

Mikhila N. Wildey (formerly Mikhila N. Humbad)

Curriculum Vitae

Department of Psychology
Grand Valley State University
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EDUCATION

- 2013 PhD Michigan State University,** Clinical Psychology, East Lansing, MI
- 2012-2013 Pine Rest Christian Mental Health Services,** APA Accredited Pre-Doctoral Clinical Psychology Internship, Grand Rapids, MI
- 2009 MA Michigan State University,** Clinical Psychology, East Lansing, MI
- 2006 BS Michigan State University,** Psychology with Honors, East Lansing, MI

POSITIONS

- 08/2021-present Grand Valley State University,** Allendale, MI
Associate Professor
- 11/2019-present Resilient Relationships,** Grand Rapids, MI
Fully Licensed Psychologist (License #6301015706), part-time private practice
- 08/2022-05/2024 Grand Valley State University,** Allendale MI
Assistant Chair of Advising, Enrollment, and Curriculum development for Psychology Department
- 08/2015-08/2021 Grand Valley State University,** Allendale, MI
Assistant Professor
- 07/2014-11/2019 Pine Rest Christian Mental Health Services Northeast Clinic,** Grand Rapids, MI
Fully Licensed Psychologist (License #6301015706)
- 2013-2014 Pine Rest Christian Mental Health Services Northeast Clinic,** Grand Rapids, MI
Doctoral Limited Licensed Psychologist

PEER-REVIEWED PUBLICATIONS AND CHAPTERS *indicates student paper

Wildey, M. N., Knopp, K., Stanley, S. M., & Rhoades, G. K. (In Press). Wired for cognitive jealousy? Unveiling the stability within and fluctuations between relationships. *Personal Relationships*.

Barnhart, K. J., Leahy, K. E., & **Wildey, M. N.** (2025). Unwanted Consensual Sex Among College Students: What Makes an Individual More Likely to Consent to Sex They Do Not Want? *Behavioral Sciences*, 15, 981. <https://doi.org/10.3390/bs15070981>

*Thomas, J. L., Fox, M. E., Machnik, K. A., & **Wildey, M. N.** (2025). Perceived support and belongingness amongst groups of underrepresented and majority graduate students. *Journal of American College Health*, 1-4. <https://doi.org/10.1080/07448481.2025.2475308>

Wildey, M. N., Fox, M. E., Machnik, K. M., & Ronk, D. (2022). Exploring graduate student mental health and service utilization by gender, race, and year in school. *Journal of American College Health*, 72, 2982-2990. <https://doi.org/10.1080/07448481.2022.2145898>

Wildey, M. N., Donnellan, M. B., Klump, K. L., & Burt, S. A. (2020). Using multiple methods of measuring marital satisfaction to examine the association between externalizing psychopathology, personality, and marital satisfaction. *Journal of Personality Disorders*, 34, 480-498.

Wildey, M. N., & Burt, S. A. (2018). Brief Romantic Relationship Interaction Coding Scheme (BRRICS). In M. Boos, M. Kolbe, & E. Brauner (Eds.), *Cambridge Handbook of Group Interaction Analysis* (p. 613-621). Cambridge University Press.

Burt, S. A., **Wildey, M. N.**, & Klump, K. L. (2015). The quality of the inter-parental relationship does not moderate the etiology of child conduct problems. *Psychological Medicine*, 45, 319-332.

Humbad, M. N., Donnellan, M. B., Iacono, W. G., McGue, M. & Burt, S. A. (2013). Quantifying the association between personality similarity and marital satisfaction using profile correlations: A cautionary tale. *Journal of Research in Personality*, 47, 97-106.

Marceau, K., **Humbad, M. N.**, Burt, S. A., Klump, K. L., Leve, L. D., & Neiderhiser, J. M. (2012). Observed externalizing behavior: A developmental comparison of genetic and environmental influences across three samples. *Behavior Genetics*, 42, 30-39.

Humbad, M. N., Donnellan, M. B., Klump, K. L., & Burt, S. A. (2011). Development of the Brief Romantic Relationship Interaction Coding Scheme (BRRICS). *Journal of Family Psychology*, 25, 759-769.

Burt, S. A., Donnellan, M. B., **Humbad, M. N.**, McGue, M., & Iacono, W. G. (2010). Does marriage inhibit antisocial behavior? An examination of selection versus causation via a longitudinal twin design. *Archives of General Psychiatry*, 67, 1309-1315.

Humbad, M. N., Donnellan, M. B., Iacono, W. G., McGue, M. & Burt, S. A. (2010). Is spousal similarity for personality a matter of convergence or selection? *Personality and Individual Differences*, 49, 827-830.

