, April 22). The No. 1 reason women with kids argue with their husbands. *Market Watch*. Retrieved Oct. 30, 2015 <http://www.marketwatch.com/story/the-no-1-reason-women-with-kids-argue-with-their-husbands-2015-04-22>
- Tartakovsky, M. (2015). 6 Ways You Can Have a Healthy Relationship with Yourself. *Psych Central*. Retrieved on November 1, 2015, from <http://psychcentral.com/blog/archives/2013/01/13/6-ways-you-can-have-a-healthy-relationship-with-yourself/>
- Tartakovsky, M. (2015). What to Do When You Can’t Afford Therapy. *Psych Central*. Retrieved on November 1, 2015, from <http://psychcentral.com/blog/archives/2012/12/04/what-to-do-when-you-cant-afford-therapy/>
- Tartakovsky, M. (2015). Reducing Your Guilt About Not Being Productive. *Psych Central*. Retrieved on November 2, 2015, from <http://psychcentral.com/blog/archives/2015/07/12/reducing-your-guilt-about-not-being-productive/>
- Tartakovsky, M. (2015). Therapists Spill: How Therapy is Different from Talking to a Friend. *Psych Central*. Retrieved on November 2, 2015, from <http://psychcentral.com/lib/therapists-spill-how-therapy-is-different-from-talking-to-a-friend/>

- Tartakovsky, M. (2015). Therapists Spill: 8 Ways Clients Spoil Their Progress in Therapy (& How to Change That). *Psych Central*. Retrieved on November 2, 2015, from <http://psychcentral.com/lib/therapists-spill-8-ways-clients-spoil-their-progress-in-therapy-how-to-change-that/>
- Bernstein, E. (2014, July 28). How to Cope When You and Your Partner Are Falling Out of Love. *Wall Street Journal*. www.wsj.com/articles/how-to-cope-when-you-and-your-partner-are-falling-out-of-love-1406588472?tesla=y
- Davies, A. (2014, April 29). How Speaking Up Can Strengthen Your Relationship. *Shape*. Retrieved Oct. 30, 2015 <http://www.shape.com/blogs/shape-your-life/how-speaking-can-strengthen-your-relationship>
- Davies, A. (2014, Feb 20) Can Double Dating Improve Your Relationship? *Shape*. Retrieved Oct. 30, 2015 <http://www.shape.com/blogs/shape-your-life/double-dating-done-right>
- Skolnik, D. (2014, Jan. 2). Reunited at last. *Closer*. 38-39.
- Tartakovsky, M. (2014). How to Figure Out Your Boundaries. *Psych Central*. Retrieved on November 2, 2015, from <http://psychcentral.com/blog/archives/2014/02/26/how-to-figure-out-your-boundaries/>
- Tartakovsky, M. (2014). 5 Ways to Maintain Boundaries with Difficult People. *Psych Central*. <http://psychcentral.com/blog/archives/2014/01/29/5-ways-to-maintain-boundaries-with-difficult-people/>
- Tartakovsky, M. (2014). 5 Biggest Myths About Boundaries. *Psych Central*. <http://psychcentral.com/blog/archives/2014/02/02/5-biggest-myths-about-boundaries/>
- Tartakovsky, M. (2014). 7 Tips for Setting Boundaries At Work. *Psych Central*. <http://psychcentral.com/blog/archives/2014/03/10/7-tips-for-setting-boundaries-at-work/>
- Tartakovsky, M. (2014). How to Respond to Rude or Inappropriate Remarks. *Psych Central*. <http://psychcentral.com/blog/archives/2014/01/22/how-to-respond-to-rude-or-inappropriate-remarks/>
- Tartakovsky, M. (2014). 4 Secrets for Setting Rock-Solid Boundaries. *Psych Central*. <http://psychcentral.com/blog/archives/2014/01/15/4-secrets-for-setting-rock-solid-boundaries/>
- Tartakovsky, M. (2014). How to Respect Other People's Boundaries. *Psych Central*. <http://psychcentral.com/blog/archives/2014/11/05/how-to-respect-other-peoples-boundaries/>
- Davies, A. (2013, December 3) The resolution that's not on your radar: 11 ways to truly reconnect this year. *Shape*. <http://www.shape.com/lifestyle/mind-and-body/resolution-thats-not-your-radar-11-ways-truly-reconnect-year/slide/3>
- Bernstein, E. (2013, October 21) The Real Reason Couples Have Sex: Two New Studies Examine What Motivates Couples to Have Sex, *Wall Street Journal*. <http://www.wsj.com/news/articles/SB10001424052702303902404579149542886151358>
- Krueger, A. (2013, October 15) Born grumpy? Today is national grouch day. *Health*. <http://news.health.com/2013/10/15/born-grumpy-todays-national-grouch-day/>
- Fottrell, Q. (2013, July 26). 10 things psychologists won't tell you. *Market Watch*. <http://www.marketwatch.com/story/10-things-therapists-wont-tell-you-2013-07-26>
- Skenaz, L. (2013, May). Are you normal or nuts? *Reader's Digest*.
- Moroz, Y. (2013, May). How money fights affect kids. *Real Simple*, 160.

