



STEVEN A. SZYKULA, Ph.D.

Psychologist

Comprehensive Psychological Services
1208 East 3300 South
Salt Lake City, Utah 84106
Office (801) 483-1600
Cell (801) 201-1511

EDUCATION:

- 1974 B.A. - University of Hartford, Hartford, Connecticut
 Major: **Psychology**
- 1977 Ph.D. - University of Tennessee, Knoxville, Tennessee
 Dissertation Topic: Behavioral Self-Control
- 1982-current Utah License as a Psychologist

CURRENT PRACTICE:

6/86 - Present Dr. Szykula currently owns and operates Comprehensive Psychological Services which houses 20-30 mental health providers of all disciplines. Dr. Szykula's clinical work currently focuses on Forensic Psychological Evaluations and Child Custody Evaluations. He continues a small caseload of outpatient therapy clients and also supervises interns and post-doctoral residents.

Dr. Szykula continues to conduct research and writing related to the field of psychology and is a popular speaker who addresses both the general public and professional audiences.

CURRENT POSITION:

6/86 - Present Clinical Director/CEO, Comprehensive Psychological Services

Areas of Specialization

- Pre-employment Psychological Evaluations for Law enforcement.
- Program Development, Implementation, and Evaluation
- Executive Consultation
- Forensic Psychological Evaluations: Fitness for Duty; Child Custody, Plaintiff and Defendant Expert Witness Evaluations and Court Testimony

- Psycho-Educational Evaluations
 - Mental Health in corrections, hospitals, and private settings
 - Geriatric Psychology and Psychiatry Business Development
 - Psychotherapy
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PAST PROFESSIONAL EXPERIENCE:

1981 - 1986 **Associate Professor of Psychiatry and Psychology**
Department of Psychiatry, University of Utah School of Medicine

PAST PROFESSIONAL POSITIONS:

1981 - 1987 **Director**, Psychology Internship Training Program, Primary Children's Medical Center, Salt Lake City, Utah

Areas of Specialization: Program development and evaluation, applied clinical research, clinical supervision of interns, psychotherapy, psychological consultation, and psychological assessment.

Responsibilities: Development and implementation of a pre-doctorate and post-doctorate training program in psychology, administration and clinical supervision of psychology interns, development and implementation of applied research, psychological assessment and psychotherapy.

1977 - 1981 **Director**, Family Teaching Center, 324 Fuller Avenue, Helena, Montana, 59601
The Family Teaching Center is a community-based treatment center for families with child-related concerns including child abuse or neglect, aggressive youth, and youth having emotional or behavioral problems.

Areas of Specialization: Administration, program development, implementation and evaluation, clinical training and supervision, applied research, and grant writing.

Responsibilities: Budget and personnel management, agency planning, staff training and supervision, clinical training of external agency professionals, research, direct service.

TEACHING AND RESEARCH EXPERIENCE:

Teaching:

- Adjunct Faculty in Psychiatry and Psychology, University of Utah and Medical Center
- Enhancing Sports Performance
- Abnormal Psychology
- Theories of Personality
- Developmental Psychology of Adults
- Parent Directed Child Therapy
- Naturalistic Observation and Scientific Method
- Human Change Processes

- Stress and the Family
- Psychotherapy Research, Theory and Practice
- Cognitive and Behavioral Social Learning and Therapies

Research:

- Stress and Family Interaction
- Psychotherapy Process and Outcome
- Child Focused Behavior Therapy
- Child Focused Family Therapy

PUBLICATIONS:

Szykula, S.A. Implementing a Managed Mental Health Care Model in Large Jails. *Journal of Correctional Healthcare*, Fall 2005.

Smith, W. J., Sayger, T. V., & Szykula, S. A. (1999). Child-focused family therapy: Behavioral family therapy versus brief family therapy. *The Australian and New Zealand Journal of Family Therapy*, 20, 83-87.

