

*CURRICULUM VITAE*

**Nathan Astle**

*Spring 2020*

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**EDUCATION**

Master of Science in Couples and Family Therapy **December 2020**  
Kansas State University, Manhattan, KS

Bachelor of Science in Behavioral Science, Family Studies Emphasis **December 2017**  
Utah Valley University, Orem, UT

Associate of Arts in General Studies **April 2016**  
Dixie State University, Saint George, UT

**ACADEMIC PUBLICATIONS**

Koochel, E., **Astle, N.**, & Markham, M. (2020). Treating financial conflict through a Bowenian lens: Applied financial socialization and communication privacy theories. *Contemporary Family Therapy*. doi: 10.1007/s10591-020-09535-9

Tenerelli, D., Weaver, S., **Astle, N.**, & McCoy, M. A. (2019). Scaffolding or Enabling? Implications of Extended Parental Financial Support into Adulthood. *Journal of Financial Therapy*, 10 (2) 5. doi: 10.4148/1944-9771.1202

Glenn, C., Caulfield, B., McCoy, M. A., Curtis, J. R., Gale, N., & **Astle, N.** (2019). An Annotated Bibliography of Financial Therapy Research: 2010 to 2018. *Journal of Financial Therapy*, 10 (2) 2. doi: 10.4148/1944-9771.1218

Melkumian, A. & **Astle, N.** (2019) Applying CBT, Narrative, and Object Relational theories in treatment of financial stress. *Contemporary Family Therapy*. Revise and resubmit.

**Astle, N.**, Spencer, C., & Stith, S. M. (2019). Financial stress and intimate partner violence: Implications for financial counselors. *Journal of Financial Counseling and Planning*. Submitted for publication.

White, K., McCoy, M., Chen, X., & Astle, N. (2019). Does race impact our money conversations? *Journal of Family and Economic Issues*. Submitted for publication.

Astle, N., Cadden, K., Rodriguez, G., Harris, A., & McCoy, M. (submitted for publication). Emotionally-Focused Financial Therapy: Application of the Nine Steps of Treatment. *Journal of Financial Therapy*.

## MANUSCRIPTS IN PROGRESS

Astle, N., Li, X., Ricaldi, L., & Yorgason, J. (2021). Parental financial conflict predicting couple financial conflict and distress. *Journal of Family and Economic Issues*, 40(1), 156-176.

Archuleta, K. L., Wilde, J., Totenhagen, C. S., Wilmarth, M. J., Astle, N., Chung, S. (2021). The dynamics of money in a duo: Examining the complexities of money and relationships with couples and finance theory. *Journal of Family and Economic Issues*, 42(2), 154-169.

Archuleta, K. L., Li, X., Totenhagen, C. J., Wilmarth, M. J., Astle, N., & Jeong, D. (2021). Through the eyes of the beholder: An actor-partner application of the couples and finance framework. *Family Relations*, 70(2), 302-324.

Dew, J. P., Yorgason, J., Holmes, E., Wilmarth, M. J., Totenhagen, C. J., & Astle, N. (2020). Longitudinal predictors of financial deception in a national newlywed sample. *Journal of Family and Economic Issues*, 41, 556-570.

LeBaron, A. B., Kelley, H. H., Sorgente, A., Astle, N., Pettit, L., & Holmes, E. (2021). “Thank you” and “I’m sorry”: How gratitude and forgiveness can reduce the intergenerational transfer of marital financial conflict. *Journal of Family Psychology*.

Li, X., Wikle, J. S., Astle, N., & Jorgensen, B. (2021). Factors amend/reverse the negative influence on marital relationship from family of origin. *Journal of Social and Personal Relationships*, 7(5), 302-324.

Totenhagen, C. J., Wilmarth, M. J., Dew, J. P., LeBaron, A. B., Astle, N., Holmes, E. (2021). Financial and relational power in different-gender and same-gender couples: A gender-as-relational perspective. *Family Relations*, 70(1), 75-78.