Humbad, M. N., Donnellan, M. B., Iacono, W. G., & Burt, S. A. (2010) The association of marital quality with personality and psychopathology: Results from a very large sample of married couples. *Journal of Abnormal Psychology*, 119, 151-162.

GRANTS

Wildey, M. N., Grant, "Understanding the Longitudinal Course of Jealousy both Within and Between Romantic Relationships," CSCE Catalyst Grant, Grand Valley State University, \$2540, Funded. (Start: April 13, 2021, End: April 30, 2022)

Wildey, M. N., Grant, "Developing a Psychology Internship," Career Center Internship Mini-Grant, Grand Valley State University, \$5035, Funded. (Start: May 1, 2019, End: December 13, 2019)

Wildey, M. N., Grant, "Sexual Attitudes and Behaviors," CSCE Mini-Grant, Grand Valley State University, \$400, Funded. (Start: January 1, 2017, End: March 31, 2017)

Wildey, M. N., Grant, "Romantic Attraction and Dating Preferences Using a Speed-Dating Design," CSCE, Early Career Grant, Grand Valley State University, \$3,000, Funded. (Start: April 1, 2016, End: March 31, 2017).

MANUSCRIPTS IN PREPARATION *indicates student paper

Cantu, D. E., **Wildey, M. N.,** & Williamson, H. C. (under review). Can couple behavioral coding systems be used cross-linguistically? *Personal Relationships*

*Murray, E., Barnhart, K. J., & **Wildey, M. N.** (in preparation). Perceived intimacy of sexual behaviors amongst college students.

PRESENTATIONS *indicates student presentation

*Thomas, J. L., Fox, M. E., Machnik, K. A., & **Wildey, M. N.** (2025, November). Perceived support and belongingness amongst groups of underrepresented and majority graduate students. Poster presented at Association for Behavior and Cognitive Therapy, New Orleans, LA.

Wildey, M. N., & Barnhart, K. J. (2024, July). *Perceived Intimacy of Sexual Behaviors Among College Students*. Poster presented at International Association for Relationship Research conference in Boston, MA.

- Wildey, M. N.,** Knopp, K., Stanley, S. M., & Rhoades, G. K. (2023, November). *Understanding the course of jealousy across the development of romantic relationships* [Paper presentation]. Association for Behavior and Cognitive Therapy, Seattle, WA.
- Wildey, M. N.,** Fox, M. E., & Machnik, K. A. (2023, November). *Exploring graduate student mental health and service utilization by gender, race, and year in school*. Poster presented at Association for Behavior and Cognitive Therapy conference in Seattle, WA.
- *Leo, K., Kansky, J., Doyle, K. M., Godfrey, L. M., Wang, B. A., Crenshaw, A. O., & **Wildey, M. N.** (2020, November). *Fostering Intimacy and Emotional Connection in Diverse Couples Across Relational Contexts* [Discussant]. Association for Behavior and Cognitive Therapy conference, virtual.
- *Campbell, S., Barnhart, K. J., **Wildey, M. N.** (2020, March). *Influence of religion on contraceptive use among female college students reporting a history of hookup behaviors*. Michigan Epidemiology Conference, Rochester, MI. (Conference canceled)
- *Campbell, S., **Wildey, M.N.,** Nelson, G., & Barnhart, K.J. (2019, November). *Contraception and barriers to use among female university students who have engaged in hookup behaviors*. Poster presented at the American Public Health Association conference in Philadelphia, PA.
- *Nelson, G., **Wildey, M.N.,** Campbell, S., & Barnhart, K.J. (2019, November). *Self-esteem and orgasm experiences among sexual minority students who have engaged in hookup behaviors*. Poster presented at the American Public Health Association conference in Philadelphia, PA.
- Wildey, M. N.,** Balderrama-Durbin, C., Knopp, K., Stanley, S. M., & Rhoades, G. K. (2019, June). *Understanding the course of jealousy across the development of romantic relationships*. Poster presented at the Association for Research in Personality conference in Grand Rapids, MI.
- Wildey, M. N.,** Balderrama-Durbin, C., Knopp, K., Stanley, S. M., & Rhoades, G. K. (2019, February). *Understanding the course of jealousy across the development of romantic relationships*. Paper presented at the Psychology Colloquium at Grand Valley State University in Allendale, MI.
- *Hesse, C., Cornelius, T. C., **Wildey, M. N.,** Shorey, R. (2018, November). *Bystander attitudes and intervention behaviors: How personal history of intimate partner violence affects attitudes and behaviors*. Poster presented at the Association for Behavior and Cognitive Therapy conference in Washington D.C.
- *Leahy, K. L., **Wildey, M. N.,** & Barnhart, K. J. (2018, July). *Sexual compliance: What makes an individual more likely to consent to sex they do not want?* Poster presented at the International Association for Relationship Research conference in Fort Collins, CO.
- Wildey, M. N.,** & Barnhart, K. J. (2018, July). *How do college students identifying as heterosexual versus non-heterosexual differ in their definitions of “had sex” and “hooking up”?* Poster

presented at International Association for Relationship Research conference in Fort Collins, CO.

