

# Lindsey M. Nichols

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## Education

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Ph.D., May 2012, Counselor Education and Supervision  
The Pennsylvania State University, University Park, PA

M.Ed., August 2006, School Counseling  
University of North Carolina at Chapel Hill, NC

M.A., May 2003, Education – History and Social Sciences Education  
University of Connecticut, Storrs, CT

B.S., May 2002, History  
University of Connecticut, Storrs, CT

## Professional Experience

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**Associate Professor, Counseling** (August 2019 – present), The University of Wyoming, Laramie.

- Tenure-track appointment to teach in Counseling M.A., & Ph.D. (CACREP) programs

**Associate Professor, Counselor Education** (May 2017 – present), The University of Montana, Missoula.

- Tenure-track appointment to teach in Counseling Ed.S., M.A., & Ph.D. (CACREP) programs as well as Global Youth Development (GYD) M.A. program
- School Counseling M.A. & Ed.S. Programs Lead
- School Counseling Practicum & Internship Coordinator & Co-Coordinator
- GYD Program Lead (program in moratorium)
- Peace Corps Program Coordinator – Paul D. Coverdell Fellowship program
- Youth in Development, Specialization Advisor, Peace Corps Prep Program
- Global Health Certificate program faculty

**Assistant Professor, Counselor Education** (August 2012– May 2017), The University of Montana, Missoula.

- Tenure-track appointment to teach in Counseling Ed.S., M.A., & Ph.D. programs as well as Global Youth Development (GYD) M.A. program (formerly Intercultural Youth & Family Development).
- School Counseling M.A. & Ed.S. Program Lead
- School Counseling Internship & Practicum Coordinator (2015-2016); Co-Coordinator (2012-2015; 2016-2017)
- GYD Program Lead, a Peace Corps Coverdell Fellows program (2016 establishment of new partnership) & Master's International program (September 30, 2016 total PC program closure)
- Peace Corps Coordinator for GYD program
- Youth in Development, Specialization Advisor, Peace Corps Prep Program

- Global Health Certificate program faculty

## **Related Professional Experience**

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**Grief Specialist**, (September 2012-July 2014), Tamarack Grief Resource Center, Missoula, MT.

- Provide individual and group counseling for children, adolescents, adults and their families surrounding loss and bereavement.
- Counselor at Family Camp, Day Camp and ‘A Camp to Remember’ for children and teens.

**Career Counselor, Graduate Assistant** (January 2012–May 2012), Bank of America Career Services Center, The Pennsylvania State University, University Park, PA.

- Provide individual career counseling services for university students, alumni, and community members with LPC supervision and consistent focus as contract position (see below).
- Present career development workshops (e.g., interviewing skills, applying to graduate school).

**Editorial Assistant**, (August 2008-February 2012), *Journal of Counseling and Development*, The Pennsylvania State University, University Park, PA.

- Communicated with Editor, Editorial Board members, authors, ACA publication staff, and global public regarding journal inquiries and submissions.
- Developed issue layouts, compiled annual reports, weekly collaboration with Editor regarding journal status and management issues, and supervised four editorial assistants.

**Career Counselor (contract)**, (September 2011-November 2011), Bank of America Career Services Center, The Pennsylvania State University, University Park, PA.

- Conducted 6-8 individual counseling sessions per week to aid students in resolution of career issues such as major choice, interest and ability exploration, internship and job searches.
- Utilized career assessments (e.g., Discover, Strong Interest Inventory, Self Directed Search)

**Doctoral Counseling Internship with Mind/Body Technologies Research Group and Exploratorium**, (May 2009-May 2011), The Pennsylvania State University, University Park, PA.

- Created an adjunct counseling setting to department’s counseling center, the Cedar Clinic, using biofeedback and relaxation modalities with counseling clients.

**Supervision Intern**, (Spring 2011), The Pennsylvania State University, University Park, PA.

- Completed additional supervision hours beyond CACREP core course requirements with a master’s level counselor-in-training seeing multiple clients in a college counseling setting.

**Research Assistant**, (August 2008-June 2009), The Pennsylvania State University, University Park.

- Assisted in PEPA (Peer Proficiency Assessment) study evaluating the supervision instrument and its effectiveness to increase counseling skill competency for first year counseling-trainees.
- Conducted literature reviews on multiple constructs related to Victim-Bystander Model of Bullying being developed by department faculty.

