

# CURRICULUM VITAE

Tea Lyngaae Trillingsgaard (TLT), updated Jan 2025

## PERSONAL INFORMATION

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Born 30.01.1977, Aarhus, Danish Citizen

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## EDUCATION

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<b>SUMMED</b>	TLT is Ph.D. in Clinical Psychology from Aarhus University (2012), licensed psychologist, and certified IBCT couple therapist and consultant.
January, 2021	Consultant in Integrative Behavioral Couple Therapy.
December, 2019	Certified therapist in Integrative Behavioral Couple Therapy.
June, 2012	Ph.D. in Clinical Psychology, Aarhus University.
December, 2007	Licensed psychologist, Dansk Psykolognævn.
September, 2004	Master's degree in Psychology, Aarhus University.
June, 2001	1 year of studies at Institute of Psychology, Copenhagen.
June, 1997	1 year of studies at Yuba College, California.

## ACADEMIC POSITIONS

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<b>SUMMED</b>	TLT has 12 years of research experience (after PhD), hereof 8 years as senior researcher, and 5 years in research leadership. In addition, she did 2 years of full-time employment as clinical psychologist.
Since 1.5.2019	Head of the Couple and Family Research Lab.
Since 1.10.2016	Associate Professor in Developmental Psychology, Aarhus University.
1.8.2012 - 1.9.2016	Postdoc in Developmental Psychology, Aarhus University.
18.2.2012 - 31.7.2012	Research assistant at Department of Psychology, Aarhus University.
1.1. 2007 - 17.2.2012	Ph.D. student at Department of Psychology, Aarhus University.
1.3.2005 - 31.12.2006	Clinical psychologist at Center for Børnerådgivning og Adoption, Vejle Amt.
1.9.2002 - 1.2.2004	Student instructor at Department of Psychology, Aarhus University.

## RESEARCH INTEREST

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### SUMMED

My research focuses on understanding and addressing the dynamics of behavior, emotion, and interaction within parents, couples, and families. By exploring developmental processes and designing interventions, I aim to prevent and mitigate relational challenges through evidence-based approaches. A core focus of my work is generating dual impact by advancing scientific knowledge and developing practical solutions to support individuals and families in real-world settings. This includes innovative methods to enhance relationships and improve well-being, bridging the gap between research and practice for meaningful societal change.

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## PEER-REVIEWED ARTICLES

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### SUMMED

> 30 scientific articles appearing in peer-reviewed journals  
hereof 26 in top ranking journals (Q1, [www.scimagojr.com](http://www.scimagojr.com) )  
hereof 26 as first author (14) or last author (12)

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Highlighted first-authored publications:

#4 in Social Science and Medicine (IF 4.9)

#12 in Social Science and Medicine (IF 4.9)

#23 in Journal of Consulting and Clinical Psychology (IF 4.5)

Highlighted last-authored publications:

# 2 in Journal of Family Psychology (IF 2.3)

# 3 in Journal of Applied Developmental Psychology (IF 2.2)

#11 in Journal of Marital and Family Therapy (IF 1.8)

