

AMCAP Governing Board



AMCAP President- A. Dean Byrd, PhD, MBA, MPH

Dr. Byrd is the President/CEO of Thrasher Research Fund and Faculty, University of Utah School of Medicine with appointments in the Department of Family and Preventive Medicine (where he has been Professor of the Year twice within the past 5 years) and in the Department of Psychiatry. He is an Adjunct Professor in the Department of Family Studies, also the University of Utah. He received his academic training at Spartanburg Methodist College, Brigham Young University, Virginia Commonwealth University and Medical College of Virginia, Loyola University and the University of Utah. He is a member of the American Psychological Association (where he has chaired presentations for each of the last five years), the American Public Health Association, the Utah Psychological Association (where he previously served on the Governing Board), the American Association of University Professors, Past President of NARTH, President of AMCAP (Association of Mormon Counselors and Psychotherapists), and the American College of Pediatricians where he is serving on the Pediatric Psychosocial Development Committee. He is the author/co-author of 7 books and more than 200 total peer-reviewed journal articles, book chapters, book reviews, opinion editorials (both mental health, medical and law venues). He has been an invited lecturer in Israel, Ivory Coast, France, Poland, Democratic Republic of the Congo, Mexico, Australia and many other international venues (lectures have been given on a variety of medical and public health issues). He is married to Dr. Elaine Byrd, Professor of Education at Utah Valley University and they are the parents of 5 children. He views family as his most important area of emphasis and contribution. His wife and children are his most important assets: Chris is a Public Health and Safety Officer (MBA in Health Care Administration) for Energizer/Playtex in Dover, Delaware; David is a physician in Salt Lake City; Nicole is a resource/special education teacher in Utah; Ryan is a Computer Engineer/Administrator (MBA) in Utah and Kristen is an Attorney/Assistant Attorney General in the Washington State.



AMCAP Vice President- J. Douglas LeCheminant, MSW, LCSW

Doug LeCheminant is a Licensed Clinical Social Worker and currently works as a counseling manager with LDS Family Services in Mobile, Alabama. He has been with LDS Family Services for 19 years, most recently serving as the coordinator of the Addiction Recovery Program. He also served as a board member for the *Understanding Chemical Addiction Disease* committee (formerly *Advocates for the Improved Understanding of Addictive Disease*) and as a member of the Salt Lake Area Gang Task Force Community Advisory Committee. He is married to the former Mary Louise Johnson and they have two children. Doug likes landscape art and college sports.



AMCAP Treasurer- Dean R. Bender, MBA, MA, MFT

Dean Bender is a Marriage and Family Therapist and a Certified Public Accountant. He has worked in his avocation as a part-time psychotherapist at LDS Family Services Sacramento Agency, since 2001. He has been a CPA for over 30 years, primarily in the estate and trust, planning and consulting area. He has been a member of AMCAP for nearly 30 years and recently became a lifetime member. He previously served on the AMCAP board and this is his second time serving as treasurer. Dean took a break in his service as treasurer to serve as Bishop of the Rocklin 3rd Ward. He lives in Rocklin, California with his wife of 39 years, the former Linda Plumb. They have five children and six (soon to be seven) grandchildren. Dean's hobby is his avocation.



AMCAP Executive Secretary- Emily Coombs, M.Ed.

Emily Coombs received a bachelor's degree in Elementary Education at Utah State University. She earned a master's in Literacy Instruction from the University of Utah. Emily taught first and second grade for five years then worked as a Literacy Specialist for four years. She is grateful for her position as AMCAP Executive Secretary which allows her to be home with her two boys. In addition to being with her sons, Emily enjoys spending time with her husband, being in the mountains, going for walks, and being outside in the sunshine.

AMCAP Board Member- Michael D. Adams, PhD

Michael Adams, PhD, is an Assistant Clinical Professor in the Counseling and Career Center (CCC) at Brigham Young University (BYU). Michael first received a bachelor's degree in Psychology from BYU. He then went on to receive a master's in Couples and Family Therapy and a doctoral degree in Counseling Psychology from Indiana State University. Michael has worked in a child and adolescent community mental health center as well as at counseling centers at Indiana State University and the University of Missouri. Michael currently works with students from BYU in individual, couples, and group therapy and is a consultant to BYU housing. He serves on the training committee with the CCC and is a clinical supervisor. He teaches classes in career exploration, study skills, and supervision of supervision. He is a licensed psychologist in the state of Utah. His professional interests include: moral virtues and the practice of psychology, dialogic hermeneutics, systems theories, couples therapy, family-of-origin issues, trauma, depression, eating disorders, group therapy, supervision, perfectionism, multicultural issues, and philosophy. Michael is married and has five children.



