

Alexandra Hambright Solomon, Ph.D.
CURRICULUM VITAE

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Education

Ph.D. Northwestern University, Evanston, Illinois
2001 Counseling Psychology (APA Accredited)
Graduate Certificate in Women's Studies

Dissertation: Stories of us: A qualitative analysis of the relational narratives of recently married women and men

M.A. Northwestern University, Evanston, Illinois
1998 Counseling Psychology (APA Accredited)

B.A. University of Michigan, Ann Arbor, Michigan
1995 Bachelor of Arts in Psychology and Bachelor of Arts in Women's Studies
Graduated with High Distinction and with High Honors in Psychology

Publications

Solomon, A. H., Andreas, K., McCaslin, S., Nasserzadeh, S., & Mintz, L. (2025, November). 5 most popular therapist memes. *Psychotherapy Networker*.
<https://www.psychotherapynetworker.org/article/5-most-popular-therapist-memes/>

Solomon, A. H. (2025, August 7). Navigating pace discrepancies in your relationship: Advice from Dr. Alexandra Solomon. *Therapist.com*. <https://therapist.com/for-therapists/pace-discrepancies/>

Solomon, A. H. (2025, May/June). Collaborate wisely. *Psychotherapy Networker*.
<https://www.psychotherapynetworker.org/article/collaborate-wisely/>

Solomon, A. H. (2024, January/February). Work issues at the heart of couples' conflicts. *Psychotherapy Networker*.
<https://www.psychotherapynetworker.org/article/work-issues-at-the-heart-of-couples-conflicts/>

Francis, S., & Solomon, A. H. (2024, April 18). Love letters to the field. *Psychotherapy Networker*.
<https://www.psychotherapynetworker.org/article/love-letters-to-the-field/>

Solomon, A. H. (2023, September 11). The couple who changed me. *Psychotherapy Networker*.
<https://www.psychotherapynetworker.org/article/couple-who-changed-me/>

Solomon, A.H. (2023). *Love Every Day: 365 Relational Self-Awareness: 365 Reflections and Practices to Help Your Relationship Heal, Grow, and Thrive*. PESI Publications.

Breunlin, D., Russel, W., Chambers, A., & Solomon, A. (2023). Integrative Systemic Therapy for Couples. In *The Handbook of Couple Therapy* (5th Ed).

Solomon, A.H., Martinez, C.M., Wren, J.E. (December, 2021). Becoming what you are seeking: Relational and sexual self- awareness in emerging adults, *Family Process*.

- Solomon, A.H (May 2020). Dating at Midlife. *Psychotherapy Networker*.
- Solomon, A.H. (2020). *Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want*. Oakland, CA: New Harbinger.
- Solomon, A.H. & Yu, K. (2018). Carol Gilligan. In *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Solomon, A.H. (2017). 7 Secrets About Love from the 'Marriage 101' class. *Today.com*.
- Solomon, A.H. (2017). *Loving Bravely: 20 lessons of Self-Discovery to Help You Get the Love You Want*. Oakland, CA: New Harbinger.
- Solomon, A.H. (2017). Hookup Culture. In *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Solomon, A.H. (2016). Inside Hookup Culture: Are we having fun yet? *Psychotherapy Networker*, Jan-Feb.
- Chambers, A.J., Solomon, A.H., & Gurman, A. (2016). Couple therapy. In *The Handbook of Clinical Psychology*. Pinsof, W., Breunlin, D., Lebow, J., Solomon, A. (2015). IPCM and Couple Therapy. In *The Handbook of Couple Therapy (4th Ed)*.
- Solomon, A. (2014). Renew Your Romance. *O Magazine*.
- Solomon, A., & Chung, B. (2012). Understanding autism: How family therapists can support parents of children with Autism Spectrum Disorders. *Family Process*, 51(2), 250-264.
- Solomon, A., Breunlin, D., Pannattoni, K., Gustafson, M., Ransburg, D., Ryan, C., Hammerman, T., & Terrien, J. (2011). "Don't lock me out": Life-story interviews of family business owners facing succession. *Family Process*, 50(2), 149-166.
- Nielsen, A., Pinsof, W., Rampage, C., Solomon, A.H., & Goldstein, S. (2004). Marriage 101: An integrated academic and experiential undergraduate marriage education course. *Family Relations*, 53, 485-494.
- Pinsof, W.M., & Hambright, A.B. (2001). Toward prevention and clinical relevance: A preventive intervention model for family therapy research and practice. In H. Liddle, D. Santisteban, R. Levant, J. Bray (Eds.), *Family Psychology Intervention Science*. Washington D.C.: American Psychological Association Press.
- Pinsof, W.M., Wynne, L.C., & Hambright, A.B. (1996). The outcomes of couple and family therapy: Findings, conclusions, and recommendations, *Psychotherapy*, 33(2), 321-331.

