Kaytlyn “Kaytee” Gillis, LCSW

She/her

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# Education and Licensure

**PhD**  
Michigan State University, Expected 2028

**MSW**  
Tulane University, 2012

**B.A.**  
Clark University, Psychology, 2009

**Licenses:**

* LCSW- Louisiana Clinical License 12153- 2012 to current
* LMSW- Michigan Clinical License 2023-current

# Academic Positions

## Instructor: Psychology 316: Children Exposed to Domestic Violence

* Michigan State University, Department of Psychology, Summer 2024.

## Teaching ASSISTANT: Social Work 811: Perspectives in Human development

* Michigan State University, School of Social Work, Spring 2025

# Certifications

**Global Social Work** Dec 2012 - current

# Research Experience

**Graduate Research Assistant**  
Michigan State University, School of Social Work, 2023-current

* Program Evaluation
* Secondary Data Analysis

# Trainings Given

* **Grand Valley State University,** Supporting Clients with IPV, 2025
* **Grand Valley State University,** Supporting Clients with Family Trauma, 2025
* **Colibri Healthcare:** 3 Hour CEU on Domestic and Intimate Partner Violence in LGBTQ Relationships, ongoing
* **Colibri Healthcare:** 3 Hour CEU on Supporting Clients Who Experienced Parental Neglect and Abandonment, ongoing
* **Children’s Aid Society:** How Does Childhood Trauma Affect Parenting? Live Webinar, June 2024
* **Children’s Aid Society:** Impact of Narcissistic Family Structures, Live Webinar, Aug 2024
* **PESI:** When Does Relationship Conflict Tip Into Intimate Partner Violence, part of a 2 credit CEU with Psychotherapy Networker, 2023
* **Zur Institute:** Domestic and Intimate Partner Violence
* **Minnesota Society for Clinical Social Work:** Supporting Clients Experiencing Domestic Violence: Virtual Training, February 2024
* **Continue Learn:** Live CEU training on Family Dysfunction and Family Trauma, July 2022
* **ContinuED:** Annual Continuing Educator on topics of IPV and family trauma, 2023 to present.

# Select Publications

#### Academic Publications

* Kim, W., Kim, J., Cho, H., & **Gillis, K**. (2025). Suicide involving intimate partner problems among immigrants in the United States. Journal of Interpersonal Violence
* Cho, H., Allen, J., Nelson, A., & **Gillis, K.** (2025). Perceived helpfulness of formal and informal supports among collegiate survivors of intimate partner violence. Journal of Family Violence
* Cho H., Kim W., **Gillis K**., et al. (2024). *Intimate partner violence polyvictimization and female survivors’ help-seeking: variations by race/ethnicity*. Journal of Family Violence.

#### Published Works

* **Gillis, K**. (2025), *Supporting Clients who Experienced Parental Abandonment.* Psychotherapy Networker.
* **Gillis, K.** (2024), *Facing Post Separation Abuse*. Psychotherapy Networker.
* **Gillis, K**., & Turner, E. (2023), *Case Study: Uncovering Intimate Partner Violence: When Does Relationship Conflict Tip into Abuse?* Psychotherapy Networker.
* **Gillis, K**. (2022), *Three Myths about Domestic Violence…and How Social Media is Changing the way Clients think about it.* Psychotherapy Networker.

#### Books

* **Gillis K**. (2025). *Healing from Parental Abandonment and Neglect.* New Harbinger Publications
* **Gillis K**. (2023). *Breaking the Cycle: The 6 Stages of Healing from Childhood Family Trauma.* Clara’s Voice Publishing.
* **Gillis K.** (2023). *It’s Not “High-Conflict” It’s Post Separation Abuse.* Lisa Nicole Publishing.
* **Gillis K**. (2021). *Invisible Bruises: How a Better Understanding of the Patterns of Domestic Violence can help Survivors Navigate the Legal System.* Lisa Nicole Publishing.

