

# NICKOLAS A SUMMA, PhD, LMFT LPC

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## EDUCATION

**Ph.D.**, Waynesburg University August 2015-July 2020  
Counseling Education and Supervision  
*CACREP accredited program*  
**Dissertation topic:** The Experience of Commitment  
in Gay Relationships: A Hermeneutic Phenomenological Study

**MA**, Seton Hill University August 2012-August 2014  
Marriage & Family Therapy  
*COAMFTE accredited program*

**BA**, Mount Union College August 2004-May 2008  
Japanese Studies, Sociology, and Education

**Study Abroad**, Kansai Gaidai University August 2005-May 2006  
Focus on International Studies

## UNIVERSITY TEACHING EXPERIENCE

**University of Pittsburgh**, Pittsburgh PA 2024-present  
Part Time Faculty, Graduate Counseling Department  
Courses: COUN2748 Evidence Based Practice  
and Research Methods

**Seton Hill University**, Greensburg, PA 2019-2023  
Adjunct Faculty, Undergraduate Psychology department  
Courses: SPY 270 Introduction to Counseling  
SPY 340 Motivation and Emotion

**Seton Hill University**, Greensburg, PA 2020-2023  
Adjunct Faculty, Graduate Art Therapy program  
Courses: SPY 510 Lifespan Development  
SAT 575 Addiction and Recovery

**Waynesburg University**, Waynesburg, PA 2016-2023  
Adjunct Faculty, Graduate Counseling Department

Courses: CNS 557 Clinical Issues in Addiction and Recovery (hybrid course)  
CNS 548 Family Counseling (now asynchronous online course)  
CNS 517 Theories & Techniques in Group Counseling

**Seton Hill University**, Greensburg, PA 2017-2020  
Adjunct Faculty, Graduate Marriage and Family Therapy program

Courses: SPY 915 Introduction to Research Methods  
SPY 551 Couples Therapy (co-facilitated with Karin Arnds)

**Waynesburg University**, Waynesburg, PA 2016  
Teaching Assistant, Counseling Department

Courses: CNS 511 Theories of Counseling  
CNS 512 Counseling Techniques  
CNS 565 Counseling Practicum

#### INTERNATIONAL TEACHING EXPERIENCE

**Kinder Kids International School**, Osaka, Japan April 2010-April 2012  
**Native English Teacher**, K1 Classroom

**GEOS Language Corporation**, Osaka, Japan October 2008-March 2010  
**Head Teacher**, Kawachinagano School

#### COUNSELING EXPERIENCE

**Clinical Director/Therapist**, Congruent Relationships LLC, Pittsburgh, PA 2016-Present  
Provides individual, couples, family, and group counseling in an outpatient setting. Completes psychosocial assessments, treatment planning, crisis planning, and networking with other providers for the overall treatment of clients. I currently provide licensure supervision to pre-licensed and associate licensed clinicians looking to focus their practice on relational therapy and systemic thinking. This supervision is for clinicians who are employed at the practice and who work externally as well.

**Clinical Director/Therapist**, Nick Summa LMFT LLC, Pittsburgh, PA 2016-2024  
Provides individual, couples, family, and group counseling in an outpatient setting. Completes psychosocial assessments, treatment planning, crisis planning, and networking with other providers for the overall treatment of clients. I currently provide licensure supervision to pre-licensed and associate licensed clinicians looking to focus their practice on relational therapy and systemic thinking.

**Clinical Therapist.** Persad Center, Inc., Pittsburgh, PA 2014-2018  
 Provided individual, couples, family, and group counseling to members of the LGBTQ+ community. Completed intake assessments, screening and referral calls, and worked secondarily within the drug and alcohol program.

**Clinical Intern.** Persad Center, Inc., Pittsburgh, PA 2013-2014  
**Clinical Intern.** Seton Hill Center for Family Therapy, Greensburg, PA 2013-2014

### SUPERVISION EXPERIENCE

**AAMFT Approved Supervisor** 2020-present  
 Currently approved as an AAMFT supervisor to provide licensure supervision to LMFT candidates as well as systemic supervision to those seeking to learn more about relational work.