Clinical Work

2024 - present

The Institute for Relational Self-Awareness
Founder and clinician

2002-2024

The Family Institute at Northwestern University
Evanston, Illinois
Licensed Clinical Psychologist

2001-2002	The Family Institute at Northwestern University Evanston, Illinois Postdoctoral Clinical Fellow
2000-2001	University of Illinois at Chicago Counseling Center (APA Accredited), Chicago, Illinois Psychology Intern
1999-2000	Ravenswood Hospital Community Mental Health Center Chicago, Illinois Psychology Extern: Advanced Psychotherapy Practicum
1998-1999	Chicago Read Mental Health Center Chicago, Illinois Psychology Extern: Diagnostic Practicum
1997-1998	The Byrd Academy Chicago, Illinois Psychotherapy Extern
1996-1998	The Family Institute at Northwestern University Evanston, Illinois Psychotherapy Extern
<u>Teaching:</u> 2024-present	MasterClass Instructor, Using Ancient Wisdom to Solve Modern Problems Instructor, MasterClass In Practice
2011	Promoted to Clinical Assistant Professor
Winter 2010-2019	Northwestern University Evanston, Illinois Instructor, The Graduate School, "Intimate Relations"
Fall 2003-Fall 2013	Northwestern University Evanston, Illinois Instructor, The Graduate School, "Systemic Assessment"
Fall 2001- present	Northwestern University Evanston, Illinois Instructor, School of Education and Social Policy, " Building Loving and Lasting Relationships: Marriage 101"
Winter 2002-2010	Northwestern University Evanston, Illinois Guest lecturer, The Graduate School, "Intimate Relations"
2001	University of Illinois at Chicago Chicago, Illinois Instructor, Psychology, "Methods for Campus Paraprofessionals Intouch Hotline"

Summer 1999	Northwestern University Evanston, Illinois Instructor, School of Education and Social Policy, "Introduction to Counseling"
1998-1999	Northwestern University Evanston, Illinois Teaching Assistant, School of Education and Social Policy
<u>Presentations:</u>	
November 2025	Masterclass In-Practice Family Dynamics and Holidays
November 2025	CoupleCon with PN/PESI Virtual Event Host, Workshop presenter <ul style="list-style-type: none"> 1. Case Conceptualization 2. The Self of the Couple Therapist: Deepening Your Craft Toward Becoming an Advanced Clinician.
October 2025	Innovations in Psychotherapy Anaheim, California <i>Infidelity and Betrayal: Helping Couples Tend to Pain and Possibility</i>
September 2025	Masterclass In-Practice Managing Back-to-School Stress
September 2025	Modern Sex Therapy Institute (MSTI)
June 2025	Masterclass In-Practice Your Midyear Refresh
April 2025	Masterclass dinner Chicago, Illinois
April 2025	Masterclass Wellness at Work Workplace Wellness
April 2025	Sessions Live with Esther Perel New York, New York <i>Self-of-the-Therapist (SOTT): Reflections from the Crossroads</i>
March 2025	Masterclass In-Practice Your Anxiety Toolkit
March 2025	International Relationship and Family Studies Certificate Program Helping Couples Build Relational Self-Awareness: An Integrative Approach to Couples Therapy

