

# JULIE de AZEVEDO HANKS, PHD, LCSW

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## Summary

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Nationally-recognized LCSW with 29 years of social work experience and 3 years of university teaching experience. Founder and director of successful multi-location practice. Extensive social media and media reach. Specializes in attachment theory and relational psychotherapy for women, couples, and families.

## Education

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<b>Ph.D.</b> , Marriage and Family Therapy UNIVERSITY OF LOUISIANA AT MONROE, College of Health and Pharmaceutical Science Dissertation: <i>(Pro)Creating: Transforming Constraints to Creative Productivity of Mothers through a Partnership Model of Family Organization</i>	2015
<b>M.S.W.</b> , Clinical Social Work, Child and Family UNIVERSITY OF UTAH, College of Social Work	1995
<b>B.S.</b> , Psychology; minor: Sociology UNIVERSITY OF UTAH, College of Health and Behavioral Science	1991

## Licensure & Certification

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Certified Caring Economy Community Advocate	2015-Present
Board Certified Diploma in Clinical Social Work (BCD)	2008-Present
Licensed Clinical Social Worker (LCSW), UT	2002-Present
Certified Social Worker (CSW), UT	1995-2002

## Professional Affiliations

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National Association of Social Workers  
Mormon Mental Health Association

## Clinical Experience

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**Founder / Executive Director / Clinical Director / Clinical Social Worker** 2002–Present  
WASATCH FAMILY THERAPY, LLC, Salt Lake City, Orem, and Bountiful, UT

- Built successful family therapy practice from solo practice to 3 locations with 15 therapists.
- Direct all business aspects of practice, including accounting, billing, marketing, human resources, hiring, and budgeting; establish practice procedures.
- Provide clinical services to individuals, couples, families and groups using an attachment frame and an eclectic set of interventions.
- Oversee multiple students as practicum placement and training site for USC and local university; oversee clinical training of master's-level and undergraduate students in social work, marriage and family therapy, and mental health counseling.
- Mentor and direct work of social work students and interns working toward licensure.
- Utilize advanced training in emotionally focused couples therapy and sexual trauma.

**Private Practice Consultant** 2007–Present

DR. JULIE HANKS CONSULTING, LLC, Sandy, UT

- Created consulting practice to support mental health practitioners in setting up and marketing their practices, building clientele, hiring employees, and other practice-related issues.
- Provide group and individual consulting services in-person and via phone or Skype.

**Therapist, Certified Social Worker** 1997–2002

SOUTH TEMPLE PSYCHOTHERAPY, Salt Lake City, UT

THE SALT LAKE FAMILY THERAPY CLINIC, Salt Lake City, UT

- Provided individual, family, couple, and group counseling to clients with emphasis on couples counseling, premarital counseling, child and family therapy, and eating disorders.
- Conducted family history assessments; diagnosed mental health disorders; co-led a process-oriented women's therapy group.

**MSW Practicum Student** 1994–1995

CENTER FOR FAMILY DEVELOPMENT, Salt Lake City, UT

- Provided individual, couple, family, and group therapy to victims and offenders of domestic violence, sexual abuse, physical abuse and their families in an outpatient setting.
- Organized and led a women's abuse survivor group.
- Administered intake assessments; acted as a liaison between D.F.S. and probation officers.

**MSW Practicum Student** 1992–1993

SOUTH VALLEY MENTAL HEALTH, Children and Families Team, Salt Lake City, UT

- Delivered individual, couple, family, and group therapy with focus on children and adolescents in an outpatient clinic.
- Acted as liaison with school counselors, D.F.S. workers, and other community services.

**Teen Outreach Worker** 1990–1991

YWCA TEEN OUTREACH PROGRAM, Salt Lake City, UT

- Provided advocacy and educational and recreational experiences to teen mothers in a community outreach program; provided support counseling and community referrals.

**Child Therapist** 1989–1990

THE CHILDREN'S CENTER, Kearns & Salt Lake City, UT

- Co-led daily preschool social skills group for children with emotional and behavioral problems.
- Planned group activities and interventions; consulted with parents and individual therapists.

## Teaching Experience

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**Adjunct Faculty, Lecturer** 2018–Present

UTAH VALLEY UNIVERSITY, Master of Social Work Program, Orem, UT

- Co-created "Advanced Social Work Practice with Individuals and Families" course for new social work program.
- Built course with hybrid online and in-class model; designed curriculum, created course objectives, and laid out course topics utilizing textbook and additional media resources (discussion boards, videos, podcasts).
- Leveraged experience with clinical practice to prepare students to become skilled clinicians and ethical professionals.
- Earned positive feedback from students by building rapport and delivering timely, accessible information.