Steinberg, E. A., Sayger, T. V., & Szykula, S. A. (1997). The effects of strategic and behavior therapies on child behavior and depression. *Contemporary Family Therapy: The International Journal*, 19, 537-551.

Sayger, T. V., Szykula, S. A., & Sudweeks, C. (1992). Treatment side effects: Positive and negative attributes of child- focused family therapy. *Child and Family Behavior Therapy*, 14(1), 1-9.

Szykula, S. A., Mas, C. H., Turner, C. W., Crowley, J., & Sayger, T. V. (1991). Maternal social support and prosocial mother-child interactions. *Journal of Family Psychology*, 5, 82-92.

Sayger, T. V., Szykula, S. A., & Laylander, J. A. (1991). Adolescent-focused family counseling: A comparison of behavioral and strategic approaches. *Journal of Family Psychotherapy*, 2, 57-79.

Szykula, S.A., (in press). Child focused strategic and behavioral family therapy processes: Hypothetical case study comparisons; In *Innovations in Clinical Practice*, P. Keller (ed) PRE, Inc.

Szykula, S.A., & Czajkowski, L., Laylander, J.A., & Sayger, T.V. (in press, 1989). "Consciousness Streaming"; A single-subject within session analysis of the therapeutically relevant verbalizations. *The Journal of Cognitive Psychotherapy: An International Quarterly*, 3, 299-310.

Szykula, S.A., Sayger, T.V. & Laylander, J.A. (in press). Behavioral and strategic family therapies compared: Divergent processes toward successful outcomes. *Journal of Child and Adolescent Psychotherapy*.

Morris, S.B., Turner, C.W., & Szykula, S.A., (in press). Psychotherapy Outcome Research: An application of a new method for evaluation research methodology. *Psychotherapy*.

- Szykula, S.A., Sayger, T.V., Morris, S.B., & Sudweeks, C. (1987). Child-focused behavioral and strategic therapies: A preliminary report of outcome comparisons. *Psychotherapy*, 24, 3, 546-551.
- Fleischman, M.J. & Szykula, S.A., (1987). *Discipline With Teenagers*, Family First Productions, Eugene, Oregon.
- Szykula, S.A., & Fleischman, M.J., (1987). *Children Under Stress*, Family First Productions, Eugene, Oregon.
- Szykula, S.A., & Morris S.B. (1986). Strategic therapy with children: Single subject case study demonstrations. *Psychotherapy*, 23, 1, 174-180.
- Szykula, S.A. & Fleischman, M.J., (1985). A social learning treatment of child abuse. *Child Abuse and Neglect: The international Journal*, 9, 2, 279-285.
- Szykula, S.A., (1984). Drop outs: Reducing drop outs from youth-relevant treatment services. The comprehensive referral pursuit and maintenance approach. *Youth Services Review*, 6, 37-46.
- Szykula, S.A., Fleischman, M.J. & Shilton, P.E., (1982). Implementations a family therapy program in a community: Relevant issues on one promising program for families in conflict. *Behavioral Counseling Quarterly*, 2, 2, 67-78.
- Blechman, E.A., Budd, K.S., Szykula, S.A., Embry, L.H., O'Leary, K.D., Christophersen, E.R., Wahler, R., Kogan, K., & Riner, L.S. (1981). Engagement in behavioral family therapy in a multi-site investigation. *Behavior Therapy*, 12, 4, 461-472.
- Fleischman, M.J. & Szykula, S.A., (1981). A community setting replication of a social learning treatment for aggressive children. *Behavior Therapy*, 12, 115-122.
- Szykula, S.A., Saudargus, R.A. & Wahler, R.G., (1981). The generality of self-control procedures following a change in classroom teacher. *Education and Treatment of Children*, 4, 3, 253-263.
- Szykula, S.A. & Fleischman, M.J., (1980). Generating referrals to newly established programs: A cost effective comparison of two procedures. *Community Mental Health Journal*, 16, 3, 201-204.
- Szykula, S.A., Haffey, A. & Parson, D.E., (1980). Two treatment alternatives to standard family behavior therapy. In *Treating Families in the Home: An Alternative to Placement*. Bryce, M. and Lloyd, J.C. (eds.). Thomas Publishers, pp. 180-190.
- Szykula, S.A., & Hector, M.A., (1979). Self-management groups in school. *Journal for Specialists in Group Work*, 4, 3, 155-160.