March 2025	Psychotherapy Networker Conference <i>Should I Stay or Should I Go? Working with Clients Experiencing Relational Ambivalence</i>
March 2025	Caroline Adelman Chicago Psychotherapy <i>Understanding the Impact of Family of Origin Roles and Attachment Styles on Adult Relationship Behavior</i>
March 2025	Glenbard Parent Series (GPS) Glen Ellyn, Illinois <i>Cultivating Healthy Relationships for Joy, Peace, and a Meaningful Life</i>
March 2025	Choctaw Reservation Annual Navigating Mental Health and Substance Misuse Conference Durant, Oklahoma Couples and Trauma
February 2025	YPO: Windy City
February 2025	Kellogg Brownbag <i>Work Life / Love Life</i>
January 2025	Zen Parenting Conference Chicago, Illinois <i>Healthy Partnership through Healthy Conflict</i>
December 2024	Modern Elder Academy (MEA) New Mexico <i>Loving You Without Losing Me: A Retreat for Couples (Canceled)</i>
October 2024	Innovations in Psychotherapy Anaheim, California <i>The Trauma for Breakups</i>
August 2024	Masterclass <i>Using Ancient Wisdom to Solve Modern Problems (with Ryan Holiday)</i>
May 2024	New York Times Virtual Global Event for employees and staff <i>Cultivating Relational Self-Awareness for Healthy Relationships</i>
March 2024	92NY Virtual Global event <i>In conversation with Lori Gottlieb to discuss Love Every Day</i>
March 2024	Psychotherapy Networker Washington, DC <i>Couples and Their Careers: When Love and Work Collide</i>
February 2024	Entrepreneurs Organization Chicago, Illinois

The Story of Us: A Workshop for Couples

January 2024

Keynote address Zen Parenting Conference

Chicago, Illinois

Parents and Partners: Protecting Your Life with Teens in the House

October 2023

Family Action Network (FAN)

Virtual global event

In conversation with Esther Perel discussing Love Every Day

October 2023

PESI Webinar

Assessment and Treatment of Couples using the Relational SelfAwareness (RSA) Framework

September 2023

Psychotherapy Networker: The Couples Conference

High-Achieving Couples: When Ambition and Intimacy Collide (Keynote)

April 2023

Keynote Address to Veterans at a Couples Retreat

Williamsburg, VA

April 2023

Real Love Ready Conference

Vancouver, BC

VIP event with Terry Real

March 2023

Psychotherapy Networker

Washington, DC

Navigating Breakups and New Beginnings: How to Apply Relational SelfAwareness

February 2023

Modern Sex Therapy Institute (MSTI)

Assessment and Treatment of Couples using the Relational SelfAwareness (RSA) Framework

January 2023

Entrepreneurs Organization (EO)

Jumpstart January Course, Cultivating a Healthy Relationship

November 2022

Integrative Sex Therapy Institute (ISTI)

The Dating Crucible: Helping Clients who are Single, Dating, and Single Again

November 2022

Sessions Live with Esther Perel

Faculty

October 2022

Keynote Address to Veterans at a Couple Retreat

Palm Springs, CA

October 2022

Keynote Address to Kellogg's Family Enterprise Executive Program

Relational Self-Awareness: Understanding and Transforming our Relationship Patterns

October 2022

Family Action Network

In Conversation with Terry Real

April 2022	SSTAR Annual Conference Clinical Case Presentation <i>A Marriage Reimagined: From Patriarchy to Relationality</i>
April 2022	Virginia Tech Workshop for Marriage and Family Therapy Graduate Students Sexual Self-Awareness
March 2022	Psychotherapy Networker <i>Navigating Breakups and New Beginnings: How to Apply Relational Self-Awareness</i>
March 2022	Psychotherapy Networker Storytelling Event <i>The Couple that Changed Me</i>
February 2022	Terry Real Summit Workshop <i>Dating in a Traumatized World</i>
February 2022	YPO: Dallas Chapter Keynote address <i>Cultivating Emotional and Sexual Intimacy</i>
November 2021	Sessions Live with Esther Perel <i>On Knowing: Relational Ambivalence in a Time of Liminality</i>
November 2021	Northwestern University Family Weekend Keynote address <i>Reimagining Love: Intimacy, Sex, and Commitment in a Time of Global Upheaval</i>
September 2021	MenLiving Workshop <i>Not Tonight: Sexual Challenges and Opportunities in a Long-Term Relationship</i>
September 2021	Brigham Young University Presentation to faculty and counseling staff <i>Conscious Dating: Supporting Relational Self-Awareness in Emerging Adults</i>
May 2021	YPO - Connecticut <i>Parents and Partners: Investing in Our Most Important Relationships</i>
April 2021	Keynote, Kellogg Business School, Northwestern University <i>Modern Love: Navigating Ambition and Connection</i>
March 2021	Psychotherapy Networker Conference <i>The Dating Crucible</i>

