

# MANUEL J. GOMES, MHR, MA, PhD

## Curriculum Vitae

---

Office: Washington Institute for Intimacy and Sexual Health, LLC (WIISH)  
700 E. Main St., Suite 105  
Medford, OR 97504  
(425) 444-4151  
(541) 414-4707  
DrGomes@wiish.us

*Formerly:*  
624 – 164<sup>th</sup> St, SW  
Lynnwood, WA 98087  
(425) 444-4151 / fax (425) 742-8855  
DrGomes@wiish.us



---

### Professional Licensure and Certification

Psychology Resident, Oregon (Supervisor: Stephen Tibbitts, PhD #941)	1 Aug 2011- Current
Psychologist, Washington PY3739	Active Status, since 27 April 2007
Certified Sex Therapist (AASECT)	Active Since 2010
Licensed Mental Health Counselor, Washington LH00006724	Expired, 22 July 2001 – 14 June 2007
Mental Health Certificate, Washington MH30003357	Expired, 11 December 1996 – 19 July 2001
Licensed Professional Counselor, Colorado LPC-1249	Lapsed, 1 September 1995 – 30 June 2007
National Certified Counselor, #38140 (Expired)	

---

### Education

Ph.D. Clinical Psychology, Seattle Pacific University	2004
MA Psychology (Marriage, Family, and Child Counseling) Chapman University	1995
Master of Human Relations, University of Oklahoma	1989
BS Psychology, North Dakota State University	1984

---

### Professional Affiliations

American Psychological Association (APA)  
American Association of Sex Educators, Counselors, and Therapists (AASECT)  
Washington State Psychological Association (WSPA)  
International Society for the Study of Women's Sexual Health (ISSWSH)  
The Society for the Scientific Study of Sexuality (SSSS)

---

### Research

Dissertation: The Relationship of Emotional Intelligence and Differentiation of Self with Intimacy - This study investigates the relationship of Emotional Intelligence (EI) and differentiation of self with perceived intimacy. Despite the popularity of EI in the popular press, little has been researched linking EI to everyday intimate relationships. EI (as measured by the MSCEIT) is a set of emotional abilities consisting of emotional awareness, emotional understanding, facilitation of emotions with thought, and the management of emotions. Differentiation of self (DOS) (as measured by the DSI) is a Family Systems Theory which describes a process of integrating thinking and feeling systems on an intrapersonal basis and of balancing conflicting needs of separateness and togetherness on an interpersonal level. Intimacy (as measured by the PAIR) is defined as a desire for closeness and bonding that comes from knowing, being known. Integrating the theory of DOS, EI fosters intimacy by managing anxiety and emotional reactivity to increase a sense of closeness in intimacy. Multiple canonical correlations and bivariate correlations were conducted to assess the relationship between EI with DOS, DOS with intimacy, and EI with

intimacy. Results from this study support that the hypothesis of a positive relationship between EI, DOS, and Intimacy. Total EI was related to Total DOS and to Total Perceived Intimacy and to DOS emotional Cut-off variable as well as to Sexual, Intellectual and Recreational intimacy but was not related to Emotional Intimacy. The DOS variable of Emotional cut-off (EC) was found to be a particularly significant variable related to all forms of perceived intimacy. Increased emotional fusion with others (FO) was found to be inversely related to intimacy suggesting that some level of emotional fusion is related to intimacy. EI and DOS combined accounts for 98% of the shared intimacy variance. Furthermore, consistent with sex differences in emotions, sex was a moderating factor between these three concepts. Sex was not a main effect or an interaction between EI and DOS. Women taking an I-Position did account for an interaction between DOS and intimacy. Women engaging in emotional-thinking systems integration also positively impacted the interaction of EI and Intimacy. Men managing emotions positively impacted the interaction of EI and intimacy.