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1. **Trillingsgaard, T.**, Hansen, F. G, Fentz, H. N. (accepted). Comparing the OurRelationship Program and Bibliotherapy for Parents Experiencing Couple Distress: A Randomized Pilot. *Journal of Marital and Family Therapy*.
  2. Fentz, H. N., Houmark, M. A., Simonsen, M., & **Trillingsgaard, T.** (2024). Ready for the Transition to Parenthood? Predicting Relationship Satisfaction Trajectories from Prenatal Indicators of Low Readiness. *Journal of Family Psychology*. Advance online publication.
  3. Greve, L. T., Fentz, H. N., & **Trillingsgaard, T.** (2024). Cumulative risk predicting differential effectiveness of the incredible years parent-training. *Journal of Applied Developmental Psychology*, 95. 101710. <https://doi.org/10.1016/j.appdev.2024.101710>
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4. **Trillingsgaard, T.**, Fentz, H. N., & Simonsen, M. (2024). Does Group-Based Parent Support during the Transition to Parenthood affect Child Socio-Emotional Problems and Health Care Utilization? A Randomized Controlled Trial. *Social Science and Medicine*, 347. <https://doi.org/10.1016/j.socscimed.2024.116741>
  5. Leth-Nissen, A. B., Fentz, H. N., Wellnitz, K. B. & **Trillingsgaard, T. L.** (2024). Development and Validation of the Assessment Inventory on Relationship Risks and Resources (AIRR). *Family Relations*, 73, 2490-2509. <https://doi.org/10.1111/fare.13007>
  6. Kluwer, E. S. & **Trillingsgaard, T.** (in press). Psychological Perspectives on Partnering. in Research Handbook on Partnering across the Life Course” edited by Dimitri Mortelmans, Laura Bernardi & Brienne Perelli-Harris for the Series “Research Handbooks in Sociology” by Edward Elgar Publishing
  7. Warrington, S. Ø., Trillingsgaard, T., Leth-Nissen, A. B., & Fentz, H. N. (2024). Focusing on the Positive: Self-Selected Relationship Strengths as an Indicator of Relationship Distress. *Journal of Couple & Relationship Therapy*, 23(1), 62–77. <https://doi.org/10.1080/15332691.2023.2279551>
  8. Tangelev, L. G., Fentz, H. N., & **Trillingsgaard, T.** (2023). Parent Training for 839 Families Experiencing Disruptive Child Behavior across 19 Danish Community Sites: A Benchmark Effectiveness Study. *Scandinavian Journal of Psychology*, 64, 693-704.
  9. Leth-Nissen, A. B., Fentz, H. N., **Trillingsgaard, T.**, & Stadler, G. (2023). Randomized Controlled Trial of the Marriage Checkup: Stress Outcomes. *Journal of Marital and Family Therapy*, 49(1), 242-259. <https://doi.org/10.1111/jmft.12620>
  10. Leth-Nissen, A. B., Fentz, H. N., Stadler, G., **Trillingsgaard, T.** (2023). A randomized controlled trial of a 5-year marriage checkup booster session for a subsample of responder couples. *Journal of Marital and Family Therapy*, 49, 49-73. <https://doi.org/10.1111/jmft.12601>.
  11. Fentz, H. N., Nygaard, K., Simonsen, M., & **Trillingsgaard, T.** (2021). The Influence of Depressive Symptoms on Parenting: Examining Longitudinal Dyadic Spillover and Crossover Processes during the Transition to Parenthood. *Journal of Family Issues*. <https://doi.org/10.1177/0192513X211051387>
  12. **Trillingsgaard, T.**, Maimburg, R. D., & Simonsen, M. (2021). Group-based parent support during the transition to parenthood: Primary outcomes from a randomised controlled trial. *Social Science & Medicine*, 287. <https://doi.org/10.1016/j.socscimed.2021.114340>.
  13. Turliuc, M. N., Milek, A., & **Trillingsgaard, T.** (2021). Editorial: Individual versus Dyadic Processes: Health and Relationship Outcomes. *Frontiers in Psychology*, 12, [714548]. <https://doi.org/10.3389/fpsyg.2021.714548>
  14. Fentz, H. N., Simonsen, M., & **Trillingsgaard, T.** (2019). General, interpersonal, and gender role specific risk factors of postpartum depressive symptoms in fathers. *Journal of Social and Clinical Psychology*, 38(7), 545-567. <https://doi.org/10.1521/jscp.2019.38.7.545>
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15. **Trillingsgaard, T.,** Sørensen, T. K., & Nørr Fentz, H. (2019). Relationship Help-seeking in a Danish Population Sample. *Journal of Marital and Family Therapy, 45*(3), 380-394. <https://doi.org/10.1111/jmft.12347>.
  16. **Trillingsgaard, T.,** Fentz, H. N., Simonsen, M., & E. Heyman, R. (2019). The prevalence of intimate partner violence among couples signing up for universally offered parent preparation. *PLOS ONE, 14*(10). <https://doi.org/10.1371/journal.pone.0223824>
  17. Kristensen, I. H., Simonsen, M., Trillingsgaard, T., Pontoppidan, M., & Kronborg, H. (2018). First-time mothers' confidence mood and stress in the first months postpartum: A cohort study. *Sexual & Reproductive HealthCare, 17,* 43-49. <https://doi.org/10.1016/j.srhc.2018.06.003>
  18. **Trillingsgaard, T.,** & Sommer, D. (2018). Associations between older maternal age, use of sanctions, and children's socio-emotional development through 7, 11, and 15 years. *European Journal of Developmental Psychology, 15*(2), 141-155. <https://doi.org/10.1080/17405629.2016.1266248>.
  19. Rimestad, M. L., Trillingsgaard, T., O'Toole, M. S., & Hougaard, E. (2018). Combining parent and teacher training for early ADHD: A randomized study of effectiveness. *Journal of Child and Family Studies, 27*(5), 1567-1578. <https://doi.org/10.1007/s10826-017-0982-3>
  20. Kristensen, I. H., Simonsen, M., Trillingsgaard, T., & Kronborg, H. (2017). Video feedback promotes relations between infants and vulnerable first-time mothers: a quasi-experimental study. *BMC Pregnancy and Childbirth, 17*(1), 379. <https://doi.org/10.1186/s12884-017-1568-1>.
  21. Kristensen, I. H., Trillingsgaard, T., Simonsen, M., & Kronborg, H. (2017). Are Health visitors' observations of early parent-infant interactions reliable? A cross-sectional design. *Infant Mental Health Journal, 38*(2), 276-288. <https://doi.org/10.1002/imhj.21627>
  22. Fentz, H. N., & **Trillingsgaard, T.** (2017). Checking up on couples – a meta-analysis of the effect of assessment and feedback on marital functioning and individual mental health in couples. *Journal of Marital and Family Therapy, 43*(1), 31-50. <https://doi.org/10.1111/jmft.12185>.
  23. **Trillingsgaard, T.,** Nørr Fentz, H., Hawrilenko, M., & Cordova, J. (2016). A randomized controlled trial of the Marriage Checkup adapted for private practice. *Journal of Consulting and Clinical Psychology, 84*(12), 1145-1152. <https://doi.org/10.1037/ccp0000141>.
  24. Korsgaard, L., Steenberger, S. & **Trillingsgaard, T.** (2016). Det Gyldne Øjeblik i Parforholdet. *Psyke & Logos, 37,* 118-143.
  25. **Trillingsgaard, T.,** Maimburg, R. D., & Simonsen, M. (2015). The Family Startup Program: study protocol for a randomized controlled trial of a universal group-based parenting support program. *B M C Public Health, 15*(409). doi:10.1186/s12889-015-1732-3
  26. **Trillingsgaard, T.,** Trillingsgaard, A., & Webster-Stratton, C. (2014). Assessing the effectiveness of the 'incredible years® parent training' to parents of young children with
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- ADHD symptoms—A preliminary report. *Scandinavian Journal of Psychology*, 55(6), 538-545. doi: 10.1111/sjop.12155
27. **Trillingsgaard, T.**, Sommer, D., Lasgaard, M., & Elklit, A. (2014). Adult attachment and the perceived cost of housework and childcare. *Journal of Reproductive and Infant Psychology*, 32(5), 508-519. doi: 10.1080/02646838.2014.945516.
28. **Trillingsgaard, T.**, Baucom, K. J. W., & Heyman, R. E. (2014). Predictors of change in relationship satisfaction during the transition to parenthood. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 63(5), 667-679. doi: 10.1111/fare.12089.
29. **Trillingsgaard, T.**, Baucom, K. J. W., Heyman, R. E., & Elklit, A. (2012). Relationship interventions during the transition to parenthood: Issues of timing and efficacy. *Family Relations*, 61, 770-783. doi: 10.1111/j.1741-3729.2012.00730.x
30. **Trillingsgaard, T.** (2012). *Relationship Satisfaction During the Transition to Parenthood: Preventing and Predicting Distress*. Aarhus: Department of Psychology and Behavioural Sciences, Aarhus University.
31. Lasgaard, M., Goossens, L., Bramsen, R. H., Trillingsgaard, T., & Elklit, A. (2011). Different sources of loneliness are associated with different forms of psychopathology in adolescence. *Journal of Research in Personality*, 45(2), 233-237. doi: 10.1016/j.jrp.2010.12.005
32. **Trillingsgaard, T.**, Elklit, A., Shevlin, M., & Maimburg, R. D. (2011). Adult attachment at the transition to motherhood: Predicting worry, health care utility and relationship functioning. *Journal of Reproductive and Infant Psychology*, 29(4), 354-363. doi: 10.1080/02646838.2011.611937.
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## DEVELOPMENT OF PRODUCTS FOR THE PUBLIC SECTOR