March 2021	Integrative Sex Therapy Institute (ISTI) <i>Relational Self-Awareness: A Model for Integrating Emotional, Relational, and Sexual Health across the Lifespan</i>
January 2021	YPO - Windy City Chapter event <i>Loving Bravely: Nurturing Emotional and Sexual Intimacy in a Long-Term Marriage</i>
December 2020	International Meeting on Couple Therapy (IMECOT) Workshop presenter <i>Loving Bravely: Helping Clients who are Single, Dating, and Single Again</i>
November 2020	Faculty-in-Residence Dinner, Northwestern University <i>Loving Bravely</i>
October 2020	Keynote for Avison/Young Global Real Estate <i>Working Across Differences</i>
July 2020	Webinar YPO-NG <i>Let's Talk about Sex</i>
June 2020	Keynote for Avison/Young Global Real Estate <i>Anti-racism as a Practice: Self-Awareness, Witnessing, and Accountability</i>
May 2020	Intimacy Under Quarantine Webinar
May 2020	Summit-At-Sea (canceled due to COVID-19) Faculty member
April 2020	Society for Sex Therapy and Research (SSTAR) annual conference <i>Taking Sexy Back: Helping Women Integrate the Erotic Self</i>
April 2020	National Discussion on Sexual Assault and Harassment at America's Colleges, Universities and Service Academies (canceled due to COVID-19) Keynote speaker
March 2020	Psychotherapy Networker (canceled due to COVID-19) Washington DC Day-long training for emerging clinicians <i>Workshop: The Dating Crucible</i> <i>Workshop: Taking Sexy Back</i>
February 2020	YPO DC Chapter <i>Emotional and Sexual Intimacy</i>
November 2019	Sessions Live with Esther Perel NYC, NY <i>Post-Keynote Discussant for Esther</i>

October 2019	Omega Institute Reinbeck, NY <i>Loving Bravely Couples Retreat</i>
October 2019	Clinical Training for Family Service Society Elmira, NY <i>Loving Bravely: Essential Clinical Tools for Helping Today's Couples</i>
August 2019	APA Conference Invited Address Chicago, IL
June 2019	TEDx San Juan Island <i>Talk</i>
June 2019	AASECT Annual Conference (canceled due to medical emergency) Philadelphia, PA <i>Workshop</i>
May 2019	McDermott Will and Emery Law firm Chicago, IL <i>Women's Summit Keynote address</i>
March 2019	Psychotherapy Networker Washington, DC <i>Workshops</i>
March 2019	Zen Parenting Conference Lisle, Illinois <i>Panel: Gender roles and emotional labor</i>
March 2019	Michigan Farm Women's Summit Batter Creek, MI <i>Keynote address</i>
November 2018	Sessions Live with Esther Perel NYC, NY <i>Teaching faculty</i>
November 2018	YPO Gold NYC, NY <i>Workshop: Loving Bravely</i>
October 2018	Northwestern University Evanston, IL <i>Keynote address at Parent's Weekend</i>
July 2018	National Association of Relationship and Marriage Educators Orlando, FL <i>Keynote address at the annual conference:</i> <i>"Loving Bravely: Sex, Gender, and the Future of Romance"</i>
July 2018	National Association of Relationship and Marriage Educators

	Orlando, FL <i>Workshop: "It's Time to Retool 'The Talk' Helping Young Adults Navigate the Brave New World of Intimate Relationships"</i>
May 2018	National Association of Relationship and Marriage Educators International Webinar "Loving Bravely: 7 Relational Self-Awareness Skills Everyone Needs"
May 2018	Northwestern University, Counseling Program Skokie, IL Keynote Speaker: "Loving Bravely: Relational Self-Awareness as the Foundation for Modern Love"
May 2018	Crown Family Foundation Chicago, IL Keynote: "Loving Bravely: 7 Strategies for Thriving in Relationships"
March 2018	Psychotherapy Networker Washington, DC <i>Workshop: "It's Time to Retool 'The Talk' Helping Young Adults Navigate the Brave New World of Intimate Relationships"</i>
March 2018	YPO Couples Retreat Berkshires, NY Keynote address and small group consultation "Loving Bravely: Bringing Your Best Self to Love"
February 2018	YPO Gold Family Conference Phoenix, AZ Keynote: "How to Nurture Sexual Desire and Emotional Intimacy in a Long-Term Relationship"
February 2018	YPO Family Conference San Antonio, TX Keynote address: "Balancing Work, Life and Love"
February 2018	YPO Family Conference San Antonio, TX Keynote address: "Self-Care: Beyond Manicures and Netflix"
January 2018	YPO Wellness & Wonder Conference Carmel Valley, CA Keynote address: "Loving Bravely: Bringing Your Best Self to Love"
November 2017	YPO Retreat Lexington, MA Weekend Course: "Loving Bravely: Bringing Your Best Self to Love"
November 2017	Alpha Chi Omega, Northwestern University Evanston, IL Workshop: "Healthy Relationships 101"