## BOOK REVIEWS

Astle, N. (2019). Book Review: Financial Recovery. *Journal of Financial Therapy*, 10 (1) 9. <https://doi.org/10.4148/1944-9771.1206>

## NON-REFEREED PUBLICATIONS

- Astle, N.** (2019, August). Mythbusting therapy. *My Relevate blog*. Retrieved at <https://www.myrelevate.com/article/mythbusting-therapy2019-08-28-213324075839/>
- Astle, N.** (2019, August). Reviewing financial infidelity in a financial planning context. *Journal of Financial Planning: Practice Management Blog*. Retrieved at [onefpablog.org/2019/09/05/financial-infidelity-financial-planning/](http://onefpablog.org/2019/09/05/financial-infidelity-financial-planning/)
- Astle, N.** (2019, May). Why personal finance matters. *Kansas State University Powercat Financial Blog*. Retrieved at [blogs.k-state.edu/powercatfinancial/2019/05/17/why-personal-finance-matters/](http://blogs.k-state.edu/powercatfinancial/2019/05/17/why-personal-finance-matters/)
- Astle, N.** (2019, January). “You bought what?!” A closer look at financial transparency. *Kansas State University Powercat Financial Blog*. Retrieved at <https://blogs.k-state.edu/powercatfinancial/2019/01/25/you-bought-what-a-closer-look-at-financial-transparency/>
- Astle, N.** (2018, October). How the new credit scoring system will affect your credit score. *Kansas State University Powercat Financial Blog*. Retrieved at [blogs.k-state.edu/powercatfinancial/2018/10/31/how-the-new-credit-scoring-system-will-affect-your-credit-score/](http://blogs.k-state.edu/powercatfinancial/2018/10/31/how-the-new-credit-scoring-system-will-affect-your-credit-score/)
- Astle, N.** (2018, September). Saving for 7 years now is worth more than saving 40 years later. *Kansas State University Powercat Financial Blog*. Retrieved at [blogs.k-state.edu/powercatfinancial/2018/09/17/saving-for-7-years-now-is-worth-more-than-saving-40-years-later/](http://blogs.k-state.edu/powercatfinancial/2018/09/17/saving-for-7-years-now-is-worth-more-than-saving-40-years-later/)

## ACADEMIC PRESENTATIONS

- Li, X., Wikle, J. S., **Astle, N.**, & Jorgensen, B. (2021). Factors amending or reversing the negative influence on marital relationship from family of origin. Paper presentation for International Association for Relationship Research, London, UK. Cancelled due to COVID - 19 cancellation.
- Astle, N.**, Barrett, S., & McCoy, M. (2020, July) *Individual and Relational Factors Predicting Financial Satisfaction*. Poster presentation for International Association for Relationship Research, London, UK. Cancelled due to COVID - 19 cancellation.
- Astle, N.** & Moore, M. (2020, February). *Gender, money, & power: Equality in financial planning*. Paper presentation for Academic Research Colloquium for Financial Planning and Related Disciplines, Arlington, Virginia.
- Astle, N.**, Spencer, C., & Stith, S. M. (2020, February). *Financial stress and intimate partner violence: Implications for financial counselors*. Paper presentation for Academic Research Colloquium for Financial Planning and Related Disciplines, Arlington, Virginia.

Presentation submitted for review.

**Astle, N.** (2019, July). *Digging deeper: Using financial therapy to reduce student financial stress*. Oral presentation at Higher Education Financial Wellness Summit, Bloomington, Indiana.

**Astle, N.,** Spencer, C., & Stith, S. M. (2019, June). *Risk markers for IPV: A meta-analysis assessing life stressors*, poster presented at American Family Therapy Academy Conference, Oakland, California.

**Astle, N. &** Knox, N. (2019, May) *Do no harm: Ethical guardrails for financial therapists, mental health practitioners, and financial advisors*. Round table discussant at Financial Therapy Association Conference, Austin, Texas.

**Astle, N.,** Spencer, C., & Stith, S. M. (2019, May). *Financial stress as an indicator of intimate partner violence: Implications for financial therapy*. Poster presented at Financial Therapy Association Conference, Austin, Texas. Awarded Best Poster.

Tenerelli, D., Weaver, S., McCoy, M., & **Astle, N.** (2019, May). *Scaffolding or enabling?: Implications of extended parental financial support*. Paper presentation at Financial Therapy Association Conference, Austin, Texas. Awarded Best Paper.