**SUMMED** TLT developed and implemented innovative, evidence-based interventions and training programs to support couples and families facing relational challenges, with a focus on accessibility and scalability. These efforts have reached thousands of couples and professionals across Denmark and internationally, driving measurable improvements in relationship health and therapeutic competencies.

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### 1. E-Therapy Program for Couples

- **Description:** Built a Danish version of an 8-week long digital therapy program for couples (developed by Professors Brian Doss and Andrew Christensen in the US at [www.OurRelationship.com](http://www.OurRelationship.com)). The program focuses on strengthening emotional intimacy, communication and conflict behavior, using principles of Integrative Behavioral Couple Therapy (IBCT).
  - **Role:** Lead Developer, collaborating with US program developers, Danish therapists, and software developers. Principle investigator on pilot RCT and ongoing RCT.
  - **Impact:** Program adopted by family counseling agencies in **11 Danish municipalities**, supporting over **500 couples** in its first year.
  - **Example:** ["Parfokus"](#)
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### 2. Website for Public Awareness of Relationship Health

- **Description:** Initiated and collaborated on the development of an informative website, designed and launched by the NGO Center for Family Development, to promote healthy relationships. Contributed to the creation of evidence-based articles, self-assessment tools, and resources aimed at helping couples enhance their relationships.
  - **Role:** Content Contributor and Quality Assurance Lead, ensuring accuracy, relevance, and usability of the website's materials.
  - **Impact:** The website provides accessible tools and resources to improve communication and resolve conflicts in relationships.
  - **Example:** [www.voresparforhold.dk](http://www.voresparforhold.dk)
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### 3. Manual for Evidence-Based Brief Couple Counseling

- **Description:** Authored and validated a step-by-step manual for conducting structured brief interventions for couples experiencing varying degrees of relationship distress, using principles of Integrative Behavioral Couple Therapy (IBCT) and based on key elements from the **Marriage Checkup** by Professor James Cordova.

- **Role:** Principal Author and Lead Researcher in piloting and testing the manual through trials and five-year follow-up results.
  - **Impact:** Over **200 therapists in Denmark** and **150 therapists in Norway** have been certified to use the manual, reaching more than **3,000 couples** across these countries.
  - **Example:**
    - Trillingsgaard, T., Stølen-Due, M., Steenberger, S., & Fentz, H. (2016). *Par-tjek Manualen* [The Manual for Couple Checkup]. KBH: Center for Familieudvikling.
    - Trillingsgaard, T., Due, M. S., Nørr Fentz, H., & Steenberger, S. (2018). *Par-sjekk Manualen* [The Manual for Couple Checkup in Norwegian]. Center for Familieudvikling.
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#### 4. Digital Assessment Tool for Relationship Health

- **Description:** Created a digital tool for assessing relationship dynamics, including areas such as conflict communication, co-parenting, responsive attention, and sexual satisfaction.
  - **Role:** Concept Developer and Researcher responsible for validation studies.
  - **Impact:** Used by over **7,000 couples** in Denmark and Norway, and by more than **300 individual therapists** and family counseling agencies in **11 Danish municipalities**, enabling quicker and more precise identification of areas for intervention in couple therapy.
  - **Example:**
    - Trillingsgaard, T., & Fentz, H. N. (2015). *Feedback-rapporten* [The Feedback Report]. Workbook for couples receiving a Couple Checkup or beginning couple therapy.
    - Trillingsgaard, T., & Fentz, H. N. (2015). *Vejleder-rapporten* [The Therapist Report]. PDF report for therapists conducting a Couple Checkup or beginning couple therapy.
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#### 5. Podcast: VoresParforhold [OurRelationship]

- **Description:** The podcast **VoresParforhold** explores the complexities of couple relationships, from moments of joy to periods of crisis. It delves into the ups and downs of love, focusing on underlying challenges couples face and providing lived experiences and evidence-based insights for navigating them.
  - **Role:** Co-hosted the first season with **7 episodes**.
  - **Impact:** Reached a wide audience with **76,000+ downloads**, offering practical tools and perspectives to help couples improve their relationships.
  - **Example:** [Podcast on Spotify](#)
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## 6. IBCT Training Program – Aarhus University & University of Nîmes (2023–2024)

- **Description:** Designed and delivered multiple iterations of a postgraduate training program in **Integrative Behavioral Couple Therapy (IBCT)**, an evidence-based approach to couple therapy. The training program utilized a combination of fully virtual (Zoom-based) and hybrid formats to cater to international and local audiences.
- **Role:** Organizer, Trainer, and Clinical Supervisor, in collaboration with distinguished research professor Andrew Christensen from the University of California, Los Angeles (UCLA). Responsible for curriculum development, facilitation, and ensuring integration of the latest IBCT research.
- **Impact:**
  - **International Iterations (2023):** First fully virtual iteration trained **77 professionals from 7 countries**, enhancing global access to IBCT expertise.
  - **Danish Iterations (2024):** Conducted **4 hybrid trainings** in Denmark, training over **100 local therapists**.
  - **University of Nîmes, France (2024):** Delivered an on-site iteration to a cohort of **35 participants**, focusing on adapting IBCT to French cultural contexts.
- **Example:** Across all nationalities, participants reported significant improvements in their therapeutic competencies, and **93% being interested in attending this or similar professional training again in the future** according to post-training evaluations.
- **Future Plans:** A second international virtual iteration is being planned for 2026, with additional in-person and hybrid sessions under development.

