

CURRICULUM VITAE

Hilary E. Towers

EDUCATION

M.S., Clinical Mental Health Counseling, Divine Mercy University, 2020.

Ph.D., Developmental Psychology, The George Washington University, 2003.

B.A., Psychology, Furman University, 1996.

PROFESSIONAL EXPERIENCE

Jun 1999 – Jul 2002 Research Assistant: Project Coordinator for Young Adult Sibling Study, Center for Family Research, Department of Psychiatry and Behavioral Sciences, George Washington University. Supervisor: Dr. Jenae Neiderhiser.

Spring 1999 Volunteer Research Assistant: Twin Mothers Project, Center for Family Research, Department of Psychiatry and Behavioral Sciences, George Washington University. Supervisor: Dr. Jenae Neiderhiser.

Sept 1997-May 1999 Graduate Teaching Assistant, Department of Psychology, George Washington University

Jan 1996 – Jan 1999 Behavior modification therapist for autistic and neurologically-impaired children.

Jun – Aug 1998 Research Assistant, Center for Family Research, Department of Psychiatry and Behavioral Sciences, George Washington University. Supervisor: Dr. Jenae Neiderhiser.

Dec 1997-Aug 1998 Volunteer Research Assistant, Department of Psychiatry, Johns Hopkins University

Feb-Jun 1996 Undergraduate Intern, The Gateway House, facility for the chronically mentally ill, Greenville, South Carolina

Jun-Sept 1995 Undergraduate Intern, Cheyenne Mesa Psychiatric Facility, Co Springs, Colorado

AWARDS

- 2000-2003 Family relationships and women's mental health. National Research Service Award (NRSA): Individual Predoctoral Fellowship.
- 1999-2000 Husbands as a source of nonshared environmental influence on twin mothers. Thelma Hunt Fellowship Award.

PUBLICATIONS – Online

- 2020. [“Improving Mental Health and Finding Sense of Purpose in the Time of COVID-19.”](#) The Free Lance Star, October 3.
- 2018. [“Back to Basics in “Made This Way.”](#) The Catholic Thing, December 29.
- 2018. [“Are the Church’s Teachings on Sexuality Still ‘Good News’ for the Divorced?”](#) National Catholic Register, June 27.
- 2017. [“In Psychology and Family Law, Worldviews Matter.”](#) Institute for Family Studies, July 25.
- 2017. [“Shared Parenting’ Hurts Many Victims of Marital Abandonment.”](#) Institute for Family Studies, June 1.
- 2017. [“Don’t Divorce: Powerful Arguments for Saving and Revitalizing Your Marriage.”](#) Mercatornet, April 21.
- 2017. [“Why Catholics Uncomfortable with ‘Amoris’ Aren’t ‘Dissenters.’”](#) Crux, January 29.
- 2016. [“#NeverTrump, #NeverClinton.”](#) The Catholic Thing, October 13.
- 2016. [“Dear Mr. Trump: If You Want to Make America Great Again, You’ve Got to Start with Marriage.”](#) Public Discourse, May 20.
- 2016. [“A Priest, a Psychologist, and Professors on The Joy of Love by Pope Francis.”](#) National Review Online, April 11.
- 2015. [“The Alternative to Annulment.”](#) National Catholic Register, October 2.
- 2015. [“The Supreme Court Has Legalized Gay Marriage: Now What? An NRO Symposium.”](#) National Review Online, June 27.
- 2015. [“Bruce Jenner, Marriage, and True Charity.”](#) The Catholic Thing, June 20.
- 2015. [“Discarding Real Love: The Desperate Cry of 50 Shades of Grey.”](#) National Review Online, February 13.
- 2014. [“What Happens in 2015? An NRO Symposium.”](#) National Review Online, December 31.
- 2014. [“What Is Most Important About Christmas? An NRO Symposium.”](#) National Review Online, December 24.
- 2014. [“Commitment to Vocation: A Theme for the New Evangelization.”](#) Ethika Politika, December 10 (With Fr. Juan Puigbo).
- 2014. [“Time to Challenge No-Fault Divorce.”](#) First Things, December 8 (With Thomas F. Farr).
- 2014. [“In For the Long Haul: Factors Contributing to the Marriage Crisis.”](#) Public Discourse, November 7.
- 2014. [“In Rome the Church Works to Save the Family.”](#) National Review Online, October 21.