Boyd, K., Knox, N., Batley, G., **Astle, N.,** & McCoy, M. (2019, May). *Fiduciary Considerations of using the Certified Financial Therapist Designation*. Paper presentation at Financial Therapy Association Conference, Austin, Texas.

White, K., McCoy, M., Chen, X., & **Astle, N.** (2019, May). *Does race impact our money conversations?* Poster presentation at Financial Therapy Association Conference, Austin, Texas.

Snyder, E., Washington, M., Stiles, J., & **Astle, N.** (2018, February) *Attitudes of Utah residents towards drug offenders: Punitive sanctions or therapeutic rehabilitation*, poster accepted at American Association of Behavioral and Social Sciences Conference, Las Vegas, 2018. Unattended.

## **INVITED PRESENTATIONS**

**Astle, N.** (2020, August). *Financial therapy in financial wellness education programs*. Webinar given for Higher Education Financial Wellness Alliance, Bloomington, IN.

**Astle, N. &** Swantner, S. (2020, May). *Self-care and finances: Being your best self for your clients*. Webinar given for Financial Therapy Association COVID-19 Retreat. 81 in attendance.

**Astle, N.** (2020, April). *Applying financial therapy in established RIA firms*. Guest presenter for Financial Planning Association's Greater Kansas City Chapter, Topeka, KS.

**Astle, N.** (2020, January). *Self of the Financial Planner*. Presentation given for The Center for Financial Independence, Northeastern University. Boston, Massachusetts.

**Astle, N.** (2019, November). *The Road to Financial Contentment*. Co-hosted a free online discussion forum on financial anxiety and financial satisfaction for FinLit Dating, a social financial education platform. Twitter.

**Astle, N.** (2019, October). *Making money personal*. Guest lecture given for Dr. Megan McCoy's Introduction to Personal Financial Planning class. Manhattan, Kansas.

**Astle, N.** (2019, October). *Contextual financial counseling*. Presentation given for The Center for Financial Independence, Northeastern University. Boston, Massachusetts.

**Astle, N.** (2019, September). *One thing I want to teach all emerging adults about family finances*. Guest lecture for Dr. Jeffrey Hill's Family Finance class. Provo, Utah.

**Astle, N.** (2019, September). *Incorporating financial therapy into your financial planning practice*. Presentation given for Financial Planning Association's NexGen program. Washington, D.C.

**Astle, N.** (2019, September). *Approaching financial counseling through a common factors lens*. Presentation given for The Center for Financial Independence, Northeastern University. Boston, Massachusetts.

**Astle, N.** (2019, August). *Using money scripts with your students*. Presentation given for The Center for Financial Independence, Northeastern University. Boston, Massachusetts.

**Astle, N.** (2019, August). *Incorporating financial therapy into higher education financial education programs*. Presentation given for The Center for Financial Independence, Northeastern University. Boston, Massachusetts.

**Astle, N. & McCoy, M.** (2019, July). *Difficult Conversations: Financial Infidelity*. Webinar presented for the Financial Planning Association. Denver, Colorado.

**Astle, N. & Koochel, E.** (2019, February). *Love & Money*. Oral presentation for Kansas State University's Powercat Financial event, Kansas State University. Manhattan, Kansas.

**Astle, N., Astle, S., Stegelmeier, C., & Leonhardt, N.** (2018, March). *Love, trust, & truth: Talking about pornography in relationships*. Oral presentation for the Utah Coalition Against Pornography. Salt Lake City, Utah.

Moore, A., **Astle, N.**, & Astle, S. (2017, October). *Talking to someone you are dating about*

*pornography: Why? When? How?.* Oral presentation for the UVU Family Studies Club, Reach 10, and Utah Valley Counseling event, Utah Valley University. Orem, Utah.