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## 7. Public Sector Implementation Model

- **Description:** Designed and implemented a Stepped Care Model for family agencies to support parenting couples experiencing high conflict and distress. The model fosters task-sharing between NGOs, the public sector, and the university, integrating a range of evidence-based services tailored to the severity of issues. These services include digital tools, structured self-help resources, and evidence-based couple therapy (referencing products #1–#6 above).
- **Role:** Lead Developer and Project Coordinator. Responsible for designing the model, training therapists, and overseeing its implementation across multiple municipalities. Principle investigator on two research grants.
- **Impact:** Successfully implemented across **4 municipalities**, involving **20 therapists** and **1,161 users (parents)** in the first year. In 2025, **7 new municipalities** and **35 new therapists** are onboarded. The model, now supported by a grant from **Social- og Boligstyrelsen**, provides a scalable, evidence-based approach for municipalities to support parenting couples in distress, improving both relational and co-parenting dynamics.
- **Example:** The first data show that the model improves client utilization of couple therapy. As measured by pre- and post-intervention assessments, the model reduced conflict levels, improved co-parenting, and enhanced child adjustment.



## CONFERENCE PRESENTATIONS AND PUBLICATIONS

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### Invited Talks (delivered)

1. **Trillingsgaard, T.** (2024). Integrative Behavioral Couple Therapy. Colloque sur la Therapie de Couple, June 20-22, Université de Nîmes, France.
2. **Trillingsgaard, T.** (2024). Couple Conflict and High-Distress Families: Theory and Intervention Strategies. Welfare policies and the everyday life of families, Roskilde University, Danmark.
3. **Trillingsgaard, T.** (2022). Evidence Base Updates. The annual European Incredible Years Meeting, May, 2022 in Aarhus.
4. **Trillingsgaard, T.**, Hansen, F., Simonsen, M. (2022). Causes of Inequality in Childrens Health and Adjustment, Family Structure versus Family Process. First PIREAU workshop, October 2022, Aarhus University.
5. **Trillingsgaard, T.** (2019). Strengthening Intimate Relationships. The 33rd Congress of the European Federation of Psychology Students' Association (EFPSA), Grenaa, Danmark.

### Symposia and Panel Presentations (delivered)

6. Salivar, E. G., Roddy, M. K., Hirlemann, A. M., **Trillingsgaard, T.**, Guttman, S., Hatch, G., & Braithwaite, S. R. (2023). New horizons of digital relationship research. Expanding methods, Reach, and Application. Abstract from ABCT 57th Annual Convention, Seattle, USA
7. Crasta, D., Knopp, K., Britton, P., **Trillingsgaard, T.**, & Cordova, J. (2023). Replacing "Too Little, Too Late" with "a Bit Less, a Bit Sooner". Exploring the Potential of a Stepped-Care Approach to Relationship Health. Abstract from ABCT 57th Annual Convention, Seattle, USA.
8. **Trillingsgaard, T.**, Fentz, H. N., & Hansen, F. G. (2023). Stepped Care Treatment for Couple Distress: First data from a multi-site implementation. Abstract fra 11 biannual conference of the European Society on Family Relations, Roskilde, Danmark
9. Don, B., Kluwer, E., Meier, F., **Trillingsgaard, T.** (2021) Coping with the transition to parenthood. New insights on relationship change. The Family Startup Program: Results from a randomized controlled trial of a universal group-based parenting support program. Abstract for 2021 Virtual Conference in International Association Relationship Research IARR, London, UK.
10. Gray, T., Hatch, G, Rothman, K., **Trillingsgaard, T.**, Cordova, J., Doss, B. (2018). Bringing people together: Using technology to broaden the reach, improve the impact, and evaluate the effectiveness of relationship interventions. Presentation title: Building Survey Tool Technology Into Protocol and Therapist Training. ABCT 52nd Annual Convention, Washington DC, USA.
11. **Trillingsgaard, T.**, Fentz, H. N., Rottmann, N., & Øverup, C. S. (2019). Couples' health, satisfaction, and intervention. Abstract, Intimate Relationship Research in Europe, Sønderborg, Denmark.
12. **Trillingsgaard, T.**, Nørr Fentz, H., Hawrilenko, M., & Cordova, J. (2017). Checking up on couples: Long term results from a randomized controlled trial of Par-tjek. Abstract fra Child Development: The Roles of the Family and Public Policies, Vejle, Denmark.

13. **Trillingsgaard, T.**, Nørr Fentz, H., Hawrilenko, M., & Cordova, J. (2017). Relationship Health Care: Disseminating and Implementing the Marriage Checkup Across Diverse Settings. Presentation title: A Randomized Controlled Trial of the Marriage Checkup Adapted for Private Practice in Denmark . Abstract, Association of Behavioral and Cognitive Therapies, Annual Convention, San Diego, California, USA.
14. Baucom, K., Baucom, D., Doss, B., Gordon, K. C. C., Heyman, R. E., Stanley, S. M., & **Trillingsgaard, T.** (2013). Beyond the intent to reach: Recruitment of couples for intervention research. Panel presentation at the 48th Annual Convention in the Association for Behavioral and Cognitive Therapies, Nashville, USA.

**Poster presentations (delivered)**

15. **Trillingsgaard, T.**, & Williams Baucom, K. (2011). Predicting Individual and Interpersonal Adjustment across the Transition to Parenthood. Poster, at 45th ABCT Annual Convention, Toronto, Canada.
16. **Trillingsgaard, T.** (2009). Adult attachment, perceived partner support and dyadic adjustment at transition to parenthood. Abstract and poster at XIVth European Conference on Developmental Psychology, Vilnius, Litaun.