### **Supervision/Clinical Practica**

---

Pre-doctoral Internship – 2000+ hours, Seattle Mental Health, Capital Hill Campus (2000-2001) Clinical supervisor:  
Tye Hunter, Ph.D. (206-324-2400)

Services provided: clinical intake, assessment, psychological reports, and psychotherapy

Seattle Pacific University, University Counseling Center (1999 – 2000), Seattle, WA Clinical Practicum, 350 hours,  
three academic quarters

Services provided – individual therapy, testing and assessment, psychoeducational presentations, comprehensive  
ADHD/ADD assessment

Supervisor: Kristi King, Ph.D. (206-997-7667)

Director of Training: Roy Barsness, Ph.D. (206-281-2627)

Director of University Counseling Center: Dr. John Thoburn, Ph.D. (206-281-2908)

Seattle Pacific University, University Counseling Center (1998 – 1999), Seattle WA.

Assessment Practicum – 250 hours, three academic quarters

Services provided – testing and assessment; law and ethics

Supervisor: Marcia Webb, Ph.D. (206-281-2683)

Director of Training: Roy Barsness, Ph.D. (206-281-2627)

Chapman University, Center for Therapy and Counseling (1994-1995), Colorado Springs, CO Clinical Practicum –  
500 hours

Services provided – testing; couples, child, and family counseling; ADD/ADHD family program (child skill  
development and parenting classes)

Supervisor and Director of Training: Emory Cowan, MS

United States Air Force Academy, Cadet Counseling Center (1992 – 1996)

Services provided – testing and counseling for USAFA cadets, taught courses in Leadership, General

Psychology, and Marriage and Family

Supervisor: Robert (Jeffery) Jackson, PhD (USAF Major)

### **Assessments and Testing Experience**

---

Minnesota Multiphasic Personality Inventory - 2 (MMPI-2)

Millon Clinical Multiaxial Inventory - III

Myers-Briggs Type Inventory (MBTI)

16PF, Fifth Edition

Beck Depression Inventory (BDI)

Beck Hopelessness Inventory (BHI)

Woodcock-Johnson Psychoeducational Battery (WJ-R)

Wide Range Achievement Test, Third Edition (WRAT-3)

Wechsler Adult Intelligence Scale (WAIS)

Wechsler Intelligence Scale for Children –III (WISC)

Thematic Apperception Test (TAT)

Robert's Apperception for Children (RATC)  
Child Behavior Checklist  
Campbell Interests and Skills Inventory (CISS)  
California Psychological Inventory (CPI)  
Career Assessment Inventory (CAI)  
State-Trait Anxiety Inventory (STAI)

### **Sample of Presentations**

---

Sexuality and Aging. UW Biology of Aging course UCONJ440/NURS540. 2006 & 2007  
Sexuality and Cancer. Swedish Cancer Survivors Symposium. 2007  
Keynote address: Couples and Intimacy. WA Counselors Association. 2007  
Starting a Thriving Private Practice, WA Counselors Association. 2006  
Love, Sex and Romance. Evergreen HealthCare (Kirkland). 2004  
Emotional Intelligence in Relationships. The Institute for 21st Century Relationships. 2003  
Emotional Intelligence and Intimacy. American Association of Sex Educators, Counselors, and Therapists Annual Conference. 2002  
Reclaiming Your Sexuality. Evergreen Healthcare foundation, Kirkland, WA. September 2001.  
Starting Your First Practice. American Association of Sex Educators, Counselors, and Therapists Annual Conference. 2000  
Beyond Mars and Venus: Taking a Look at Gender Issues in the Workplace. Nakama – WWU Student Affairs Division X Annual Conference. 1997  
Understanding Military Families. Colorado Association for Marriage and Family Therapy Annual Conference. 1996  
Peer Counseling: USAFA Flight Specialist Program. Colorado-Wyoming College Counseling Center Association Annual Conference. 1995