November 2017	Northwestern University Family Weekend Evanston, IL <i>Keynote address: "All about Love: The Challenges and Opportunities of Intimate Relationships in the Digital Age"</i>
July 2017	Sessions (Esther Perel Global Media's Platform) Featured Thought Leader <i>"Do the Young Love Differently than the Old(er)?"</i>
July 2017	National Association for Relationship and Marriage Educators (NARME) Denver, CO <i>Workshop: "Inside Hookup Culture: Understanding Relational Dilemmas Facing Millennials"</i>
July 2017	GCG Event Northbrook, IL <i>Keynote speaker: "Loving Bravely: Bringing Your Best Self to Work"</i>
June 2016 & 2017	NU SESP Graduation Dinner <i>Invited Speaker</i>
June 2017	Worthy Woman Chicago Summit Chicago, IL <i>Featured speaker: "Self-Awareness and Modern Romance"</i>
June 2017	Woman Up Book Club Chicago, IL <i>Featured Book: Loving Bravely</i>
May 2017	McDermott Will and Emery Law Firm Chicago, IL with global video conferencing <i>Presentation: "Loving Bravely: Relationship Advice for Busy Lawyers"</i>
May 2017	McDermott Will and Emery Law Firm Chicago, IL <i>Intensive dialog offered to working moms group</i> <i>"Self-Care for Working Moms: Beyond Manicures & Netflix"</i>
May 2017	Masters of the Universe Summit Vancouver, Canada <i>Keynote address: "Of Handstands, Humor, and Sexual Desire"</i>
May 2017	Masters of the Universe Summit Vancouver, Canada <i>Live Clinical Consultation and Debrief</i>
May 2017	Relationships 101 Event Evanston, Illinois
April 2017	United States Merchant Marine Academy (USMMA) Kings Point, New York

	<p><i>Keynote speaker, sexual assault prevention conference</i> <i>"Stop Hooking Up, Start Loving Bravely"</i></p>
April 2017	<p>Illinois Association of Marriage and Family Therapy (IAMFT) Naperville, IL <i>Workshop: "Loving Bravely: Supporting Relational Self-Awareness as the Foundation for Love"</i></p>
April 2017	<p>Northwestern Memorial Hospital Chicago, IL <i>Dating after 40</i></p>
April 2017	<p>YPO Global Conference Call <i>How to Nurture Sexual Desire and Emotional Intimacy in a Long-Term Relationship</i></p>
March 2017	<p>Psychotherapy Networker Washington, DC <i>Workshop: "Inside Hookup Culture: Understanding the Relational Dilemmas Facing Millennials"</i></p>
February 2017	<p>Family Action Network (FAN) Liaison Council Winnetka, IL <i>Workshop: "Loving Bravely: Navigating Parenting and Partnering and Our Kids get older"</i></p>
February 2017	<p>Social Media Club of Chicago Chicago, IL <i>Presentation: "Love and Sex in the Age of Social Media"</i></p>
January 2017	<p>The Family Institute at Northwestern University Evanston, IL <i>Grand Rounds Presentation: "Loving Bravely: Relational Self-Awareness as the Foundation for a Healthy Intimate Relationship"</i></p>
November 2016	<p>American Association of Marriage and Family Therapy (AAMFT) Webinar <i>"Modern Romance: Love and Sex in the Age of Social Media"</i></p>
September 2016	<p>United States Military Academy at West Point New York <i>Keynote address: "Inside Hookup Culture: Understanding the Relational Dilemmas Facing Millennials"</i></p>
September 2016	<p>United States Military Academy at West Point New York <i>Workshop: "Stop Hooking Up, Start Loving Bravely"</i></p>
July 2016	<p>National Association of Relationship and Marriage Education (NARME) Anaheim, CA <i>Building Loving and Lasting Relationships: Marriage 101</i></p>