Szykula, S.A. & Hector, M.A. (1978). Teacher instructional behavior change through self-control. *Psychology in the Schools*, 15, 1, 87-94.

PAPERS PRESENTED AT PROFESSIONAL CONFERENCES:

Szykula, S.A., Jackson, D., Dickman, L., McDonald, A. (2001). Mothers in Jail: A group Intervention. *Annual Conference National Commission on Correctional Health Care*, Albuquerque, New Mexico.

Szykula, S.A., Sayger, T.V. & Horne, A. (1987). Family therapy with conduct disordered children and their families. Clinical roundtable and paper presented at the *Association for Advancement of Behavior Therapy*, Boston, MA.

Szykula, S.A., Sayger, T.V. & Morris, S.B. (1987). The side-effects of participation in child-focused behavioral and strategic family therapies in an outpatient psychiatric facility. Paper presented at the *Association for Advancement for Behavior Therapy Conference*. Boston, MA.

Szykula, S.A. & Sayger, T.V. (1987). Emotional focus: The keystone to family therapy process. Paper presented at the *Fall Conference of the Rivendell Foundation of Utah*, Salt Lake City, UT, 1987.

Szykula, S.A., Fleishman, M.J. & Laylander, J.A. (1987). Children under stress. Paper presented at the *Fall Conference of the Rivendell Foundation of Utah*, Salt Lake City, Utah.

Szykula, S.A. & Fleishman, M.J. (1987). How to effectively discipline teenagers. Paper presented at the *Fall Conference of the Rivendell Foundation of Utah*, Salt Lake City, Utah.

Sayger, T.V., Szykula, S.A., Child, W., Sudweeks, C. & Morris, S.B. (1987). Child-focused therapy: Strategic and behavior family therapy models. Paper presented at the *Utah Psychological Association Conference*, Salt Lake City, Utah.

Sayger, T.V., Szykula, S.A. & Morris, S.B. (1987). The Severity Rating Index and child-focused therapy: Assessment of dysfunctional families. Paper presented at the *Utah Psychological Association Conference*, Salt Lake City, Utah.

Sayger, T.V., Szykula, S.A. & Morris, S.B. (1987). The Side-effects Survey: Assessing the iatrogenic effects of behavioral and strategic family therapies. Paper presented at the *Utah Psychological Association Conference*, Salt Lake City, Utah.

Horstman, A. & Szykula, S.A., (1986). Child reported mood and child behavior: A functional relationship. Paper presented at the *Association for the Advancement of Behavior Therapy*, Chicago, Illinois.

Szykula, S.A., Czajkowski, L. & Quayle, S., (1986). Consciousness streaming: An applied behavior analysis. Paper presented at the *Association for the Advancement of Behavioral Therapy*, Chicago, Illinois.