#### Select Publications from Psychology Today Column

* **Psychology Today Column:** *Invisible Bruises*, [Psychology Today](https://www.psychologytoday.com/us/blog/invisible-bruises)
* **Gillis, K**. (2025, January 22). *Do some forms of trauma affect us more than others?* Psychology Today. <https://www.psychologytoday.com/articles/invisible-bruises/adverse-childhood-experiences>
* **Gillis, K.** (2024, December 31). *How attachment style influences risk for domestic abuse: Having an insecure attachment can increase risk of victimization*. Psychology Today. <https://www.psychologytoday.com/articles/invisible-bruises/attachment>
* **Gillis, K.** (2024, December 9). *The increased risks for rural intimate partner violence victims: Conditions in rural areas pose added risks to intimate partner violence victims*. Psychology Today. <https://www.psychologytoday.com/articles/invisible-bruises/domestic-violence>
* **Gillis, K.** (2024, November 20). *Do protection orders protect? The limitations of protection orders in cases of intimate partner violence*. Psychology Today. <https://www.psychologytoday.com/articles/invisible-bruises/domestic-violence>
* **Gillis, K.** (2024, September 28). *Unique factors for LGBTQ survivors of intimate partner violence: Biases and discrimination lead to lack of protection for LGBTQ survivors of IPV*. Psychology Today. <https://www.psychologytoday.com/articles/invisible-bruises/domestic-violence>
* **Gillis, K.** (2024, September 4). *BBC report finds social workers lack training to spot abuse: These findings highlight a critical gap in how to protect victims of IPV*. Psychology Today. <https://www.psychologytoday.com/articles/invisible-bruises/domestic-violence>
* **Gillis, K.** (2024, July 10). *How childhood trauma can impact the brain: New research highlights trauma's effects on memory and emotional response*. Psychology Today. https://www.psychologytoday.com/articles/invisible-bruises/trauma

# Invited Talks

* **APEC Permanency Conference:** General Speaker, Birmingham, AL, April 2025
* **National Association of Social Workers, Massachusetts Chapter Annual Conference,** Supporting LGBTQ Clients with Relationship Violence.May 2024
* **National Association of Social Workers, Nebraska Chapter Annual Conference,** Supporting LGBTQ Clients with Relationship Violence. September 2024
* ***Stand Up Survivor, Inc’s Annual Sister Survivor Conference,*** General Speaker. August, 2024
* **Stand Up Survivor, Inc’s *Annual Sister Survivor Conference*,** General Speaker, July 1, 2023
* **Stand Up Survivor, Inc Male & LGBTQ Survivors’ Virtual Summit:** General Speaker,May 2021
* **Doctor Radio, SiriusXM:** Live talk with NYU Langone Health discussing childhood trauma, 2023 and 2024
* **Doctor Radio, SiriusXM:** Live talk with NYU Langone Health discussing family estrangement, October 2024
* **Mental Health News Radio, SiriusXM:** Discussing Post Separation Abuse, 2023

# Select Media

* **BBC World News:** Is Online Relationship Advice Harmful? Live interview, May 2024
* **TIME Magazine:** Signs of Codependency in Families, October 2023
* **TIME Magazine:** Advice from a Therapist, April 2024
* **The Relationship Doctor, Dr. Wendy Walsh on iHeart radio, SiriusXM:** Live radio event, July 2022
* **Scripps News:** The Rise of “Therapy Speak:” Is it Harmful? November 2023
* **Cp24 News:** Live panel discussion about IPV and Kanye West’s behavior, March 2022
* **Shaye Ganam, 630CHED/770CHQR:** Live radio discussion on Intimate Partner Violence
* **Los Angeles Times:** Feeling Seen and Safe: Is Your Therapist the Right Fit For You? March 2023
* **Healthline:** How Common Is Domestic Violence? March 2023
* **Newsweek:** Parental abandonment of LGBTQ people, March 2023
* **National Bulletin on Domestic Violence:** Book review of *Invisible Bruises,* February 2023

# Service

**Research Consortium on Gender-Based Violence:**

Michigan State University, 2023 - present

**Research Consortium Sexual and Gender Minority Health:**

Michigan State University, 2023 - present

# Clinical Experience

**Private Practice**  
Kaytlyn Gillis LCSW, LLC, 2018-present

* Specializing in working with survivors of relationship and family trauma and the LGBTQ community.

**Rowley Alternative School,**

**Methodist School-Based Health Clinic,** July 2018-July 2023

* Providing therapy to middle and high school aged adolescents on a school campus.

**Beacon Behavioral Hospital**  
Director of Social Services, July 2017-July 2018

* Managing the social services staff in an inpatient hospital.

**Seaside Hospital, Intensive Outpatient Program**  
Clinical Director, July 2015-July 2017

* Managing the staff of therapists, nurses, and mental health techs in an intensive outpatient program.

**Beacon Behavioral Hospital**  
Hospital Social Worker July 2012-July 2015

* Managing the social services staff in an inpatient hospital.