**Co-authored presentations (not presenter)**

17. Fentz, H. N., & **Trillingsgaard, T.** (2023). Examining the Feasibility of the Implementation of a Self-help Program for Couples. Abstract fra The European Society on Family Relations , Roskilde, Denmark
18. Hansen, F. G., Wüst, M., Simonsen, M., & **Trillingsgaard, T.** (2023). Causal effects of couple-focused interventions on family health and economics. Abstract from ABCT 57th Annual Convention, Seattle, USA.
19. **Trillingsgaard, T.**, Hansen, F. G., & Fentz, H. N. (2023). Implementation of the OurRelationship program in a Danish context: Differential effects of recruitment method?. Abstract fra 11 biannual conference of the European Society on Family Relations , Roskilde, Denmark
20. Greve, L. T., Fentz, H. N., & **Trillingsgaard, T.** (2023). Exploring contextual, individual and family-level moderators of the effectiveness of the Incredible Years Parent-training Program on Disruptive Child Behaviors in Preschool and School-aged Children. Abstract fra ESFR: European Society on Family Relations congress, Roskilde, Denmark
21. Greve, L. T., Fentz, H. N., & **Trillingsgaard, T.** (2023). Effectiveness of IYPT on disruptive child behaviors in 842 Danish families - a benchmark study. Abstract fra Network Meeting, Manchester, Storbritannien.
22. Lauritzen, K, Michelsen, IL, Faber, NH, Mertz, B, Flyger, H, Zachariae, R, Johannsen, M, Trillingsgaard, T, Giraldi, A, von Heyman, A. (2022). Stick Together – A feasibility study of a digital dyadic intervention for younger breast cancer patients and their partners. Abstract from the International Psycho-Oncology Society Conference, Aug/Sep 2022 in Toronto.
23. Leth-Nissen, A. B., Fentz, H. N., Trillingsgaard, T., & Stadler, G. (2021). Interventions through the Relationship Life Cycle: Lessons Learned from Denmark. Abstract fra International Association Relationship Research IARR London (Virtual conference).

24. Fentz, H. N., & **Trillingsgaard, T.** (2021). Piloting the web-based OurRelation program in a Danish context. Abstract fra International Association Relationship Research IARR London (Virtual conference).
25. Fentz, H. N., Simonsen, M., & **Trillingsgaard, T.** (2019). The influence of postnatal depressive symptoms on parenting in couples: Examining spillover, crossover and compensatory processes. Abstract, 9th World Congress of Behavioural and Cognitive Therapies 2019, Berlin.
26. Nørr Fentz, H., Trillingsgaard, T., & Simonsen, M. (2018). General, Interpersonal, and Gender Role Specific Risk Factors of Postnatal Depressive Symptoms in Danish Fathers and Mothers. Poster at Association of Behavioral and Cognitive Therapies, Annual Convention, Washington DC.
27. Kristensen, I. H., Simonsen, M., Trillingsgaard, T., & Kronborg, H. (2017). Video feedback promotes the early relations between infants and vulnerable first time mothers: A quasi-experimental study of the Marte Meo method. Abstract fra Nordisk Folkesundhedskonference, Aalborg, Denmark.
28. Fentz, H. N. & **Trillingsgaard, T.** (2016) Checking up on Couples - a Meta-Analysis of the Effect of Assessment and Feedback on Marital Functioning and Individual Mental Health in Couples. Poster at the 50th Annual Convention of the Association of Behavioral and Cognitive Therapies, October 2016, New York.
29. Sørensen, T. K., Fentz, H. N., & **Trillingsgaard, T.** (2016). Help-seeking behaviors among Danish couples. Abstract and poster presentation at the 50th Annual Convention of the Association of Behavioral and Cognitive Therapies, October 2016, New York.
30. Kristensen, I. H., Simonsen, M., Trillingsgaard, T., & Kronborg, H. (2016). Video feedback promotes early relations between infants and vulnerable first-time mothers. A quasi-experimental study: Oral presentation WAIMH congress. Abstract and poster presentation at 15th World Congress of the World Association for Infant Mental Health, Prag, Tjekkiet.
31. Kristensen, I. H., Simonsen, M., Trillingsgaard, T., & Kronborg, H. (2014). Early Parent-infant Interactions; Are Health Visitors' Observations Reliable. A cross-sectional study of Marte Meo therapists' Competence. Conference abstract and poster presentation, World Association of Infant Mental Health, 14th World Congress, June 2014, Edinburgh, Scotland.

## EVALUATION REPORTS

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1. **Trillingsgaard, T.**, Fentz, H. N., & Hansen, F. G. (2024). *Styrk Familiens Trivsel: Midtvejsanalyser*. Psykologisk Institut. [https://psy.au.dk/fileadmin/ingen\\_mappe\\_valgt/StyrkFamiliensTrivsel\\_midtvejsanalyser.pdf](https://psy.au.dk/fileadmin/ingen_mappe_valgt/StyrkFamiliensTrivsel_midtvejsanalyser.pdf)
2. **Trillingsgaard, T.** & Nørr, H. F. (2022). Pilot Report. Piloting Methods for an RCT of "OurRelationship.dk". A Web-Based – Primarily Self-Help – Program for Couples with High Levels of Conflict or Distress. Department of Psychology and Behavioral Sciences, Aarhus BSS, Aarhus University. Report submitted to Trygfonden.