## GRANTS

Britt-Lutter, S., Koochel, E., & **Astle, N.** (2019) *Consumer Financial Protection Bureau*, CFPB Financial Well-Being Symposium, \$35,000, Washington D.C., Unfunded

## HONORS AND AWARDS

<i>The Student Experience Scholarship - Higher Education Financial Wellness Summit</i>	<b>July 2019</b>
<i>Best Poster Award - Financial Therapy Association Conference</i>	<b>May 2019</b>
<i>Best Paper Award - Financial Therapy Association Conference</i>	<b>May 2019</b>
<i>Timothy R. Donoghue Graduate Scholarship</i>	<b>August 2018-2020</b>
<i>Graduate Student Council Travel Award</i>	<b>May 2019</b>
<i>Office of Student Life Travel Award</i>	<b>December 2018</b>
<i>National Council on Family Relations Honors Student</i>	<b>December 2017</b>
<i>UVU Spring Internship Scholarship Award</i>	<b>April 2017</b>
<i>Dean's List - 5 semesters</i>	

## RESEARCH EXPERIENCE

**Qualtrics Survey Manager**      **K-State CFT Program: Relationship Survey Board**      **Oct 2018 – Current**  
*Volunteer*

- Managed longitudinal survey using Qualtrics sent to Intro to HDFS classes in 3 separate waves throughout the semester
- Edited survey for typos, flow, and managed data collection
- Added scale items approved by the IRB into the survey

**Research Assistant**      **K-State CFT Program: Sandra Stith, PhD**      **Oct 2018 – June 2019**  
*Employment*

- Code articles relating to domestic violence for use in mass meta-analysis database
- Prepare a poster presentation for use at American Family Therapy Academy on financial stress as a significant factor mediating domestic violence
- Prepare a paper presentation for use at Academic Research Colloquium for Financial Planning and Related Disciplines
- Preparing manuscript on financial stress as a risk marker of intimate partner violence and its implications for financial professionals.

**Research Assistant**                      **UVU Behavioral Science Department:**                      **Nov 2016 – Dec 2017**  
*Volunteer*                                      **Sandra McGunigall-Smith, PhD**

- Conducted a literature review on the outcomes of imprisonment versus forced rehabilitation, recidivism of drug crimes in the United States and internationally, and punitive instrument methodology
- Performed data analysis and statistical procedures using Qualtrics data on more than 1500 participants
- Created and adapted instrument to measure punitiveness among Utah residents
- Conducted 3 beta tests measuring instrument effectiveness and obtained data on validity and reliability.
- Collaborated with Utah Commission on Criminal and Juvenile Justice (CCJJ) on research analysis and findings
- Presented methodology, results, and statistical measures to students taking a Research Methods course at Utah Valley University
- Presented results at multiple meetings with CCJJ with preparations to present findings and data with Utah legislation
- Accepted at the American Society of Criminology conference in Philadelphia, roundtable. Unfunded.
- Accepted at the American Association of Behavioral and Social Sciences Conference in Las Vegas, poster presentation.

**Research Assistant**                      **UVU Behavioral Science Department:**                      **Apr 2016 – Dec 2017**  
*Volunteer*                                      **Jeremy Boden, PhD & Nate Cottle, PhD**

- Synthesized literature on sexual debut, sexual scripts, couple sexual communication, sexual guilt/shame, and body image.
- Assisted in data collection for surveys on the transition from abstinence to sexuality in religious couples.
- Recruited participants to be involved in the study through incentives and use of social media.

**Project Manager**                                      **Upward Reach Foundation**                                      **Apr 2017 – Jun 2018**  
*Employment*

- Oversaw Facebook page promoting research-based healthy sexuality aimed at teens.
- Manages administrative details, communication, and involvement for 13 core staff
- Used social media
- Creating two sets of texting curricula for parents and teenagers on healthy sexuality with plans to research program effectiveness using dyadic data
- Increased website visits by 780% in 4 months with viewers in several countries including U.S., Canada, Philippines, Australia, and the U.K.
- Co-led weekly Facebook Live events disseminating research on pornography, holistic sexuality, and other topics to youth



awareness to parents and families of foster youth

**Family Coach**      **UVU Strengthening Families Program**      **Jan 2017 – May 2017**  
*Volunteer*

- Taught 10-week course on the research-based program Strengthening Families as part of the internship.
- Co-developed lesson plans to instruct teens on effective communication, family dynamics and relationships, effects of substance abuse, and conflict resolution
- Recorded and submitted all family behaviors to social work program for investigation as needed.
- Logged more than 75 hours of teaching experience including home visits teaching content to families

**Advocate**      **Reach 10**      **Jun 2017 – Dec 2017**  
*Volunteer*

- Attended workshops on pornography and subsequent effects on relationship quality
- Presented at Utah Valley University with Dr. Adam Moore on how to speak to your partner about pornography use
- Wrote blogs on pornography use and relational dynamics