Wildey, M. N., Barnhart, K. J., & Donnellan, M. B. (2017, November). *What does “hooking up” mean? Understanding the definition of sexual behaviors in a large sample of undergraduate students.* Poster presented at Association for Behavior and Cognitive Therapy conference in San Diego, CA.

Wildey, M. N., Donnellan, M. B., Klump, K. L., & Burt, S. A. (2017, June). *Using multiple methods to evaluate the association between externalizing psychopathology, personality, and marital satisfaction in a large, diverse sample of married couples.* Paper presented at Association for Research in Personality conference in Sacramento, CA.

Wildey, M. N. (2017, April). *The role of personality and psychopathology in mate preferences.* Invited speaker at Midwestern Psychological Association conference in Chicago, IL.

Wildey, M. N., Donnellan, M. B., Klump, K. L., & Burt, S. A. (2016, November). *Using multiple methods of measuring marital satisfaction to examine the association between externalizing psychopathology, personality, and marital satisfaction.* Paper presented at the Psychology Colloquium at Grand Valley State University, Allendale, MI.

Wildey, M. N., Donnellan, M. B. (2016, July). *Hooking up: “Anything from making out to having sex.”* Poster presented at International Association for Relationship Research conference in Toronto, ON.

Wildey, M. N., Donnellan, M. B., Klump, K. L., & Burt, S. A. (2016, May). *Using multiple methods of measuring marital satisfaction to examine the association between externalizing psychopathology, personality, and marital satisfaction.* Paper presented at Association for Psychological Science conference in Chicago, IL.

Wildey, M. N., Donnellan, M. B., & Burt, S. A. (2015, November). *The role of personality and psychopathology in initial attraction and mate preferences.* Poster presented at Association for Behavioral and Cognitive Therapies conference in Chicago, IL.

Humbad, M. N., Klump, K. L., & Burt, S. A. (2012, June). *Comparing the effects of three measures of marital conflict on the etiology of conduct problems.* Poster presented at Behavior Genetics Association conference, Edinburgh, Scotland.

Humbad, M. N., Donnellan, M. B., & Burt, S. A. (2012, March). *Examining the role of personality, psychopathology, and health characteristics in Perceptions of “Dateability.”* Paper presented at the Psychology Colloquium at Grand Valley State University, Allendale, MI.

Humbad, M. N., Donnellan, M. B., Klump, K. L., & Burt, S. A. (2011, November). *The Brief Romantic Relationship Interaction Coding Scheme: A new coding scheme for understanding couple interactions.* Poster presented at Association for Behavioral and Cognitive Therapies conference, Toronto, ON.

Humbad, M. N., Donnellan, M. B., & Burt, S. A. (2011, October). *Examining the role of personality and health characteristics in perceptions of "Dateability."* Poster presented at International Association for Relationship Research mini-conference, Tucson, AZ.

Humbad, M. N., Donnellan, M. B., & Burt, S. A. (2011, June). *Evocative person-environment correlations in mate selection.* Paper presented at Behavior Genetics Association conference, Newport, RI.

Humbad, M. N., Donnellan, M. B., & Burt, S. A. (2011, March). *Examining romantic attraction and mate preferences using a speed-dating design.* Paper presented at the Clinical Psychology Brownbag at Michigan State University, East Lansing, MI.

Humbad, M. N., Klump, K. L., Levensky, A. A., & Burt, S. A. (2010, June). *A behavioral genetic analysis of externalizing psychopathology and adult attachment.* Poster presented at Behavior Genetics Association conference, Seoul, South Korea.

Humbad, M. N., Klump, K. L., & Burt, S. A. (2009, June). *Effects of interparental conflict on the etiology of conduct problems.* Poster presented at Behavior Genetics Association conference, Minneapolis, MN.

Marceau, K. P., Burt, S. A., **Humbad, M. N.,** Klump, K. L., Leve, L. D., & Neiderhiser, J. M. (2009, June). *Genetic and environmental influences on observed externalizing behavior in middle childhood and early adolescence.* Paper presented at Behavior Genetics Association conference, Minneapolis, MN.