3. Matthiesen, S. M. S., Riddersholm, L., Jensen, G. B., Jørgensen, K. S., & **Trillingsgaard, T.** (2017). *Evaluering af parrådgivning: Børnecentret, Socialforvaltningen, Aarhus Kommune*. Århus Kommune, Socialforvaltningen.
4. Simonsen, M., & **Trillingsgaard, T.** (2019). *Familieiværksætterne: en indledende analyse*. Aarhus Universitet.
5. **Trillingsgaard, T.**, Trillingsgaard, A., & Webster-Stratton, C. (2017). *Virkningen af De Utrolige År forældretræning i forhold til yngre børn med ADHD symptomer [The effectiveness of the Incredible Years Parent Training to younger children with ADHD symptoms]*. Conference presentation at the conference "ADHD. Når praksis og forsknings går hånd i hånd [ADHD. When linking practice and research]", Aarhus, October, 2017.
6. Bramsen, R. H., Poulsen, A. K. H., Sørensen, T. K., & **Trillingsgaard, T.** (2016). *Evaluering af behandlingstilbud til voldsudøvende mænd og deres familier: Ved Krisecenter Odense [Evaluation of treatment of partner violence offered to male offenders and their families at Crisis Center Odense]*. Odense: Syddansk Universitet.
7. Trillingsgaard, A., & **Trillingsgaard, T.** (2014). *Virkningen af De Utrolige Års forældretræning i forhold til yngre børn med ADHD-symptomer*. Aarhus: Center for ADHD.
8. **Trillingsgaard, T.** (2007). Parforholdet - ikke kun en privatsag. *Psykolog Nyt*, 61(2), 6-9.
9. **Trillingsgaard, Tea**; Edelslund, Susanne; Agerkvist, Heidi. (2006) *Parrådgivning i Vejle Amt : Erfaringer og resultater.* / Vejle Amt. 49 s.
10. **Trillingsgaard, T.** (2005). *Vejen ud af anoreksi: Fortalt af fem tidligere patienter*. Århus: Aarhus Universitetshospital, Århus Amt. Psychoeducational book for patients with Anorexia Nervosa.
11. **Trillingsgaard, T.** (2005) *Motivation for forandring hos personer med anoreksi.* / I: Nyhedsbrev, Nr. 3, 2005. Article in newsletter for the Danish Society of Eating Disorders.

## PSYCHOEDUCATIONAL PUBLICATIONS

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1. **Trillingsgaard, T.** & Nørr, H. F. (2019). *Læsevejledning til Pas på Parforholdet. Sådan bruger du bogen. A bibliotherapy guide for couples*. Aarhus University.
2. **Trillingsgaard, T.** (2005). *Vejen ud af anoreksi: Fortalt af fem tidligere patienter*. Århus: Aarhus Universitetshospital, Århus Amt. Psychoeducational book for patients with Anorexia Nervosa.
3. **Trillingsgaard, T.**, Due Madsen, A., Marcussen, S., Ringkøbing Rothenborg, J., Sindberg, T. H., & Steenberger, S. (2013). *Pas godt på hinanden: Når to bliver til tre*. København: Center for Familieudvikling. Book aimed at new parents.

## GRANTS

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<b>SUMMED</b>	TLT has attracted in total DKK 58.361.131 in funding across 16 grants, out of which she is Principal investigator (PI) on 14. The larger grants involve multiple
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organizations. The parts of the research budget administered at the Department of Psychology (DP) totals DKK 24.983.936.

Year, DKK		Role
2024, 11.500.000 DP: 1.500.000	From Samfonden: Strengthening Family Adjustment.	PI
2023, 3.167.658	From the Independent Research Fund, Denmark: Parent training.	PI
2023, 4.450.000	From the TrygFoundation: Self-help for parenting couples	PI
2021, 1.000.700	From Pireau: Family related causes of Inequality	PI
2021, 14.300.000 DP: 5.000.000	From Samfonden: Strengthening Family Adjustment.	PI
2021, 18.500	From AUFF: travel grant.	PI
2019, 2.000.000	From the Tryg Foundation: Piloting OurRelationship.dk.	PI
2018, 40.000	From AUFF: Workshop for European Couple Researchers.	PI
2016, 175.000	From Center for Familieudvikling: The OurRelationship.dk	PI
2016, 5.553.773 DP: 306.000	From Innovationsfonden: The Role of the Family	With M. Wüst
2014, 6.800.000 DP: 1.471.078	From the Tryg Foundation: The Effect of Pre- and Postnatal Universal Parenting Support Programmes.	With M. Simonsen
2013, 5.875.500 DP: 2.375.000	From Ole Kirks Foundation: The Couple Check-up Project.	PI
2012, 1.530.000	From the Faculty of Business and Social Sciences: A 3-year post-doc	PI

2012, 150.000	From Center for Family Development: The Co-parenting Project.	PI
2007, 100.000	From K. A. og A. K. Trillingsgaards Fond: research travel.	PI
2007, 1.700.000	From Business and Social Sciences to Ph.D. project.	PI

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## PHD SUPERVISION AND JUNIOR RESEARCH MENTORING

MS = Main supervisor

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<b>SUMMED</b>	TLT has successfully mentored several PhD students.
2023 -	Nanna Fensman Lassen (MS)
2021 - 2024	Frederik Godt Hansen (Postdoc)
2019 - 2024	Anne Klode (MS)
Graduated	Lea Tangelev Greve (MS), Astrid Bjørn Leth-Nissen (MS), Ingeborg Kristensen, Marie Louise Rimestad, Tatiana Grey, Kamilla Bonnesen (US, visiting ph.d. student)

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## CROSS-NATIONAL RESEARCH COLLABORATION AND EXCHANGE

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<b>SUMMED</b>	TLT did several extended visits and hosted several international visitors from Utrecht University, New York University (NYU), the University of California (UCLA), Clark University, Salt Lake City University, and others.
2024	Visiting University of Nimes, France, prof. Pierluigi Graziani
2023	With Distinguished Research Professor Andrew Christensen (UCLA): organizing international 20-hour training in Integrative Behavioral Couple Therapy.
2020	Hosting professor Esther Kluwer, Utrecht University, The Netherlands.
2019	Hosting professors Viola and Martos Tamás, University of Szeged, Hungary
2019	Initiating (with Professor Guy Bodenmann, University of Zürich), organizing, and hosting the international conference: Intimate Relationship Research in Europe, Sandbjerg, DK.
2013/2010	Visiting State University of New York, Stony Brook, US, Prof. Richard Heyman
2015	Hosting Prof. James Cordova, Matt Hawrilenko, & Tatiana Grey, Clark University, Worcester, US
2014	Hosting Prof. Frode Thuen, Højskolen i Bergen, Norge