- Krueger, A. (2013, March) How to deal when your husband (or boyfriend) is overweight. *The Nest*. <http://ideas.thenest.com/love-and-sex-advice/dealing-with-relationship-issues/articles/dealing-with-overweight-partner.aspx>
- Krueger, A. (2013) 12 signs you suffer from summer depression. *Health*. <http://www.health.com/health/gallery/0,,20719721,00.html>
- Krueger, A. (2013, March 20). Hey Lindsay Lohan, Here's What Really Happens in Rehab! *Health*. <http://news.health.com/2013/03/20/hey-lindsay-lohan-heres-what-really-happens-in-rehab/>
- Tartakovsky, M. (2013). 5 Ways For Couples to Get Closer. *Psych Central*. <http://psychcentral.com/blog/archives/2013/03/23/5-ways-for-couples-to-get-closer/>
- Tartakovsky, M. (2013). 5 Ways For Couples to Get Closer. *Psych Central*. <http://psychcentral.com/blog/archives/2013/03/23/5-ways-for-couples-to-get-closer/>
- Tartakovsky, M. (2013). Clinicians on the Couch: 10 Questions with Therapist Julie Hanks. *Psych Central*. <http://psychcentral.com/lib/clinicians-on-the-couch-10-questions-with-therapist-julie-hanks/>
- Tartakovsky, M. (2013). Therapists Spill: The Moment I Realized I Am Enough. *Psych Central*. <http://psychcentral.com/lib/therapists-spill-the-moment-i-realized-i-am-enough/>
- Grish, K. (2012, December) Are money secrets toxic? Even small ones? *Cosmopolitan*.
- Bernstein, E. (2012, August 14). Are we all braggarts now? Boasting Epidemic Goes Viral; Crowing Boosts Self Esteem but It's Annoying. *Wall Street Journal*. <http://www.wsj.com/articles/SB10000872396390444184704577587091630924000>
- Grish, K. (2012, June). Are we boring? *Cosmopolitan*.
- Bernstein, E. (2012, May 15). For a Nation of Whiners, Therapists Try Tough Love, *Wall Street Journal*. <http://www.wsj.com/articles/SB10001424052702304192704577404083592261456>
- Grohol, J. (2012). Top 10 Psychology and Mental Health Topics of 2012. *Psych Central*. <http://psychcentral.com/blog/archives/2012/12/26/top-10-psychology-and-mental-health-topics-of-2012/>
- Tartakovsky, M. (2012). National Psychotherapy Day: Therapists Reveal What Therapy Can Do For You. *Psych Central*. <http://psychcentral.com/blog/archives/2012/09/25/national-psychotherapy-day-therapists-reveal-what-therapy-can-do-for-you/>
- Tartakovsky, M. (2012). Back to School: 4 Tips for Thinking Like a Student Again. *Psych Central*. <http://psychcentral.com/blog/archives/2012/08/24/back-to-school-4-tips-for-thinking-like-a-student-again/>
- Tartakovsky, M. (2012). Find Stress Relief by Spotting Your Emotional Needs. *Psych Central*. <http://psychcentral.com/blog/archives/2012/07/27/find-stress-relief-by-spotting-your-emotional-needs/>
- Tartakovsky, M. (2012). Holiday Gifts that Don't Cost a Thing. *Psych Central*. Retrieved on <http://psychcentral.com/blog/archives/2012/11/29/holiday-gifts-that-dont-cost-a-thing/>
- Tartakovsky, M. (2012). What Many People Don't Get About Mental Illness. *Psych Central*. <http://psychcentral.com/blog/archives/2012/11/04/what-many-people-dont-get-about-mental-illness/>
- Vercelletto, C. (2011, November). 7 Mistakes even smart parents make. *Parenting*. 528. 93-98.

- Grish, K. (2011, July). The 4-letter word husbands hate. *Cosmopolitan*.
- Rearden, C. (2011, May/June). Building a practice in a digital world. *Social Work today*, 11(3), 10-12.
- Rearden, C. (2011, May/June). Couples & money: Financial social work to the rescue. *Social Work Today*, 11(3), 24-27.
- Schipani, D. (2011, May 8). 7 things your best friend won't tell you. *Woman's Day*. <http://www.womansday.com/relationships/family-friends/tips/a2465/7-things-your-best-friend-wont-tell-you-118080/>
- Schipani, D. (2010, August 6). How to handle relationship questions gracefully. *Woman's Day*. <http://www.womansday.com/relationships/dating-marriage/advice/a8659/how-to-handle-relationship-questions-gracefully-109997/>
- C.R. Zwolinski, R. (2010). God in Therapy: Songwriter and Psychotherapist Julie Hanks Shatters Stereotypes. *Psych Central*. <http://blogs.psychcentral.com/therapy-soup/2010/06/god-in-therapy-singer-and-psychotherapist-julie-hanks-shatters-stereotypes/>

SELECTED PODCAST INTERVIEWS

- Mormon Channel Daily (2015, October 20). Setting Goals with Dr. Julie de Azevedo Hanks. *The Mormon Channel*. <https://www.mormonchannel.org/listen/series/mormon-channel-daily-audio/setting-goals-with-dr-julie-de-azevedo-hanks-october-21-2015>
- Steadman, R.T. (2015, September 25). Julie de Azevedo Hanks Ep 193. *The Cultural Hall Podcast*. <http://www.theculturalhallpodcast.com/2015/09/25/julie-de-azevedo-hanks-ep-193-the-cultural-hall/>
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