June 2016	Microsoft Chicago, IL <i>Balancing Work and Family: A Fractured Equation</i>
April 2016	YPO Lean In Conference Santa Monica, CA <i>Keynote address: Loving Out Loud</i> <i>Small group session: Brave Love</i>
March 2016	ECGC Workshop, New Trier High School Winnetka, IL <i>7 Principles for Successful Relationships in Friendship and Love</i>
March 2016	Psychotherapy Networker Washington, DC <i>Inside Hookup Culture</i>
January 2016	Circle of Knowledge, The Family Institute Chicago, IL <i>Panel Dialog: Executive Mommies Raising Daughters</i>
September 2015	American Association of Marriage and Family Therapy (AAMFT) Webinar <i>Dating, Mating & Marrying in the Age of Social Media</i>
June 2015	Northwestern University, Class of 2015, Last Lecture Chicago, IL <i>Next Chapter: Brave Love</i>
May 2015	Northwestern University, Counseling Program Skokie, IL <i>Keynote speaker: Brave Love: Body, Heart and Soul in Relationship</i>
April 2015	Circle of Knowledge, The Family Institute Chicago, IL <i>Dating, Mating & Marrying in the Age of Social Media</i>
February 2015	Wheaton Women's Group Sex, Love, and Marriage
March 2014	Circle of Knowledge, The Family Institute Highland Park, IL <i>Shall we Dance: Understanding the Choreography of Love and Intimacy</i>
November 2013	Banner Preschool Winnetka, IL <i>Mindful Parenting (talk for parents)</i>
September 2013	Bartlett Public Library Bartlett, IL <i>Autism Spectrum Disorders</i>

June 2013	American Family Therapy Academy (AFTA) Conference Chicago, IL <i>Worked for 18 months as part of the planning committee</i>
May 2013	Hadassah Women's Group Buffalo Grove, IL <i>Love in a Complicated Time</i>
March 2013	Psychotherapy Networker Conference Washington DC <i>Dealing with Autism Spectrum Disorders</i>
December 2012	Circle of Knowledge, The Family Institute Chicago, IL <i>Love in a Complicated Time</i>
November 2012	Banner Preschool Winnetka, IL <i>Mindful Parenting (talk for parents and staff)</i>
February 2012	The Family Institute at Northwestern University Evanston, IL <i>Nurturing our Relationships (Mental Health Mix and Mingle)</i>
May 2011	The Family Institute at Northwestern University Northbrook, IL <i>Mindful Parenting</i>
May 2011	Ravinia Elementary School Highland Park, IL <i>Mindful Parenting</i>
May 2011	Society for the Exploration of Psychotherapy Integration (SEPI) Evanston, IL <i>Understanding autism: How family therapists can support parents of a child with ASD</i>
October 2011	Rush Neurobehavioral Institute Skokie, IL <i>Keeping a marriage strong when a child has an ASD</i>
June 2011	Talking about Curing Autism (TACA) chapter meeting Naperville, IL <i>Keeping your marriage strong</i>
April 2011	Northwestern University Alumni Event ("A day with Northwestern") Evanston, IL <i>Children with Autism</i>
May 2011	Northwestern University Alumni Event Minneapolis, MN

Loving well and working well across the life span

March 2011	Kappa Phi Lambda Sorority, Northwestern University Evanston, IL <i>Is this good love?</i>
February 2011	Illinois Association of Marriage and Family Therapy (IAMFT) Elgin, IL Supporting families with an ASD child
June 2010	American Family Therapy Academy (AFTA) conference Boulder, CO <i>Supporting families with an ASD child</i>
May 2010	Northwestern University Alumni Event New York, NY <i>Change your focus, change your life</i>
March 2010	Psychotherapy Networker Conference Washington DC <i>Dealing with Autism Spectrum Disorders</i>
November 2009	Talking about Curing Autism (TACU) chapter meeting Oak Park, IL <i>Keeping your marriage strong</i>
March 2009	Psychotherapy Network Conference Washington DC <i>Treating Autism Spectrum Disorders</i>
March 2007	ACE Foundation Naperville, IL <i>Protecting your marriage when your child has Autism</i>
September 2006	The University of Chicago, "Emerging Adulthood" conference Chicago, IL <i>Presenter</i>
2006,2007	The Family Institute at Northwestern University Evanston, IL <i>Families on the spectrum: Using The Family Institute model to support families with a young child with an Autism Spectrum Disorder</i>
February 2006	Morraine Valley Community College <i>Healthy Relationships</i>
February 2006	The Family Institute at Northwestern University Evanston, IL <i>Grand Rounds Presenter: Relationship Development Intervention (RDI) therapy with your children with Autism Spectrum Disorders</i>
June 2004	Kennilworth Union Church