### **Sample of Seminar/Conferences Attendance**

---

AAMFT Annual Conference, 1994 and 1997  
AASECT Annual Conference, 1995 through 2011  
Sexual Awareness and Reassessment (SAR), 1995  
Sexual Trauma, Master and Johnson Trauma, 1995  
Brief Solution-Focused Training, Brief Therapy Institute of Denver, 1996  
HIV/AIDS Awareness for Health Providers, 1997  
APA Annual Conference, 1998  
WAMFT Annual Conference, 1998  
World Congress on Sexology, Paris, 2001  
WA State Psychological Association Convention. 2005, 2007  
Neurobiology of Attachment, Seattle, 2006  
Lust, Anger, Love: Understanding Sexual Addiction and the road to Healthy Intimacy. Seattle, WA. 2008  
Affect, Attachment, Behavior, Cognition, 14 Jan 2009  
WSPA/APA Ethics, 17 Oct 2010  
Emotions, Stress, Disease, 19 May 2010  
Video Game and Internet Addiction, 16 Feb 2011

### **AASECT Conferences Attended**

1995 – **Albuquerque**, NM (27<sup>th</sup> Annual), *Training for Excellence*, Apr 23-30  
1996 – **Louisville**, KY, / or **Baltimore** Maryland, *Training for Excellence*, June 12-16  
1997 – **Arlington**, VA, *SSSS-AASECT Joint Conference, Public Policy and Sexuality: Education, Therapy, and Research*, Nov 12-16  
1998 – **Los Angeles**, CA, *SSSS-AASECT Joint Conference, Sexuality and the Media: Hooray for Hollywood?*, Nov 11-15  
1999 – **St Louis**, MO, *SSSS-AASECT Joint Conference, The Context of Sexuality: The 20<sup>th</sup> Century*, Nov 3-7  
2000 – **Atlanta**, GA, *Sexuality and the Millennium*, May 10-14  
2001 – **San Francisco**, CA, *2001: A Sex Odyssey: A Journey Toward Healthy Sexuality*, May 2-6 (also attended WAS in Paris 2001)

- 2002 – **South Miami Beach, FL**, *Advances in Sexuality: The Hottest Topics*, May 1-5  
 2003 – **Las Vegas, NV**, *The Tapestry of Sexuality: Focus on Legal and Ethical Issues*, June 3-8  
 2004 – **Chicago, IL**, *SPEAK OUT: Advocating for Sexual Health and Sexual Rights*, May 12-16  
 2005 – **Portland, OR**, *What's New and What Works: Pioneering Solutions for Today's Sexual Issues*, May 11-15  
 2006 – **St Louis, MO**, *Gumbo Sexualité UPRIVER: Spicing Up Education and Therapy*, 27 June -July 1  
 2007 - **Charlotte, SC**, *The Soul of Sexuality: Exploring the Depth and Dimensions of Pleasure*,  
 2008 - **New Orleans, LA**, *The Rhythm of Our Roots: 40 Years of Sexuality Education and Health Celebrated Through Song, Story and Science*, June 25-29  
 2009 – **Glendale, AZ**, *Some Like It Hot: The Cutting Edge in Sex Education, Counseling, Therapy, and Medicine*, May 13 - 17  
 2011 – **San Diego, CA**, *SexCon 2011: Dynamic, Interactive, Creative*. April 27 – May 1

### **Related Information**

---

- Co-developer of “From Both Ends” advice column (with Larry Star)  
 - <http://www.FromBothEnds.com>  
 Co-hosting “From Both Ends” live radio talk show on KLAY 1180AM

### **Related Employment**

---

Private Practice	1997-Current
Faculty (LIOS), Leadership Institute of Seattle	2003-2005
Psychological Assessment Team member, Fairfax Hospital (per diem)	1999-2002
Lead Counselor (Director), University of Washington, Tacoma	1998-1999
Career/Academic Advising Coordinator, Western Washington University	1996-1998
Assistant Professor and Counselor, US Air Force Academy	1992-1996
B-52 Radar Navigator/Bombardier, US Air Force	1984-1992
Medical Laboratory Technician, US Air Force	1976-1982