**Teaching Assistant**      **Utah Valley University**      **Jan 2017 – May 2017**  
*Volunteer*

- Assessed student work and followed rubric to assign grades for two sections of Marriage and Relationship Skills with Dr. Jeremy Boden
- Regularly met with Dr. Boden on content development and appropriate assignments to teach concepts

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## CLINICAL EXPERIENCE

**MFT Intern**      **The Crisis Center, Inc.**      **May 2019 - January 2020**  
*Educational*      *Center serving victims of domestic abuse and sexual assault*

- Provide weekly group therapy to women receiving sheltering services
- Report weekly to supervisor on group processes
- Conducted group treatment planning, assessment,

**MFT Intern**      **Saint Isadore's Catholic Student Center**      **May 2019 - Current**  
*Educational*      *Religious organization including premarital counseling*

- Provide mandatory couples therapy for premarital couples



**Interventionist**                      **Therapia Addiction Healing Center**                      **Nov 2015 – Apr 2016**  
*Employment*                      *Adult Rehabilitation Center for Adults with Substance Abuse Disorders*

- Assisted with and observed weekly therapy groups for adult males regarding substance abuse
  - Recorded client behavior and conversations for discussion with therapists
  - Administered drug tests and collected analysis regarding results
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## **ACADEMIC ACTIVITIES**

Ad Hoc reviewer for Contemporary Family Therapy  
Ad Hoc reviewer for Journal of Family and Economic Issues

Financial Therapy Association Board Member

- Member of Marketing and Professional Development Committee
- Seek out external funding sources for the association
- Answer to media requests and manage Facebook, Twitter, and LinkedIn pages
- Developed and manage the FTA research think tank

K-State Graduate Student Council - Insurance Representative

- Advocate for graduate student in coordination of health insurance
- Collaborate with others on the Kansas State Board of Regents

K-State Relationship Survey Board - Qualtrics Manager

- Manage Qualtrics Survey that collects longitudinal data on students in an introductory HDFS class

Relationship Recharge Co-Founder

- Created an annual event where community members receive free strength-based couples therapy for Valentine's Day
- Managed organization of the event, advertisement, and donation solicitation

Past Member of the K-State Wellness Coalition

- Advocated for increased awareness of holistic wellness

Past President of the UVU Family Studies Club

- Created organizational charts, outlined position responsibilities, and planned events
- Led team that created family studies employer list in Utah and Salt Lake County (75)
  - Instrumental in the establishment of the Family Studies Major at UVU

Past Professional Development Chair of the UVU Family Studies Club

- Collaborated with therapists and presenters in the community to present to our club
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## PROFESSIONAL ORGANIZATIONS

Higher Education Financial Wellness Alliance	Aug 2019 - Current
American Association for Marriage and Family Therapy	Oct 2018 - Current
Financial Therapy Association	Oct 2018 - Current
National Council on Family Relations	Sept 2017-Dec 2018
Phi Theta Kappa Honors Society	Sept 2016-Dec 2017

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## MEDIA APPEARANCES

**Astle, N.** (2019, December) Interviewed by Pitt, S. *How happy couples handle money, according to marriage and money experts*. CNBC and Acorns. Retrieved at <https://grow.acorns.com/how-happy-couples-handle-money-from-marriage-and-money-experts/>

**Astle, N.** (2019, November) Interviewed by Pino, I. *3 taboo money conversations with your significant other made easier*. CNBC and Acorns. Retrieved at <https://grow.acorns.com/money-conversations-made-easier/>

**Astle, N. & Astle, S.** (2019, November) Interviewed by Davis, V. *Protective factors for couples facing sexual challenges*. Reach 10. Podcast. Retrieved at [reach10.org/nathan-shelby-astle-open-communication-relationships-pornography-issue/?fbclid=IwAR2yGM-dajEtZ5pCH5rgTCd5TltyfsfYj79EVdiSDk88k0Ur8DQI6l6KGDE](http://reach10.org/nathan-shelby-astle-open-communication-relationships-pornography-issue/?fbclid=IwAR2yGM-dajEtZ5pCH5rgTCd5TltyfsfYj79EVdiSDk88k0Ur8DQI6l6KGDE)

**Astle, N. & Garcia, V.** (Producer). (2019, October 14) *Let's Go There with Shira and Ryan* [Radio Show]. California: Channel Q & Radio.com. Retrieved at [www.radio.com/media/audio-channel/frankie-grande-coming-out](http://www.radio.com/media/audio-channel/frankie-grande-coming-out). Timestamp 35:00.