**School Counselor and Department Chair**, (August 2006-June 2008), Topsail Middle School, Hampstead, NC.

**Career Development Assistant**, (October 2004-August 2006), Student-Athlete Services, University of North Carolina at Chapel Hill, NC.

**Teaching Assistant**, (February 2004-June 2004), West Elementary School, New Canaan, CT.

**Substitute Teacher**, (September 2004-December 2004), Chapel Hill-Carrboro City Schools, NC; (September 2003-January 2004), New Canaan Public Schools, CT.

**Graduate Assistant**, (August 2002-August 2003), Counseling Program for Intercollegiate Athletes, University of Connecticut, Storrs, CT.

## **Publications**

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### Refereed Journal Articles:

Zelege, W., **Nichols, L. M.**, & Wondie, Y. (2019). Mental health in Ethiopia: An exploratory study of counseling alignment with culture. *International Journal for the Advancement of Counseling*, 41, 214-229. Doi: 10.1007/s10447-018-9368-5

Sacra, M. M. & **Nichols, L. M.** (2018). Globalization and internationalization: The implications on the mental health field in Bhutan. *International Journal for the Advancement of Counseling*, 1-12. doi: 10.1007/s10447-018-9336-0

**Nichols, L. M.**, Goforth, A. N., Sacra, M. & Ahlers, K. (2017). Collaboration to support rural student social-emotional needs. Retrieved from *The Rural Educator*: <http://epubs.library.msstate.edu/index.php/ruraleducator/article/view/413>

Goforth, A. N., **Nichols, L. M.**, Stanick, C. F., Shindorf, Z. R., & Holter, O. (2016). School-based considerations for supporting Arab American youth's mental health. *Contemporary School Psychology*, 1-10. doi:10.1007/s40688-016-0117-7

**Nichols, L. M.** (2015). The Use of Mind-Body Practices in Counseling: A Grounded Theory Study. *Journal of Mental Health Counseling*, 37, 28-46.

**Nichols, L. M.**, & Carney, J. V. (2013) Jane Myers: Evolution of an advocate. *Journal of Counseling & Development*, 91, 240-248. doi: 10.1002/j.1556-6676.2013.00091.x

Mellin, E., Hunt, B., & **Nichols, L. M.** (2011). Counselor professional identity: Findings and implications for counseling and interprofessional collaboration. *Journal of Counseling & Development*, 89, 140-147.

**Nichols, L. M.** & Hunt, B. (2011). The significance of spirituality for individuals with chronic illness: Implications for mental health counseling. *Journal of Mental Health Counseling*, 33, 51-66.

### Invited Articles, Book Chapters, and Manuals:

Barrett, T. & **Nichols, L. M.** (2017). Defining loss: Preparing to support bereaved students. In A. Brown & S. R. Jimerson (Eds.), *Supporting bereaved students at school*. New York, NY: Oxford University Press.

LaFont, S., & **Nichols, L. M.** (2014). Moving along your career path. In S. Degges-White & B. Colon (Eds.), *Expressive Arts Interventions for School Counselors*. Springer Publishing.

Sommers-Flanagan, J., & **Nichols, L. M.** (2013). *Electronic Instructor's Manual for Clinical Interviewing* (5th ed.). Hoboken, NJ: John Wiley & Sons.

Mellin, E. A. & **Nichols, L. M.** (2013). Divorce and Children. In R. Balkin, C. Chang, V. Kress, S. Niles, & J. Watson's (Eds.), *American Counseling Association Practice Briefs*.

**Nichols, L. M.** (2012). College access. In Byrd, R. & Erford, B. T. (Eds.), *Applying Techniques to Common Encounters in School Counseling: A Case-Based Approach*. San Francisco, CA: Pearson

**Nichols, L. M.** (2010). Review of *Counseling Individuals with Life-Threatening Illness*. *Journal of Rehabilitation*, 76, 57-58.

Niles, S. G., Jacobs, C. J., & **Nichols, L. M.** (2009). Career development and self-esteem. In M. H. Guindon (eds.), *Self-esteem across the lifespan: Issues and intervention* (pp. 249-262). New York: Routledge/Taylor & Francis.

#### Professional Periodicals:

**Nichols, L. M.** (2015-2017). *Montana School Counseling Association Quarterly Newsletter*.

**Nichols, L. M.** (2012). Explore the possibilities. *Chi Sigma Iota, Rho Alpha Mu Chapter Newsletter*.

**Nichols, L. M.** (2010, April). Mind-body exploratorium. *Counselor Education and Supervision, Counseling Psychology, and Rehabilitation Services Departmental Newsletter*.