**Internship Coordinator and Clinical Supervisor,** Persad Center, Inc. 2017-2018  
 Worked with masters level students in weekly individual supervision and twice a month group supervision to facilitate growth in their clinical skills as well as their competency in their professional identities as mental health clinicians.

**Triadic and Group Supervisor,** Waynesburg University 2016  
 Provided supervision for the practicum students in tandem with their primary faculty supervisors.

### RESEARCH INTERESTS

Counseling and family therapy issues  
 Using Emotionally Focused Therapy (EFT) with marginalized populations  
 LGBTQ+ issues throughout the lifespan  
 Vulnerability and shame in men  
 Multiculturally competent supervision practices

### PROFESSIONAL MEMBERSHIPS AND LEADERSHIP

Board of Directors, Director of Communication for the Pittsburgh Community for Emotionally-Focused Therapy (EFT)  
 Member of American Association of Marriage & Family Therapy (AAMFT; Valid until 10/2025)  
 Pennsylvania Association of Marriage & Family Therapy (PAMFT; Valid until 10/2025)  
 International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) lifetime member  
 Pennsylvania Counseling Association member (valid until 4/2025)

**PROFESSIONAL LICENSURE**

**Licensed Marriage & Family Therapist, Pennsylvania: #MF000917 (expires 2/2025)**

**Licensed Professional Counselor, Pennsylvania: #PC017052 (expires 2/2025)**

**PRESENTATIONS****CONFERENCE PRESENTATIONS**

Sullivan, H., & **Summa, N. A.** (2024, Mar) *Introduction to Emotionally Focused Therapy*. University of Pittsburgh School of Social Work, Zoom format.

**Summa, N. A.** (2022, Apr) *Increasing clinical competence with LGBTQIA+ clients*. Waynesburg University BHWET Conference, Canonsburg, PA.

**Summa, N. A.**, & Easter, J. D. (2022, Mar) *Impact of addiction: intersecting race and LGBTQ+ identity while living in urban and/or rural environments*. University of Pittsburgh School Of Social Work, Zoom format.

**Summa, N. A.**, & Easter, J. D. (2021, Feb) *Impact of addiction: intersecting race and LGBTQ+ identity while living in urban and/or rural environments*. University of Pittsburgh School Of Social Work, Zoom format.

Colarusso, M., & **Summa, N. A.** (2020, Oct) *Impact of Addiction: The Intersection of Familial, LGBTQ+, and Rural Issues*. Addiction Conference: Innovations in Prevention, California University of Pennsylvania, Zoom format.

**Summa, N. A.** (2019, Nov) *The Indivisible Counselor: Using "Self-Of-The-Therapist" Work in Supervision*. Presented at Pennsylvania Counseling Association Conference, State College, PA.

**Summa, N. A.** (2018, Nov) *MFT in a counseling world: navigating dissonance in professional identities*. Round table discussion at Pennsylvania Counseling Association Conference, Pittsburgh PA.

**Summa, N. A.** (2018, June) *Emotionally-focused couples therapy with trans\*/cis relationships*. Presented at the American Family Therapy Academy National Conference, Austin TX.

**Summa, N.A.** (2018, June) *Moving toward LGBTQ+ clinical competence*. Presented at the LGBTQ Health Conference, Cranberry PA.

**Summa, N.A.** (2018, Jan). *Emotionally-focused couples therapy with queer couples*. Presented at the CSI Speaker Series, Waynesburg University.

**Summa, N. A.**, & Brown, H. E. (2017, Sept). *Emotionally-focused therapy with transgender individuals who have cisgender partners*. Presented at The TransPride Conference, Pittsburgh,

PA.

Hepburn, J. M., & **Summa, N. A.** (2016, Nov). *Interpersonal neurobiology in couples counseling*. Presented at the Pennsylvania Counseling Association Conference, State College, PA.