**Astle, N.** (2019, September) Interviewed by Moore, M.. *Financial Therapy Association: Past, present, and future*. Moore and Associates Wealth Management. Video Interview. Retrieved at [players.brightcove.net/4352906554001/experience\\_5db7001cc3032f002465ba94/share.html](http://players.brightcove.net/4352906554001/experience_5db7001cc3032f002465ba94/share.html)

**Astle, N.** (2019, September) Interviewed by LaGuardia, G. *Talking openly about money may help us make more of it*. TD Ameritrade. Retrieved at [freshaccounts.amtd.com/blog-details/2019/talking-openly-about-money-may-help-us-make-more-of-it/default.aspx](http://freshaccounts.amtd.com/blog-details/2019/talking-openly-about-money-may-help-us-make-more-of-it/default.aspx)

**Astle, N.** (2019, August) Interviewed by Herron, J. *Money trolls: Why are we so judgemental about other people's finances*. USA Today. Article. Retrieved at [www.usatoday.com/story/money/2019/09/06/personal-finances-why-judge-other-peoples-](http://www.usatoday.com/story/money/2019/09/06/personal-finances-why-judge-other-peoples-)

money-habits/2220807001/

**Astle, N.** (2019, March) Interviewed by Lock, C. *How to have hard money conversations.* Magnify Money. Article. Retrieved at [www.magnifymoney.com/blog/news/hard-money-conversations/](http://www.magnifymoney.com/blog/news/hard-money-conversations/)

**Astle, N.** (2019, March). Interviewed by Payne, J. & Giardino, J. *Money Scripts with Nate Astle.* School Smart, Money Stupid. Podcast. Retrieved at [www.schoolsmartmoneystupid.com/podcast/2019/3/20/money-scripts-with-nate-astle](http://www.schoolsmartmoneystupid.com/podcast/2019/3/20/money-scripts-with-nate-astle)

**Astle, N.** (2018, January) Interviewed by Davis, V. *How to safely share your story about pornography.* Reach 10. Blog. Retrieved at [reach10.org/safely-share-story-impact-pornography/](http://reach10.org/safely-share-story-impact-pornography/)

**Astle, N.** (2017, October) Interviewed by Israelsen-Hartley, S. *Social media is hurting your relationship. How do you fight back?.* Deseret News. Article. Retrieved at [www.deseret.com/2017/10/2/20620734/social-media-is-hurting-your-relationship-how-do-you-fight-back](http://www.deseret.com/2017/10/2/20620734/social-media-is-hurting-your-relationship-how-do-you-fight-back)

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## Additional Trainings

EMDR Trained. Manhattan, KS	<b>Apr 2020</b>
Completed a 4-day Family Finance Research Renaissance Retreat in research methods, publication, teaching family finance, and statistics. Brigham Young University	<b>Sept 2019</b>
Trained in Wildcats Make a Pact, a bystander intervention training for violence, victimization, and perpetration	<b>Sept 2019</b>
Rigorous financial counseling education prerequisite to becoming a peer financial counselor. Powercat Financial. Kansas State University	<b>Sept 2018</b>
Certified Prevention and Relationship Enhancement Program (PREP) coach. Healthy Relationships Utah. Utah Valley University.	<b>May 2017</b>
Certified Strengthening Families Coach. Utah Valley University	<b>Apr 2017</b>
Certified Family Wellness Instructor. Utah Valley University	<b>Apr 2017</b>
Certified BACCHUS Peer Educator. Dixie State University	<b>Apr 2016</b>
Completed multiple online training in Trauma-Informed Care, Gang Education, Human Development, etc. Wasatch Mental Health.	<b>Jun 2017</b>

Completed 4-hour training in Utah DCFS Model. Utah Department of Child and Family Services.

**May 2017**

Completed 8-hour training in MANDT de-escalation techniques. Wasatch Mental Health.

**Feb 2017**

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## **LANGUAGES**

Thai (intermediate level)