- Szykula, S.A., Morris, S.B. & Turner, C.W., (1986). Child focused behavioral therapy and Strategic therapy: A look at differential potencies. Paper presented at the *Association for the Advancement of Behavior Therapy*, Chicago, Illinois.
- Olsen, L., Turner, C.W., Crowley, J., & Szykula, S.A. (1985). High and low abuse potential mothers and their daily stress: Differential effects on child responsiveness. Paper presented at *Association for the Advancement of Behavior Therapy*, Houston, Texas.
- Szykula, S.A., Mas, C.H., Turner, C.W., & Crowley, J. (1985). The effects of mothers' social support on their parenting. Paper presented at the *Association for the Advancement of Behavior Therapy*, Houston, Texas.
- Szykula, S.A., & Morris, S.B., (1985). Strategic therapy with children: Some applied behavior analyses and case studies. Paper presented at the *Association for the Advancement of Behavior Therapy*, Houston, Texas.
- Morris, S.B. & Szykula, S.A., (1985a) Strategic therapy and behavior therapy: A comparative analysis of side effects and client satisfaction. Paper presented at *Association for the Advancement of Behavior Therapy*, Houston, Texas.
- Morris, S.B. & Szykula, S.A. (1985b). Outcomes of strategic family therapy in a child clinical setting. 93rd Convention, Paper presented at the *American Psychological Association*, Los Angeles, CA.
- Morris, S.B., Stevens, L., White, T., Turner, C.W., Sumner, S., Gully, K., & Szykula S.A. (1985). Psychotherapy outcome research: A progress report on research methodology. Paper presented at the 93rd Convention, *American Psychological Association*, Los Angeles, CA.
- Szykula, S.A. (1984). Maternal stress: Functional relationships to family health. Paper presented at *Association for the Advancement of Behavior Therapy*. Philadelphia, PA.
- Szykula, S.A. & Morris, S.B. (1984a). "Comparative applied behavior analysis of social learning and strategic therapy with children." Paper presented at the *Association for the Advancement of Behavior Therapy*, Philadelphia, PA.
- Szykula, S.A. & Morris, S.B. (1984b). "Main effects, side effects, and client satisfaction: A comparison of social learning and strategic therapies with children." Paper presented at *Association for the Advancement of Behavior Therapy*, Philadelphia, PA.
- Waldron, H., Alexander, J., Turner, C., Szykula, S.A. (1984). "The contribution of therapist defensiveness to material therapy process and outcome: A path analytical approach." Paper presented at the *Association for the Advancement of Behavior Therapy*, Philadelphia, PA.

- Szykula, S.A. & Fleischman, M. (1983). "The social learning treatment of child abuse: Two natural setting field studies." Paper presented at the *Association for the Advancement of Behavior Therapy and the World Congress of Behavior Therapy*, Washington.
- Szykula, S.A., Mas, C.H., & Peterson, J.L. (1983). "The effects of a social learning treatment on child abuse families." Paper presented at the *Rocky Mountain Psychological Association*, Snowbird, Utah.
- Szykula, S.A. (1983). "Community psychology and psychiatry contributions to cost-effective treatment of child abuse: reducing treatment drop outs." Paper presented at the *Rocky Mountain Psychological Association*, Snowbird, Utah.
- Szykula, S.A. (1983). "Inductive therapy: Practical psychotherapy applications." Paper presented at the *Rocky Mountain Psychological Association*, Snowbird, Utah.
- Szykula, S.A. (1983). "Parent training: The expanded context of the 1980's." Paper presented at the *Association for Applied Behavioral Analysis*, Milwaukee, Wisconsin.
- Szykula, S.A. (1981). "Social learning interventions for child abusing mothers." Paper presented at the *Association for the Advancement of Behavior Therapy*, Toronto, Canada.
- Szykula, S.A. (1983). "One step beyond learning theory." Symposium (chairperson and presenter). Paper presented at the *Association for the Advancement of Behavior Therapy*, 14th Annual Conference, New York, New York.
- Szykula, S.A. (1983). "Home based family therapy." Paper presented at the *Montana Association for Behavior Therapy*, Billings, Montana.
- Szykula, S.A. (1979). "Drop-outs: The Achilles heel of mental health services delivery." Paper presented at the *Association for the Advancement of Behavior Therapy*, 13th Annual Conference, San Francisco.
- Szykula, S.A. (1979). "Establishing a social learning treatment center for aggressive children." Symposium presented at the *Montana Council for Exceptional Children*, Billings, Montana.
- Szykula, S.A. & Parsons, D.A. (1979). "A successful implementation of a home-based social learning treatment program for families." Symposium presented at the *Home-Based Treatment*, Conference, Iowa City, Iowa.
- Szykula, S.A. (1979). "Teaching self-control to high school students." Workshop presented at the *Council for Exceptional Children*, Billings, Montana.
- Szykula, S.A. & Fleishman, M. (1978). "The Helena Family Teaching Center: The natural setting test of the social learning treatment approach with families of aggressive children." Paper presented at *Association for the Advancement of Behavior Therapy*, Chicago, Illinois.