**Adjunct Faculty, Lecturer** 2014–2016  
UNIVERSITY OF SOUTHERN CALIFORNIA, Master of Social Work Program, Virtual Academic Center

- Taught online course “Direct Social Work Practice with Individuals.”

**Adjunct Lecturer** 2010  
ARGOSY UNIVERSITY, Undergraduate Psychology Program, Draper, UT

- Taught “The Psychology of Aging” in an intensive Friday evening, all-day Saturday seminar format targeting nontraditional students.

**Instructor** 2002–2003  
INSTITUTE OF HUMAN SERVICES, University of Utah, College of Social Work, Salt Lake City, UT

- Taught “The Thinness Obsession: Eating Disorder Psychodynamics and Treatment,” a non-credit course available to students.

## Publications

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### Peer-Review

Hanks, J A. (2015). “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.A. (2016). *The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Life*. Oakland, CA: New Harbinger Publications, Inc.

Hanks, J.A. (2013) *The Burnout Cure: An Emotional Survival Guide for Overwhelmed Women*. American Fork UT: Covenant Communications.

### Newsletters

Hanks, J. A. (2015) *Social Media Ethics for Social Workers*, National Association of Social Workers, Mental Health SPS Section Connection Newsletter.

## Selected Presentations

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### Juried

“Partnership Families: A Psychoeducational Approach to Creating More Connection and Caring in Families.” Utah Marriage and Family Therapy Association, Annual Meeting, Provo, UT, 2017.

“Building a Private Practice in a Digital World.” Utah Association for Marriage and Family Therapy, Annual Meeting, Provo, UT, 2017.

“From Patriarchy to Partnership.” Sunstone Symposium, Salt Lake City, UT, 2017.

“The Shame with No Name: Recognizing and Healing Aspirational Shame in Mormon Women.” Sunstone Symposium, Salt Lake City, UT, 2017.

“Love and Gender Equality at Home: A Model of Family Transformation.” Sunstone Symposium, Salt Lake City, UT, 2016.

“A Crisis of Perception: New Paradigms to Address the Complexities of Modern Mormonism.” Sunstone Symposium, Salt Lake City, UT, 2016.

“The Nature of Women’s Creativity.” Humanities Education and Research Association, Annual Conference, New Orleans, LA, 2016.

“Social Media Ethics for Social Workers.” Council on Social Work Education, Annual Program Meeting, Denver, CO, 2015.

Invited

- Keynote: “Reducing Anxiety through Transforming Mormon Culture.” Anxiety Disorders and Mormonism Conference, Salt Lake City, UT, 2018.
- “The Burnout Cure: ABCs of Self-Care.” Squire Accounting Firm, Provo, UT, 2017.
- “Creating Connection: Attachment, Partnership, and Creativity.” Mormon Arts Foundation, Sundance, UT, 2017.
- “Building a Successful Private Practice.” Utah Mental Health Counselor Association, Provo, UT, 2016.
- 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, 2015.
- “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, 2014.
- “Social Media for Shrinkers: Practice Building Strategies and Ethical Considerations.” Association of Mormon Counselors and Psychotherapists, Fall Convention, Salt Lake City, UT, 2013.
- “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.
- “Minding Your Business: Building a Successful Private Practice.” Association of Mormon Counselors and Psychotherapists, Fall Convention, Salt Lake City, UT, 2010.
- “Promoting Secure Attachments in Modern Family Life.” Association of Mormon Counselors and Psychotherapists, Fall Convention, Salt Lake City, UT, 2010.
- “Getting Clients in the Door: Strategies of Effective Marketing and Advertising.” The Joy of Practice Conference, Utah Psychological Association, Salt Lake City, UT, 2008.
- “Strengthening Relationships.” Families under Fire Conference, Brigham Young University, Provo, UT, 2006.

Webinars and Teleconferences

- “Building a Private Practice in the Digital Age: Creating a Strong Online Presence for Your Practice.” Ontario Association of Marriage and Family Therapists, 2018.
- “Rock the Media School for Therapists, Private Media Coaching E-Course for Mental Health and Health Therapists.” RockTheMediaSchool.com, 2015–Present
- “Social Media Ethics in Social Work Practice.” National Association of Social Workers, Wisconsin Chapter, 2015.
- “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, 2014.
- “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, 2013.

“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, 2012.

### Invited Workshops

Presented hundreds of workshops, presentations, and speeches on the topics of women’s self-care, family relationships, and mental health to women’s community groups throughout the US, 2001–Present.