AMCAP Board Member- Lili De Hoyos Anderson, PhD, LCSW

Lili De Hoyos Anderson, after almost 20 years of being a full time wife and mother, completed her MSW at UNLV and later, her Ph.D. in marriage, family, and human development from BYU. She currently has a full time private practice in Draper, working with individuals, marriages, and families. Lili has published several articles and chapters and is now writing books, her most recent book is *Choosing Glory*. She is married to Christian Anderson, who has been with LDS Family Services for over 30 years and they are the parents of eight children.



AMCAP Board Member- William R. Cook, MSW, LCSW

William R. Cook (Bill) is a Licensed Clinical Social Worker and Counseling Manager with LDS Family Services, Ogden, Utah office. As a 30+ year employee of LDS Family Services, Bill's career has afforded him many opportunities to interface with many cultures and diverse people. He has lived and worked throughout the Southwest, in Arizona, Nevada, New Mexico, Colorado, and Utah, as well as Internationally. He has assisted in numerous humanitarian relief operations domestically and internationally (Oklahoma's tornadoes; New York's 9-11; Florida, Louisiana and Mississippi's hurricanes; and earthquakes in El Salvador and Peru). He most recently returned from an international assignment with LDS Family Services as the agency director of the Buenos Aires Argentina office of in the South America South Area. Bill works on the Church Abuse Helpline. Bill is a graduate of Arizona State University where he received a master's degree in Social Work (1979) and received a bachelor's degree in Psychology from Brigham Young University (1977). Bill is married to Cynthia (Cindy) Taylor Cook, and they have four children and four grandchildren.



AMCAP Board Member- Jeffrey J. Ford, M.S., MFT

Jeffrey J. Ford, M.S., MFT, received his B.S. degree at the University of Utah in Psychology. He earned his master's degree in Marriage & Family Therapy at Purdue University. He has practiced therapy in Indiana, Illinois, and Utah and is a member of the American Association of Marriage and Family Therapy. He has contributed to the field by publishing articles about the practice of marriage and family therapy. In addition to his clinical practice, he has been an instructor of psychology and adolescent development on a university level. He regularly speaks in the community about helping those affected by sex addiction. He is married and the father of four children. His favorite pastimes include being with his family and doing anything outdoors, especially mountain bike riding and hiking.

AMCAP Board Member- Lisa M. Leavitt, PhD

Lisa M. Leavitt, PhD, is an Assistant Clinical Professor at the Counseling and Career Center at Brigham Young University. Lisa received a bachelor's degree in Human Development and Family Studies from the University of Utah. She then received a master's degree in School Counseling Psychology from Brigham Young University and a doctoral degree in Counseling Psychology, also from Brigham Young University. Lisa is a licensed psychologist in the state of Utah. Her professional interests include: trauma, depression and anxiety, Dialectical Behavior Therapy (DBT), women's career issues, perfectionism and child and adolescent issues. Lisa currently works at the BYU Counseling Center doing group, individual, and couples counseling with the students, as well as serving as a consultant to BYU Residence Life. In addition to counseling at BYU Lisa teaches Life Planning and Decision Making and Career Exploration classes. Lisa runs a private practice where she specializes in working with women, children and adolescents.

AMCAP Board Member- Cosette Dawna Rae, MSW, LSWAIC

Cosette Dawna Rae has a master of social work degree from the University of Washington. She is a life coach, counselor and nationally certified massage therapist specializing in assisting clients in their quest for health, wholeness, and recovery from trauma. Cosette is a Board Certified in Stress Management (BCTS) from the National Center for Crisis Management. She is founder and president of Heavensfield Health and Wellness – Life Coaching and Counseling and the founder and executive director of reSTART Internet Addiction Recovery Program, the first treatment program of its kind in the U.S. She is a professional speaker addressing issues of abuse, domestic violence, stress and trauma. Cosette is happily married and thrives on co-parenting 10 fascinating children with her loving and supportive husband Gary.