2014	Hosting Prof. Richard Heyman, New York University, New York, US
2012, 2014	Hosting Prof. Andy Christensen, University of California, Los Angeles, US
2013	Visiting Clark University, Worcester, US, Prof. James Cordova
2013	Hosting Associate Prof. Katherine Williams Baucom, Salt Lake City University, US
2009	Visiting University of California, Los Angeles, US, Prof. Andy Christensen
2007	Visiting Universitetet i Bergen, Norge, Prof. Frode Thuen

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## **FUNDING BOARDS, EDITORIAL WORK, COMMITTEES, PEER-REVIEW**

<b>SUMMED</b>	TLT served on a number of different academic assessment boards including five external PhD assessment committees, the department's PhD selection committee, the editorial board of a journal, and as invited guest editor on another journal. In addition, she has 14 years of experience serving at the board of non-profit funds.	
2024	PIREAU call for applications	Member of assessment board
2021 -	Forum for Samfundsfællesskab, Samfonden.	Member of working group
2020 -	Ph.d. selection committee, Department of Psychology, Aarhus BSS.	Member of committee
2020	Guest editor for the research topic "Individual versus Dyadic Processes" in Frontiers of Psychology, Social Psychology Section.	Invited guest editor
2020 - 2021	Editorial Board, Personal Relationships.	Member of editorial board
2017 -	Ole Kirks Fond.	Board member
2008 -2018	Edith og Godtfred Kirks Christiansens Fond.	Board member
2016 -	PhD assessment committees for Eva Back Madsen, Copenhagen University; Tatiana Grey, Clark University; Christine Lehane, Copenhagen University; Karin Haugaard, Aalborg University; Tine Stenhoff; Copenhagen University; Tirill Hjuler Fjellhaugen; Aarhus University. Assistant professor assessment committee for tenure-track positions at Copenhagen University (2023).	Member or chair of committee

2014 - Peer-review assignments for: Journal of Marriage and the Family, Journal of Family Psychology, Family Relationships, Sexual and Reproductive Healthcare, BMJ Open, Personal Relationships, VIVE, TrygFoundation, Den Obelske Familiefond and more. Peer-reviewer

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## CROSS-DISCIPLINARY RESEARCH COLLABORATION

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**SUMMED** Since 2012, TLT has worked within cross-disciplinary networks of researchers in the fields of prevention, intervention, and public policy targeting children, couples, and families.

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PIREAU (Platform for Inequality Research at Aarhus University). PIREAU is funded by Aarhus University and hosts more than 30 participants from eight departments, including Clinical Medicine, Economics and Business Economics, Dentistry and Oral Health, Law, Political Science, Psychology, Public Health, and the Danish School of Education. PI on showcase grant (2021-)

Trygfonden's Centre for Child Research, Interdisciplinary Research Centre at Aarhus BSS, Aarhus University. Cross-disciplinary research centre. Fellow researcher (2013 - )

Member of European Couple Researchers (ECR). Member of committee (2020-)

Crunch (Center for Research on Universal Child Policies). Affiliated researcher (2016- 2021)

The European Incredible Years Research group. Member (2013 - )

AU RECEIV, Aarhus University Research Centre for Early Interventions. Cross-disciplinary research centre. Affiliated researcher (2012-2016)

TAFIBUT, Trygfondens netværk af forskere [The Tryg Foundation network of researchers]. Cross-disciplinary research network. Invited Member (2016-2020)

Socialstyrelsens Forskningsnetværk [The Ministry of Social Affairs, research network]. Cross-disciplinary research centre. Invited Member (2013-2015)

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## COMMUNITY CO-OPERATION

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<b>SUMMED</b>	TLT's collaborations have focused on implementing evidence-based practices, training, and supporting leaders and practitioners working with couples, families, and children. Key partners include:
Public Sector	<ul style="list-style-type: none"> <li>• Ikast-Brande, Syddjurs, Mariagerfjord, Gentofte, Roskilde, Ballerup, Herning, Struer, Vordingborg, Faurskov, Hedensted familieafdelinger.</li> <li>• Veterancentret</li> <li>• Castle, Onkologisk Klinik, Rigshospitalet</li> <li>• Frederiksberg Kommune, Sundhedstjenesten</li> <li>• Svendborg Kommune, Sundhedstjenesten</li> <li>• Horsens Kommune, Velfærd og Sundhed, Sundhedsplejen</li> <li>• Silkeborg Kommune, Børne og Familieafdelingen</li> <li>• Region Hovedstaden, Gynækologisk-Obstetrisk afdeling</li> <li>• Region Midt, Børne- og Ungdomspsykiatrisk Regionscenter Risskov, Spædbørnsafsnittet</li> <li>• Region Midt, Afdeling for Klinisk Kvalitet og Udvikling, Viborg</li> <li>• Aarhus Kommunes Børnecenter, Socialforvaltningen</li> <li>• Sundhed og trivsel, Aarhus Kommune</li> <li>• Vejle Kommunes Parrådgivning</li> </ul>
NGOs and Non-Profit Organizations	<ul style="list-style-type: none"> <li>• Odense Krisecenter</li> <li>• Center for ADHD</li> <li>• Mødrehjælpen</li> <li>• Kirkens Korshær, Diakonhøjskolen</li> <li>• Center for Børneliv</li> <li>• Center for Socialt Ansvar</li> <li>• Folkekirkens Familiestøtte</li> <li>• Center for Familieudvikling, København</li> <li>• Invest in Play</li> <li>• Modum Bad, Norge</li> </ul>
Professional Associations	<ul style="list-style-type: none"> <li>• Kommunalt ansatte psykologers sektion (KAPS), Dansk Psykolog Forening</li> <li>• Dansk Psykolog Forening</li> <li>• Jordemoderforeningens Nordjyllands Kreds</li> <li>• ADTCCF (Association pour le Développement des Thérapies Comportementales des Couples et des Familles)</li> </ul>
Academic and Community Initiatives	<ul style="list-style-type: none"> <li>• Folkeuniversitetet (e.g., "Tjek på parforholdet" lecture series, "Kærlighed" and "Drømmefabrikker Erotik og Hjernens Kemi" festivals)</li> <li>• Thorsted Sogn</li> <li>• Brønshøj Sogn</li> <li>• Religion &amp; Samfund (RESAM) and ALS Research</li> </ul>