	Kennilworth, IL <i>Parenting your college student</i>
March 2004	Kappa Alpha Theta Sorority Evanston, IL <i>Emotional abuse</i>
2004 ,2008, 2009, 2010, 2011, 20014	Group Relations Conference in the Tavistock Tradition on Authority, Leadership, and Diversity in Groups and Organizations Evanston, IL <i>Small Group/Large Group Consultant</i>
February 2002	The Family Institute at Northwestern University Evanston, IL <i>Grand Rounds Presenter</i>
January 2002	The Junior League of Chicago Chicago, IL <i>Taking care of me: Self-care during times of transition</i>
2000-2001	Glencoe Family Services Glencoe, IL <i>Co-Presenter, Prevention and Relationship Enhancement Program (PREP)</i>
October 2000	University of Illinois at Chicago, Seventh Annual Women's Leadership Symposium Chicago, IL <i>Co-Presenter: Empowered communication through assertiveness</i>
February 1999 and February 2002	Northwestern University Evanston, IL <i>Consultant, Northwestern University Training Conference</i>
January 1999	Group Relations Conference in the Tavistock Tradition Evanston, IL <i>Associate Director for Administration</i>
November 1996	Northwestern University Evanston, IL <i>Co-Presenter, Northwestern University Eighteenth Annual Family Therapy Conference: "Predicting the escalation and reduction of partner violence in early marriage"</i>
<u>Research:</u> 2004 - 2011	The Family Institute at Northwestern University Evanston, IL <i>Qualitative Methodology Consultant with the Family Business Project</i>
1996-1998	The Family Institute at Northwestern University Evanston, IL <i>Research Coordinator, The Clinical Outcome Project</i>

1996-1997 **The Family Institute at Northwestern University**
Evanston, IL
Research Coordinator, The Domestic Abuse Project (DAP)

1995-1997 **Northwestern University**
Evanston, IL
Research Assistant, Life in Chicago Study

Media Consultation

Frequently featured on television and radio as well as in print and in digital media.
(see www.dralexandrasolomon.com for complete list)

Related Professional Experience

Present **Host, Reimagining Love with Dr. Alexandra Solomon**

Present **Founding expert for Mine'd app**

Present **Ambassador for The Relationship School**

Present **Ad hoc reviewer for academic journals including Family Process, Journal of Adult Development and Aging, and Journal of Marriage and Family Therapy**

Present **Ad hoc reviewer for academic publishers including Routledge, Sage, and Guilford.**

Present **Primary faculty advisor for three Northwestern University undergraduate honors theses**

2009-2019 **Clinical supervisor for students in the Masters of Marriage and Family Therapy (MSMFT) Program at Northwestern University and for postgraduate fellows and new staff at The Family Institute at Northwestern University**

2000-2001 **American Red Cross**
Chicago, IL
Certified Disaster Mental Health Services Volunteer

2000-2001 **University of Illinois at Chicago Counseling Center**
Chicago, IL
Member, Internship Selection Subcommittee

1998-2000 **The Governor's Commission on the Status of Women in Illinois**
Chicago, Illinois
Member, "Balancing Work and Family" working group

Awards

June 2020 **Honorable mention, Consumer Book Award, Society for Sex Therapy and Research (SSTAR)**
Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want

June 2015

Last Lecture

Elected by NU's Class of 2015 to deliver Last Lecture during Senior Week

December 2012

Staff Achievement Award

The Family Institute at Northwestern University

License

Licensed Clinical Psychologist in Illinois; License Number 071-006463

Member

American Psychological Association (APA)

American Association for Sexuality Educators, Counselors, and Therapists (AASECT)