**Nichols, L. M.,** & Hutchison, B. (2010, April 5). Chronic illness and career exploration: School counselors and students navigating the journey, *NCDA Career Convergence*.

#### Technical Reports:

**Nichols, L. M.** (2017). *Improving rural educator's understanding of children's mental health – Project final report*. Technical report. University Grant Program, University of Montana.

**Nichols, L. M.,** Goforth, A. N., & Stanick, C. (2014). *Improving teacher quality grant – Project progress report*. Technical report. Montana Office for the Commissioner of Higher Education.

#### Manuscripts under review or editing for resubmission:

Muller, S., **Nichols, L. M.** & McHugh, K. A multi-tiered model for addressing school refusal. *The Journal of School Counseling*. [Revise & Resubmit]

**Nichols, L. M.**, Goforth, A. N., Stanick, C. F., & Ahlers, K. Teacher's process of understanding mental health: A qualitative inquiry. *Teachers and Teaching*. [Under review]

Sacra, M. & **Nichols, L. M.** Mindfulness-based practices with grieving youth in schools. *School Psychology Quarterly*. [Under review]

## Refereed Presentations

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### International Presentations:

Zelege, W., **Nichols, L. M.**, & Wondie, Y. (2016, July). Mental health in Ethiopia: Current and future opportunities for wellness development. In L. Koester (Chair), *Mental health and youth development in Ethiopia: Perceptions related to childhood trauma, therapy, and resilience*. Symposium conducted at the 24<sup>th</sup> Biennial Meeting of the International Society for the Study of Behavioural Development, Vilnius, Lithuania.

Sacra, M., & **Nichols, L. M.** (2016, April 3). *Making time with many demands: Mindfulness in schools*. American Counseling Association Conference, Montréal, Canada.

Augustine, C., & **Nichols, L. M.** (2010, October 23). *Technology can be relaxing? Exploring biofeedback opportunities*. Institute for Complementary, Alternative, and Integrative Therapies, Tuscany, Italy.

### National Presentations:

Halko, H., Ahlers, K., Lewis, K., **Nichols, L. M.**, & Goforth, A. N. (2017, November 18). *Improving educator's understanding of rural children's mental health*. Association for Behavioral and Cognitive Therapies, San Diego, CA.

**Nichols, L. M.** & Lewis, K. (2017, October 6). *Cross-departmental ENGAGEMENT: Action research to expand mental health literacy in schools*. Association for Counselor Education and Supervision Conference, Chicago, IL.

Ahlers, K., Stanick, C., **Nichols, L. M.**, & Goforth, A. (2015, November). *Comparing teachers' and mental health providers' knowledge of mental health strategies*. Poster presented to the 20<sup>th</sup> Annual Conference on Advancing School Mental Health, New Orleans, LA.

**Nichols, L. M.** (2015, October 10). *Start-up means more than money: Research planning and development*. Association for Counselor Education and Supervision Conference, Philadelphia, PA.

**Nichols, L. M.**, Goforth, A. N., Borntrager, C., & Giuliani, M., (2014, September 19). *Improving teacher's understanding of children's mental health for academic success*. Annual Conference on Advancing School Mental Health in Pittsburg, PA.