## MEDIA PERFORMANCE (SELECTED, SINCE 2016)

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<b>SUMMED</b>	TLT has continuously engaged with popular media to share knowledge and findings on healthy couple and family relationships.
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Television interviews	<ul style="list-style-type: none"><li>• TV2nyhederne (3. september 2023). Udbredelse af Projektet Vores Parforhold</li><li>• DR1 TV-Avisen 18.30 (9. september 2019). Projektet Familieiværksætterne hjælper førstegangsførelde</li></ul>
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Radio or podcast interviews	<ul style="list-style-type: none"><li>• Podcasten på VoresParforhold.dk (1. marts, 2023 -). Tre eksperter stiller skarpt på parforholdet, første sæson indeholder 7 udsendelser.</li><li>• Morten Münster Adfærd (27. september, 2022). Guide til det bæredygtige parforhold</li><li>• DR LYD Brinkmans Briks (13. januar 2021). Parforholdet</li><li>• DR P1 Radioavisen 12.00 (9. september 2019). 20 kommuner dropper normale mødregrupper og indfører foredrag</li></ul>
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Newspaper interviews	<ul style="list-style-type: none"><li>• Kristeligt Dagblad (11.4.24): Det er overraskende, hvor gode par er til at tage imod hjælp til selvhjælp. Nyt tiltag vil gøre det gratis</li><li>• Kristeligt Dagblad (22. juli 2022): De prøvede hjerters ja.</li><li>• Kristeligt Dagblad (21. juli 2022): Unge drømmer om at blive gift, men det er blevet sværere at finde en partner de seneste tre årtier</li><li>• Samvirke (30. december 2021): Forebyggende parterapi er for alle.</li><li>• Psykologi (8. november 2021): En del af datenight.</li><li>• Samvirke.dk (4. november 2021). Parforholdet har stor betydning for vores trivsel</li><li>• BT (10. juli 2021). Dårligt parforhold kan ramme dig på helbredet</li><li>• Ritzaus Bureau (7. juli 2021). Her er der hjælp at hente til parforholdet.</li><li>• Zetland.dk (20. maj 2021). Flere går i parterapi, før det går galt.</li><li>• Helsingør Dagblad (31. januar 2021). Far til et-årige Milo: - Tiden som hjemsendt har været en kæmpe investering i vores forhold</li></ul>
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- Ritzaus Bureau, Aarhus Universitet, denoffentlige.dk, FredericiaAvisen.dk m.fl. (15. januar 2021): Nyt forsøg: Parterapi i sofaen.
  - Videnskab.dk (26. oktober 2020). Omdiskuteret 'skilsmisse-kursus' dæmper angst og depression i forsøg
  - DR.dk (10. september 2019). Faglige oplæg slår mødregrupperne: Baby trives bedre, når både mor og far deltager i gruppetilbud
  - Kristeligt-Dagblad (8. marts 2019). Studie: Parvenskaber styrker parforholdet
  - Ritzaus Bureau (26. november 2018). Danske par tøver med hjælp til forholdet
  - Kristeligt Dagblad (1. september 2018). Et hjem uden børn kan slå forældre ud af kurs
  - Femina (6. august 2018). Eksperternes bedste bud: Hvad er opskriften på det lykkelige parforhold?
  - Bornholms Tidende (18. juli 2018) Danskerne samler på gode parforhold
  - Zetland (18. juli 2018). Hvad skal der til for at have et langt og lykkeligt parforhold?
  - Kristeligt-Dagblad.dk (13. juli 2018). Når parforholdet får rødder
  - Kristeligt Dagblad (13. juli 2018): Danskerne samler på gode parforhold
  - Psykologi (7. maj 2018). Det lykkelige parforhold findes stadig væk tal med mig, elsk mig og gå aldrig
  - Politiken (28. april 2018). Gratis samtaletilbud til skilsmisseforældre lukker - forældre vil ikke stille op
  - Kristeligt Dagblad (23. marts 2018): Hvis man vedligeholder sit parforhold, styrkes helbredet også
  - Kristeligt Dagblad (29. december 2017) I samlivet er tak ikke kun et fattigt ord
  - BT.dk, Videnskab.dk, The Guardian, New York Times og fl. (22.marts 2017) Ældre mødre er bedre mødre [Older mothers, better mothers]
  - Jyllands-posten (9. februar 2017). Psykolog: »Vores forhold forliser, fordi vi er analfabeter i kærlighed«
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- Herning Folkeblad, Skive Folkeblad, Ritzau Plus med flere (30. januar 2017). For meget husligt arbejde kan skade parforholdet
  - Ritzau Plus, Dr.dk, Horsens Lokalavis, Roskilde.lokalavisen.dk Vejle.lokalavisen.dk Alleroed.lokalavisen.dk m.fl (11. januar 2017): Ny forskning: Parforholdet bliver bedre, når det får et service-eftersyn
  - Politiken (11. december 2016). Ny forskning: Betragt dit parforhold som dine tænder - gå til regelmæssige eftersyn
  - Kristeligt-Dagblad (2. august 2016). Accepter konflikterne og få fred i parforholdet.
  - Politiken (5. juli 2016). Hvad er det med os to og de der penge?
-