Humbad, M. N., Donnellan, M. B., McGue, M., Iacono, W. G., & Burt, S. A. (2008, June). *Assortative mating: Evidence of an active gene-environment correlation.* Poster presented at Behavior Genetics Association conference, Louisville, KY.

Humbad, M. N., Donnellan, M. B., Iacono, W. G., & Burt, S. A. (2008, January). *Personality, psychopathology, and marital quality.* Paper presented at the Social and Personality Brownbag at Michigan State University, East Lansing, MI.

AWARDS AND HONORS

2023	Pew Teaching Excellence Award
2019	Psi Chi Professor of the Year
2019	Psi Chi Mentor of the Year

TEACHING EXPERIENCE

Psychology Practicum (Grand Valley State University)
Behavior Modification (Grand Valley State University)
Adult Psychopathology (Grand Valley State University)
Personality Psychology (Michigan State University)

TRAINING/GUEST PRESENTATIONS

Introduction to Couples Therapy
Community Health Center, Inc
Pine Rest CMHS Psychiatry Residents
Pine Rest CMHS Pre-doctoral Psychology Interns
Introduction to Couples Therapy and Emotionally Focused Couples Therapy
Wayne State University School of Social Work
Hinduism and Working with South Asian Patients
Pine Rest CMHS Psychiatry Residents
Suicide and Threat Assessment
GVSU School Psychology Master's Program
Religious Diversity in Therapy
Pine Rest CMHS Psychiatry Residents
Non-suicidal Self Injury Information (What it is and why it happens)
Belding High School Staff, Parents, and Students

UNIT AND UNIVERSITY SERVICE COMMITTEES

2024-present	Dean of College of Liberal Arts and Sciences Search Committee Member, Provost Appointed
2023-present	Academic Policies and Standards Committee Co-Chair, Elected
2021-present	Department Advising & Retention Committee
2024-2025	CLAS Internships Task Force
2024-2025	Clinical Psychology Search Committee, Psychology Department
2022-2024	Department Online Teaching Format Task Force
2017-2023	University Academic Policies and Standards Committee Member (elected)
2022-2024	Department Assistant Chair of Advising, Enrollment, and Curriculum Interest
2021	Ad-hoc University Graduate Student Mental Health Task Force
2021	CLAS Summer Strategy and Innovation Group
2019-2020	Department Ad-hoc Internship/Practicum Task Force
2018	University First Year Advising and Registration
2017-2019	Department Ad-hoc Task Force on Sexual Harassment and Power Imbalances
2016-2019	Department Website Committee
2016, 2020-2021	Department Meeting Recorder

PROFESSIONAL SERVICE AND ORGANIZATIONS

2025-present Membership Committee Appointed Member, IARR
2022-present Michigan Psychological Association, member
2019-present Association for Research in Personality, member
2014-present International Center for Excellence in Emotionally Focused Therapy, member
2011-present International Association for Relationship Research (IARR), member
2011-present Association for Behavioral and Cognitive Therapy (ABCT), member

2019-2022	Publications Committee Appointed Member, IARR
2018-2020	Co-Leader, Couples Research and Treatment Special Interest Group (within ABCT)
2017	Midwestern Psychological Association
2016-2018	Conference Planning Committee Appointed Member, IARR
2012-2015	Michigan Psychological Association
2010-2016	American Psychological Association
2008-2015	Behavior Genetics Association
2006-2007	Society of Personality and Social Psychology

AD-HOC JOURNAL REVIEWER

Academic Research Journal of Psychology and Counseling
Archives of General Psychiatry
Behavioral Sciences
Clinical Psychology Review
Developmental Psychopathology
Emerging Adulthood
Family Process
Journal of American College Health
Journal of Family Psychology
Journal of Personality
Journal of Personality Disorders
Journal of Social and Personal Relationships
Mental Illness
Personal Relationships
Personality and Social Psychology Bulletin
Personality Disorders: Theory, Research, and Treatment
Sage Open
Scandinavian Journal of Psychology

COMMUNITY/OTHER SERVICE

- 2021-Present Couples Therapy and Treatment Peer Process and Consultation Group, Founder and Facilitator
- Facilitate monthly peer consultation meetings with doctoral-level clinicians across the United States specializing in evidence-based couples therapy.
 - Developed and implemented the group's structure, guidelines, and consultation model to promote a supportive, high-quality professional environment.
 - Integrate evidence-based couples therapy approaches (e.g., EFT, IBCT) to guide consultation on complex cases, ethical considerations, and treatment planning.
 - Provide a no-cost resource that enhances the quality of couples therapy services in the broader community through shared expertise and collaborative problem-solving.
 - Facilitate discussions on private practice sustainability, boundaries, and burnout prevention to support clinician wellbeing.