- Balin, E., & **Nichols, L. M.** (2013, October 19). *Knowledge and experience of career development in counselor education: A hidden value for further growth*. Association for Counselor Education and Supervision Conference, Denver, CO.
- Nichols, L. M.**, & Murray, K. (2013, October 19). *Intercultural Youth and Family Development (IYFD): A counseling department's unique master's degree program*. Association for Counselor Education and Supervision Conference, Denver, CO.
- Nichols, L. M.**, Hinojosa, T. J., Balin, E., & Nguyen, N. (2013, October 19). *Beyond the basics: The potential of international cultural immersion on personal and professional growth*. Association for Counselor Education and Supervision Conference, Denver, CO.
- Hannon, M. D., Cerrito, J. A., & **Nichols, L. M.** (2011, October 29). *Clinical and Field Site Supervision Collaboration: Maximizing the Current and Future Success of Counselor Trainees*. Association for Counselor Education and Supervision Conference, Nashville, TN.
- Balin, E., **Nichols, L. M.**, Hinojosa, T. J., & Nguyen, N. (2011, July 1). *Exploring the Comfort-Zone: An International Cultural Immersion in Turkey and Implications for Participants Career Development*. National Career Development Association Conference, San Antonio, TX.
- Nichols, L. M.**, Balin, E., & Hinojosa, T. J. (2011, March 25). *Multicultural Competence 101: Creating a Cultural Immersion Experience in Turkey*. American Counseling Association Conference, New Orleans, LA.
- Nichols, L. M.**, & Augustine, C. (2010, March 20). *Complementary and Alternative Medicine: Exploring Practices, Client Use, and Implications for Counselors*. American Counseling Association Conference, Pittsburgh, PA.
- Niles, S. G., Nassar-McMillan, S., Sharp, J., Holland, A., & **Nichols, L. M.** (2010, March 21). *Infusing diversity, social justice and advocacy into career development training*. American Counseling Association Conference, Pittsburgh, PA.
- Mastroleo, N. R., Carney, J. V., Smith, K., & **Nichols, L. M.** (2009, October 17). *Use of peer proficiency assessment (PEPA): A tool to aid in counselor trainee adoption of counseling microskills*. Association for Counselor Education and Supervision Conference, San Diego, CA.
- Nichols, L. M.**, & Hutchinson, B. (2009, July 2). *Chronic illness and career exploration: Counselors and students navigating the journey*. National Career Development Association Conference, St. Louis, MO.
- Regional Presentations:
- Nichols, L. M.** (2018, October 5). *Teaching feedback: Beyond student evaluations*. Rocky Mountain Region of the Association of Counselor Education & Supervision, Park City, UT.

- Lewis, K. & **Nichols, L. M.** (2016, September 29). *Building community among counselors in training*. Rocky Mountain Region of the Association of Counselor Education & Supervision, Steamboat Springs, CO.
- Nichols, L. M.** & Goforth, A. (2014, October 2). *Teaching, research and service in one: Sharing opportunities for collaboration and development*. Rocky Mountain Region of the Association of Counselor Education & Supervision, Jackson, WY.
- Murray, K., & **Nichols, L. M.** (2012, October 5). *Incorporating what helps: Training counselors to integrate complementary therapies and indigenous healing practices*. Rocky Mountain Region of the Association for Counselor Education and Supervision, Park City, UT.
- Mastroleo, N. R., Carney, J. V., Nguyen, N., & **Nichols, L. M.** (2010, September 25). *Peer proficiency assessment (PEPA): A tool to aid diverse counselor trainee's adoption of counseling microskills*. North Atlantic Region of Association for Counselor Education and Supervision, New Brunswick, NJ.
- Nichols, L. M.**, & Augustine, C. (2010, September 24). *Complementary and alternative therapies: Client use and implications for counselor educators*. North Atlantic Region of Association for Counselor Education and Supervision, New Brunswick, NJ.

State and Local Presentations:

- Nichols, L. M.** & Lewis, K. (2017, April 7). *Team agents: School counselors supporting students living with chronic illness*. Montana School Counseling Association Annual Conference, Bozeman, MT. Sponsored by the Montana Department of Public Health and Human Services.
- Nichols, L. M.**, Sacra, M., & Mueller, S. (2016, June 22). *Mindfulness in schools*. Montana Behavioral Initiative Summer Institute, Bozeman, MT.
- Nichols, L. M.** (2015, October 15). *Mental health facilitation skills for educators*. MEA-MFT Educator's Conference, Billings MT.
- Nichols, L. M.** & Mueller, S. (2015, April 16). *Since there's never enough time, make some: Mindfulness in schools*. Montana School Counseling Association Annual Conference, Bozeman, MT.
- Nichols, L. M.** & Ahlers, K. (2015, March 18). *Improving K-12 Educators' Understanding of Children's Mental Health*. Phi Delta Kappa and the PJW College of Education and Human Sciences Research Symposium, UM-Missoula, MT.
- Nichols, L. M.** & Goforth, A. N. (2014, October 16). *Who do I go to for help? Mental health personnel in schools*. MEA-MFT Educator's Conference, Missoula, MT.
- Livny, K. & **Nichols, L. M.** (2014, April 12). *Exploring client experiences of using complementary therapies in counseling*. Graduate and Faculty Research Conference, The University of Montana, Missoula, MT.