### **INVITED LECTURES**

**Summa, N. A.** (2017, Oct) *Working with the LGBTQ community and larger systems*. Seton Hill University's Family and Larger Systems course, Greensburg, PA.

**Summa, N. A.** (2017, Feb) *Couples therapy with LGBTQ couples*. Seton Hill University's Couples Therapy course, Greensburg, PA.

**Summa, N.A.** (2017, March) *Career development after graduation*. Seton Hill University's Integrative Seminar course, Greensburg, PA.

**Summa, N. A.** (2016, Nov) *Sexuality across cultures panel discussion*. Duquesne University's Human Sexuality course, Pittsburgh, PA.

**Summa, N.A.** (2016, March) *Career development after graduation*. Seton Hill University's Integrative Seminar course, Greensburg, PA.

**Summa, N. A.** (2015, Nov) *Finding your tribe*. Chi Sigma Iota Induction Ceremony Keynote Speech, Duquesne University, Pittsburgh, PA.

### **REVIEWING OPPORTUNITIES**

Reviewer for Hardy, S., & Monypenny, J. (2019). Queering Queer Spaces: Journey of a Creative Arts Program for Trans, Non-Binary, and Gender Creative Youth. *Voices: A World Forum for Music Therapy*, 19(3). <https://doi.org/10.15845/voices.v19i3.2687>

Association for Humanistic Counseling Conference Submission Reviewer - 2018 and 2019

Pennsylvania Counseling Association Conference Submission Reviewer - 2017 and 2018

American Association for Marriage and Family Therapy Conference Submission Reviewer - 2017

## **PROFESSIONAL TRAININGS FACILITATED**

### **Introduction to Emotionally Focused Couples Therapy**

In person, May 2024

- Presented a full day workshop on the introduction to Emotionally Focused Therapy with couples for the Counseling and Wellness Center in Pittsburgh. Co-facilitated with members of the Pittsburgh Community for EFT Board of Directors.

### **EFT Considerations with Poly and ENM Couples**

Zoom Format, February 2023

- Presented a 3 hour introductory training on using EFT theory and interventions with members of the polyamorous and/or ethical non-monogamous communities

### **EFT Considerations with Trans\* Clients**

Zoom Format, June 2022

- Presented a 3 hour introductory training on using EFT theory and interventions with members of the trans\* community

### **Emotionally Focused Therapy with Gay Couples**

Zoom Format, June 2021

- Presented a 3 hour introductory training on using EFT theory and techniques in a culturally sensitive way with gay couples.

### **Introduction to Emotionally Focused Couples Therapy (EFT)**

Pittsburgh, PA, December 2017

- Completed a 4 hour introductory training for Persad staff

### **Introduction to Genograms**

Pittsburgh, PA, October 2014

- Completed a 1 hour introductory training for Persad staff

## **PROFESSIONAL TRAININGS ATTENDED**

### **Emotionally Focused Therapy (EFT) Core Skills Training**

Pittsburgh, PA, November 2017, February 2018, April 2018, May 2018

- Completed Core Skills

### **Emotionally-Focused Therapy (EFT) Externship Training**

Pittsburgh, PA, April 2017

- This training is the first step in the EFT certification process

### **Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Training**

Pittsburgh, PA, July 2016

- Completed the 12 hour online module, two-day training, and case consultation for

certification

**Department of Drug and Alcohol Programs (DDAP) Trainings Completed**

- Addiction 101
- HIV 101
- Confidentiality 101
- PCPC 3rd Edition
- TB/STD/Hepatitis
- Screening and Assessments
- Practical Applications of Confidentiality
- Clinical Supervision in Drug and Alcohol Programs

**COMMUNITY SERVICE**

**WestCO Pride**

President, Greensburg, PA, September 2016-October 2017

**LANGUAGES**

**English:** Native Language

**Japanese:** Intermediate Listener, Novice Speaker, Novice Reading and Writing