### Board Leadership

<b>Board Member</b> SALT CONTEMPORARY DANCE COMPANY, Draper, UT	2015–2016
<b>Community Advisory Council Member</b> , Marriage and Family Therapy Programs ARGOSY UNIVERSITY, Salt Lake City, UT	2014–2016
<b>Board Member</b> NATIONAL ASSOCIATION OF SOCIAL WORKERS, Private Practice Specialty Practice Section.	2012–2014
<b>Executive Advisory Board Member</b> CHILDHELP UTAH CHAPTERS	2010–2011

### Community Outreach

<b>Director</b> SALT LAKE EMOTIONALLY FOCUSED COUPLES THERAPY (EFT) • Founded local chapter of International Society for Emotion Focused Therapy; developed chapter web site.	2012–2014
<b>Area Coordinator</b> NATIONAL EATING DISORDER AWARENESS WEEK (NEDA), Salt Lake City, UT	2008
<b>Member</b> INTERMOUNTAIN TRAUMA TREATMENT NETWORK: Intermountain West	2003–2004
<b>Volunteer Educator</b> NATIONAL ASSOCIATION FOR MENTAL ILLNESS (NAMI), Utah Chapter HOPE FOR TOMORROW PROGRAM, Salt Lake County Public Schools	2003–2004

### MEDIA APPEARANCES

#### Media/Social Media Awards

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

#### Television

<b>On-Camera TV Contributor</b> GOOD THINGS UTAH, ABC Affiliate KTVX TV, Salt Lake City, UT • Provide topics and content for TV segment on marriage.	2017–Present
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**On-Camera TV Contributor** 2009–Present  
 STUDIO 5, NBC Affiliate KSL TV, Salt Lake City, UT  
 • Made numerous TV appearances providing information on health and relationships; wrote web articles to accompany segments.

**On-Camera TV Contributor / Psychotherapist / Celebrity Commentator** 2014–2016  
 CELEBRITY LEGACIES, Reelz Channel  
 • Researched and provided on-camera commentary on the mental health and relationships of Hollywood celebrities.

**On-Camera Talk Show Host and Producer** 2008  
 HOME TEAM: YOU & ME MONDAY, KJZZ TV, Salt Lake City, UT  
 • Produced weekly TV talk show.  
 • Planned one hour of content for live TV show; selected show topics, wrote script, planned and managed guests.

Selected Radio/Podcast Appearances

**On-Air Radio Show Host** 2011–2012  
 THE JULIE HANKS SHOW, Sirius XM 143.  
 • Produced weekly radio show answering caller questions on emotional health and relationships.  
 • Scheduled show topics; contacted and scheduled expert/author guests for interviews; conducted interviews.

**On-Air Radio Guest Contributor** 2011, 2014  
 TODD AND ERIN MORNING SHOW, B98.7 FM, UT.  
 • Appeared on weekly radio show to answer listener family relationship questions and discuss current news topics and their impact on families.

**Podcast Show Host** 2011–2012  
 YOU AND YOURS SHOW WITH JULIE HANKS, LCSW, The Women’s Information Network  
 • Produced and recorded regular podcast shows on emotional health and relationship topics.  
 • Invited and scheduled guest interviews, write and edit content,

**Professional Recording Artist / Singer-Songwriter** 1988–2015  
 “JULIE DE AZEVEDO,” Deseret Book/Highway Records, Salt Lake City, UT.  
 • Released 10 solo CDs, including songwriting, producing, vocal and instrumental recording, music promotion, media interviews and appearances, overseeing graphic design, updating website, making live concert performances, recording concert videos, and co-producing music videos.

Selected Media Interviews

**National Expert Media Interviewee** (Print, Web, TV, Radio) 2007–Present  
 • Provide expert interviews and quotes on family relationships and emotional health issues for print, online, TV and radio outlets, including:

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| <i>The Wall Street Journal</i> | <i>Women’s Day</i>       | <i>LA Times</i>          |
| <i>Huffington Post</i>         | <i>Social Work Today</i> | <i>WSJ MarketWatch</i>   |
| <i>Cosmopolitan</i>            | <i>Women’s Health</i>    | <i>BankRate</i>          |
| <i>Real Simple</i>             | <i>Magazine</i>          | <i>iPhone Life</i>       |
| <i>Reader’s Digest</i>         | <i>CNN</i>               | <i>Deseret News</i>      |
| <i>Brides</i>                  | <i>MSN</i>               | <i>TLC</i>               |
| <i>Parenting</i>               | <i>She Knows</i>         | <i>Fox News</i>          |
| <i>Shape</i>                   | <i>Salt Lake Tribune</i> | <i>Fox Business News</i> |
| <i>Ladies Home Journal</i>     | <i>Canadian Living</i>   |                          |