**Nichols, L. M.** (2014, April 10). *Working together to recognize needs: Helping skills training for educators*. Montana School Counseling Association Annual Conference, Bozeman, MT.

**Nichols, L. M.** (2013, April 12). *Grief in schools: Information and resources to support students and families*. Montana School Counseling Association Annual Conference, Bozeman, MT.

Cerrito, J. A., & **Nichols, L. M.** (2011, December 2). *School counseling supervision: Boosting the brilliance of collaboration*. Pennsylvania School Counseling Association Annual Conference, Lancaster, PA.

**Nichols, L. M.**, & Augustine, C. (2010, February 6). *Holistic healing: Alternative approaches to staying healthy during graduate school*. Penn State Achievement Conference, The Pennsylvania State University, University Park.

**Nichols, L. M.** (2009, October 31). *Trauma and chronic illness in childhood and adolescence: Advocating for clients in all settings*. Pennsylvania Counseling Association Conference, Innovation Park.

Sharp, J., & **Nichols, L. M.** (2009, April 16). *Advocating for students affected by trauma and chronic illness*. Pennsylvania School Counselors Association Conference, Hershey, PA.

#### Non-Referred Presentations

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##### International Presentations:

**Nichols, L. M.** (2013, October 28 & November 9). *Counseling for chronic and severe diseases*. Buenos Aires Counseling Institute, Buenos Aires, Argentina.

**Nichols, L. M.** (2010, May 11). *Cultural approaches to wellness: How worldviews influence counseling practices*. Boğaziçi University, Istanbul, Turkey.

Roth, A., & **Nichols, L. M.** (2010, May 11). *School counseling in the United States: Exploring the ASCA national model*. Boğaziçi University, Istanbul, Turkey.

##### National Presentations:

Niles, S. G., **Nichols, L. M.**, & Nguyen, N. (2011, March 26). ACA JCD Editorial Board Meeting. American Counseling Association Conference, New Orleans, LA.

Niles, S. G., **Nichols, L. M.**, & Nguyen, N. (2011, March 25). *Publishing in ACA Refereed journals: Suggestions from the council of editors*. American Counseling Association Conference, New Orleans, LA.

Niles, S. G., **Nichols, L. M.**, & Roth, A. (2010, March 21). ACA JCD Editorial Board Meeting. American Counseling Association Conference, American Counseling Association Conference, Pittsburgh, PA.



Niles, S. G., **Nichols, L. M.**, & Roth, A. (2010, March 20). *Publishing in ACA refereed journals: Suggestions from the council of editors*. American Counseling Association Conference, American Counseling Association Conference, Pittsburgh, PA.

#### State and Local Presentations:

Parrow, K., Murphy, M., & **Nichols, L. N.** (2017, August 23). *Grief in schools*. Professional development day with Comprehensive School and Community Treatment Teams, Welcome back.

**Nichols, L. M.** (2016, January 20). *Mental health facilitation in schools*. Flagship Program, Missoula, MT.

**Nichols, L. M.** (2015, March 19). *Improving educators' understanding of children's mental health*. Social Sciences Faculty Research Seminar, University of Montana-Missoula.

**Nichols, L. N.** (2014). *Promoting and Protecting the Rights of Children*. University of Montana Montana Model UN, Missoula, MT.

**Nichols, L. M.**, Goforth, A. N., & Stanick, C. (Fall & Spring 2014 - present). *Introduction to mental health support personnel in schools*. University of Montana Teacher Education Services Pre-Service Teacher Candidate Seminar, Missoula, MT.

\* requested as a permanent presentation in the pre-service limited seminar series offered twice each semester to elementary and secondary cohorts. Rotation of speakers including developers/authors and their advanced graduate students.

**Nichols, L. M.** (2013, April 28). *Let's Collaborate!* Missoula County Public Schools Professional Development Spring Retreat, Missoula, MT.

**Nichols, L. M.** (2011, May 19). *I'm here 24/7: Living with a chronic illness*. Lupus Foundation of Genesee Valley Annual Meeting, Rochester, NY.

Balin, E., Hinojosa, T. J., Nguyen, N., & **Nichols, L. M.** (2011, April 20). *Personal and professional implications of a cultural immersion experience in Turkey*. Holmes Scholars Brown Bag Series, The Pennsylvania State University, University Park.

Hinojosa, T. J., & **Nichols, L. M.** (2010, November 9). *Counselor/counselor education & supervision*. Pennsylvania's Future Educators Association Conference, The Pennsylvania State University, University Park.