- Szykula, S.A., Sandargus, R.A., & Wahler, R.G. (1978). "Some environmental boundaries of self-control." Paper presented at the *Association for the Advancement of Behavior Therapy, Chicago, Illinois*.
- Szykula, S.A., & Hector, M. (1977). "Effects of teacher self-control and student behavior change." Paper presented at the *American Educational Research Association Conference, New York, New York*.
- Szykula, S.A. & hector, M. (1977). "Behavioral self-control with children." Symposium presented at the *American Personnel and Guidance Association Conference, Dallas, Texas*
- Szykula, S.A. (1977). "Self-control with children." Workshop presented at the *National Association of School Psychologists Conference, Cincinnati, Ohio*.
- Szykula, S.A. (1977). "Self-management groups as a part of university residential life." Paper presented at the *American College Personnel Association Conference, Denver, Colorado*.
- Szykula, S.A. (1974). "The Effects of sex, birth order, and size of family on risk-taking behavior." Paper presented at *New England Conference for Undergraduate Research in Psychology, Durham, New Hampshire*.

BOOKS:

- "Good Parent" (2014) ISBN 978-1-6319201-7-2
- "Get Off The Bus" (2013) ISBN 978-0-9913873-0-4
- "Parenting Cookbook: Recipes for raising successful children" (1991) ISBN 978-0-9629370-0-2

PUBLIC SPEAKING:

- | | |
|----------------|---|
| 2014, Nov 20 | Weber State University
<i>Psychotherapy: Myths and Realities</i> |
| 2015, Oct 28 | State of Utah Vocational Rehabilitation - Statewide Annual Training
Utah Valley University
<i>Burnout: If We Know So Much Then Why Do We Still Burnout?</i> |
| 2015, Feb 19 | Foothill Family Medical Clinic
<i>Burnout and Communication with Irate Patients</i> |
| 2015, June 26 | Youth Corrections - State Capitol
<i>Burnout or Compassion Fatigue: If We Know So Much, Why Do We Still Burnout?</i> |
| 2016, April 28 | Parental Defense Alliance - Midway, Utah
<i>Burnout: If We Know So Much, Why Do Attorneys Still Burnout?</i> |

- 2016, April 29 Parental Defense Alliance - Midway, Utah
Termination of Parental Rights: How Are Psychologists, The State, and Legal System "Messing Up?"
- 2017, June Association of Family and Conciliation Courts Annual Conference - Boston, Massachusetts
Causing Harm When Trying to Do Good: Unintentional Outcomes When Conducting Child Custody Evaluations
- 2019, April Weber County Bar Association - Ogden, Utah
Child Custody Evaluations: How the "Sausages" Are Made

PROFESSIONAL HONORS:

- 2014 Board Member, Polizzi Clinic
- 2005 Medical Advisory Board Member, Rehab Care
- 2001 Facility of the Year; National Commission on Correctional Health Care
- 1986 The Distinguished Recognition Award; College of Education, The University of Utah, For excellence in Training Interns in Psychology
- 1985 Accreditation Awarded, American Psychological Association, Psychology Internship Program, Primary Children's Medical Center

CONSULTING CONTRACTS AND GRANT AWARDS:

- 2014-2018 Pre-Employment Evaluation Contract, Salt Lake City Airport Police
- 2013-Present Police Officer Pre-Employment Evaluation Park City Police Department
- 2011 - 2012 Vericare, Inc.
- 2004 - 2007 Rehab Care, Inc.
- 2004 - 2007 Utah State Prison Health Services
- 2003-Present Pre-Employment Police Officer Evaluation Contract, Salt Lake City
- 2002 - 2012 Salt Lake City Employee Assistance
- 2001 Jail Based Smoking Cessation
- 2000 Mothers in Jail DCFS
- 1999 - 2004 Salt Lake County Jail Mental Health
- 1998-Present Granger Medical Clinic Employee Assistance Program
- 1997 - 1999 Pioneer Behavioral Health
- 1996 Attention Deficit Disorders What Parents and Teachers Should Know DCFS Utah

- 1996 FHP Behavioral Health 180,000 Members.
- 1995 Kennecott EAP 3,000 Employees.
- 1989 Evans & Sutherland EAP 1,000 Employees.
- 1985 First Bank Helena, Helena, Montana
- 1977 - 1989 Numerous Research Training and Service Demonstration Projects funded through local, state, and national agencies associated with child abuse and neglect, and delinquent youth.

ADMINISTRATIVE EXPERIENCE:

- 1986-Present Clinical and Administrative Director, Comprehensive Psychological Services, Salt Lake City, Utah.
- Pre-employment psychological evaluations for Law Enforcement
 - Fitness for Duty Evaluations
 - Day Treatment Programs for Youth
 - Inpatient Acute Care for Adults
 - Comprehensive Behavioral Health Services
 - Employee Assistance Programs
 - Large Scale Mental Health & Substance Abuse Services
 - Mental Health in Corrections Settings
- 1981 - 1986 Director, Psychology Training Program, Primary Children's Medical Center, Salt Lake City, Utah.
- 1977 - 1981 Director, Montana, Family Teaching Center, Helena, Montana.
- 1980 - 1981 Member, National Policy Council, National Association of Prevention Professionals.

PROFESSIONAL COMMUNITY ACTIVITIES:

- 2012-Present Polizzi Free Mental Health Clinic, Board Member
- 2005 - 2008 Medical Advisory Board; Rehab Care, Inc.
- 2001 - 2003 Mental Health Court, Board Member
- 2000 - 2003 Corrections Joint Advisory Council
- 1981 - 1985 Utah Legislative Task Force Committee on Youth Services
- 1979 - 1981 Lewis and Clark County Child Protection Team
- 1978 - 1979 President, Montana Task Force on Child Abuse
- 1977 - 1978 Member, Executive Committee, Montana Task Force on Child Abuse
- 1977 - 1978 Member, Alternative School Committee, School District no. 1, Helena, Montana

PROFESSIONAL MEMBERSHIPS:

Association of Family and Conciliation Courts (AFCC)
American Psychological Association
Utah Psychological Association
National Register for Health Service Providers

EXPERT WITNESS:

2019 - Eighth District Court
Case #154800269
Expert for Petitioner

2019 - Third District Court
Case #
Campbell v. Campbell
Expert for Petitioner

2018 - Third District Court
Case #154907937
Expert for Petitioner

2018 - Northern Division Court
Case #1: 17-CV 00004DB
Judge Dee Benson
Expert for Plaintiff

2017 - Eighth District Court
Case #1104423
Expert for Defendant

2017 - Third District Court
Case #154906093
Expert for Respondent

2016 - Third District Court
Case #104903503
Expert for the Petitioner

2015 - Third District Juvenile Court
Case # 1112462 & 1112463
Expert for the Petitioner

2011 - Third District Court
Case # 054300213
Testify in Child Custody Divorce Trial

2007 - Third District Court
Case # Unknown
Expert for the Petitioner

Court Appointments to Conduct Child Custody Evaluations:

2008 - 5 cases
2009 - 4 cases
2010 - 5 cases
2011 - 6 cases
2012 - 6 cases
2013 - 6 cases
2014 - 6 cases
2015 - 8 cases
2016 - 11 cases
2017 - 14 cases
2018 - 11 cases
2019 - 7 cases