- 2014. "[Acknowledging the Ones Who Stay: A New Approach to Studying Divorce.](#)" Institute for Family Studies, October 1.
- 2014. "Commitment to Marriage: A Letter to the Third Extraordinary Assembly of the Synod of Bishops." September 29 (With Thomas F. Farr).
- 2014. "[Reclaiming the Family: The Stakes Have Never Been Higher.](#)" National Catholic Register, September 29.
- 2013. "[A Guide to Saving Marriage.](#)" National Review Online, September 7.
- 2013. "[Creating Communities Centered on Marriage.](#)" National Catholic Register, July 14. (With Fr. Juan Puigbo).
- 2013. "[Protecting Marriage: Common Myths About Wedlock and Divorce.](#)" National Catholic Register, June 25. (With Fr. Juan Puigbo).
- 2013. "[Sanford's Win: A Loss For Conservatives.](#)" National Review Online, May 8.
- 2012. "[Rick Santorum is Right About Pornography.](#)" National Review Online, March 19.
- 2012. "[Marriage and the Catholic Church: We Need a Counter-Revolution.](#)" Catholic News Agency, March 5. (With Mike McManus).
- 2011. "[Newt Gingrich, the Catholic Church and Spousal Abandonment.](#)" Catholic Vote, May 11.
- 2011. "[It is Time for the Church to Face Up to the Crisis of Spousal Abandonment.](#)" Catholic News Agency, March 4.
- 2010. "Getting Serious About Pornography." National Review Online, March 31.

PUBLICATIONS – Academic Journals

Towers, H., Spotts, E., Neiderhiser, J., Hetherington, E.M., Plomin, R., & Reiss, D. (2000). Genetic and environmental influences on teacher ratings of the Child Behavior Checklist. International Journal of Behavioral Development, 24(3), 373-381.

Towers, H. Spotts, E., & Neiderhiser, J. (2002). Genetic and environmental influences on parenting and marital relationships: Current Findings and Future Directions. Marriage and Family Review, 33(1), 11-29.

Towers, H. (2003). Contributions of current family factors and life events to women's adjustment: Nonshared environmental pathways. Dissertation Abstracts International: Section B: The Sciences and Engineering, 63(12-B), 6123.

Towers, H., Spotts, E. & Reiss, D. (2003). Uncovering the complexity of genetic and environmental influences on family relationships. In F. Walsh, [Ed]. Normal family processes: Growing diversity and complexity. (3rd ed.). (pp. 608-631). New York, NY, US: Guilford Press; US.

Spotts, E. L., Neiderhiser, J.M., Towers, H., Hansson, K., Lichtenstein, P., Cederblad, M., Pederson, N. L., & Reiss, D. (2004). Genetic and environmental influences on marital relationships. Journal of Family Psychology, 18(1), 107-119.

Spotts, E., Towers, H. & Reiss, D. (2006). Behavior genetics, families and mental health. In S.M.Miller, S.McDaniel, J. Rolland, & S. Feetham (Eds.), Individuals, families, and the new era of genetics: Biopsychosocial perspectives. (pp. 197-227). New York, NY, US: W W Norton & Co; US.

PRESENTATIONS & MEDIA APPEARANCES

- 2017. "[Cultivating Marital Commitment to Reduce Poverty: Bringing the Gospel of Marriage to the Poor](#)." Catholic Women's Symposium. Washington, DC. March 30-31.
- 2015. "[Commitment as an Antidote to 'Moving On: The Role of Millennials in Reviving Lifelong, Faithful Marriage](#)." Love and Fidelity Network conference on Sexuality, Integrity and the University, Princeton, NJ. October 30-31.
- 2015. "Reviving Marriage: The Commitment Factor." Archbishop's Lecture Series, Archdiocese of Philadelphia. May 5.
- 2015. "Marriage-Centered Communities: How to Build a Marriage Ministry in Your Parish." Workshop. Philadelphia, PA. May 5.
- 2015. "Reviving Marriage: Fostering Commitment in a Culture of the Temporary." Catholic Women's Symposium. Washington, DC. April 16-17.
- 2014. [Register Radio](#). October 10.
- 2014. [EWTN Nightly News](#). October 10.
- 2013. "[Devastation: Why Divorce Must Decline for America to Prosper](#)." Family Research Council. November 6.

PROFESSIONAL ACTIVITIES

Non-resident scholar, Baylor University's Institute for Studies of Religion (ISR), 2017 -
Catholic Women's Forum, 2015 -