



Karen Skerrett (US)

Karen Skerrett is a clinical psychologist and former faculty member at the Chicago Center for Family Health, an affiliate of the University of Chicago, from which she earned her PhD in Human Development. She was most recently senior staff at the Family Institute/Center for Applied Psychological Studies, Northwestern University and Clinical Associate Professor in the Department of Psychology at Northwestern. Prior to that she was an Associate Professor at the University of San Diego, where she designed and implemented the first doctoral program in advanced practice/Psychiatric Mental health nursing in southern California. She maintains ties to her dual training as a nurse and psychologist through a long-term clinical and consulting practice specializing in the treatment of couples and

families, particularly those challenged by illness and disability. Her research focuses on resilient processes in couples across the lifespan and strength-based approaches to couple treatment. She has been lead investigator of the *Couple Story Project*, a collection of individual and partner narratives for the past 15 years. In addition to publishing numerous book chapters and journal articles, she is the author (with Jefferson Singer) of *Positive Couple Therapy: Using We-Stories to Enhance Resilience* (Routledge, 2014), co-editor with Karen Fergus of *Couple Resilience: Emerging Perspectives* (Springer, 2015). Author of a monthly newsletter: "Practicing Wisdom" that highlights her current focus on relational wisdom and intentional aging, her work has appeared in the Chicago Tribune, Parents Magazine, Psychology Today, The Psychotherapy Networker and the San Diego Union Tribune. Her most recent book is *Growing Married: Creating Stories for a Lifetime of Love* (Life Cycle Press, 2022).