**Nichols, L. M.** (November- May, 2007-2008, bi-monthly). *Love and Logic: 9 Essential Skills*, Pender County Schools, Burgaw, NC.

## Research and Training Grants

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- Sun, J. (2019). *Improving mental health for Native American youth through social-emotional learning*. [AI/AN Clinical Translational Research Program](#) (NIH IDeA program); Year 2&3 Early Stage Investigator Award. Senior Personnel, **Lindsey Nichols** & Anisa Goforth. *Requested amount:* \$108,000 (total amount requested)
- Sun, J. (2018). *Building resilience and social emotional competency among Native American youth*. [AI/AN Clinical Translational Research Program](#) (NIH IDeA program); Year 1 Project Development Award. Senior Personnel, **Lindsey Nichols** & Anisa Goforth. *Requested amount:* \$54,000 (total amount requested)
- Goforth, A. N., & **Nichols, L. M.** (2017). Goal 2, Development & Innovation study: *Project ENGAGE: Improving educators understanding of mental health*, Institute of Education Sciences, U.S. Department of Education, *Requested amount:* \$1,348,771 (unfunded)
- Goforth, A. & **Nichols, L. M.** (2016). *Project ENGAGE: Reducing mental health disparities of American Indian youth through educator training*. AI/AN Clinical Translational Research Program (NIH IDeA program); Year 1 Project Development Award, \$43,315 (unfunded)
- Nichols, L. M.** (2016). *Improving rural educator's understanding of children's mental health*. University Grant Program: Seed Grant, University of Montana, *Award amount:* \$14,969 (total amount requested)
- Nichols, L. M.**, Goforth, A. N., & Stanick, C. (2015). Goal 1, Exploratory study: *Improving educator's knowledge of children's mental health*, Institute of Education Sciences, U.S. Department of Education, *Requested amount:* \$1,376,531 (unfunded)
- Nichols, L. M.** (2015). *MHF-EE 7 Hour Pilot Grant*. National Board for Certified Counselors. *Award amount:* \$1,000 (total amount requested)
- Goforth, A. N., **Nichols, L. M.**, & Borntrager, C. (2014). *Improving teacher's understanding of children's mental health for academic success*. Title-II Improving Teacher Quality, U.S. Department of Education, *Requested amount:* \$201,851 (unfunded)
- Nichols, L. M.**, Goforth, A. N., & Borntrager, C. (2013). *Improving Teacher's Understanding of Children's Mental Health for Academic Success*. Title-II Improving Teacher Quality, U.S. Department of Education CFDA #84.367b, *Award amount:* \$86,431 (total amount requested)
- Nichols, L. M.** (2013). *Exploring client experiences of using complementary therapies in counseling*. University Grant Program Award, University of Montana, *Award amount:* \$1,202 (partial funding)
- Nichols, L. M.** (2010). *Counselor attitudes and behaviors toward wellness approaches*. Chi Sigma Iota Excellence in Research Grant Award, *Award amount:* \$700 (partial funding)

## Teaching Experience

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University of Montana – Missoula:

**COUN 640: Professional Leadership** (Spring 2017 & 2019).

**COUN 695: Professional Leadership and Scholarly Development** (Spring 2015).

**GYD 510: Applied Intercultural Skills** (Spring 2015 - 2018).

**GYD 520: Critical Issues in Helping** (Autumn 2015 & 2017), Supervising faculty. (Autumn 2013 & 2016)

**COUN 495: Helping Skills: Mental Health Facilitation for Educators**, (Summer/Autumn 2014 – OCHE Title II grant funded, 3cr.; Spring 2015, 1 cr.).

**IYFD 495/595: Helping Skills: Mental Health Facilitation**, (Autumn 2013).

**COUN 565: School Counseling Program Development and Supervision**, (Autumn 2013; 2014 [online]; 2015, 2016 & 2017 [blended]).

**COUN 510: Introduction to the Counseling Profession**, (Autumn 2013 & 2017).

**COUN 570: Career Counseling Theory and Techniques**, (Summer 2013; 2014 & 2015 [blended]).

**COUN 530: Applied Counseling Skills (Practicum), School Counseling**, (Spring 2013-2016).

**COUN 566: Counseling Children and Adolescents in Schools**, (Spring 2013, 2014 & 2015).

**IYFD 502: Intercultural Aspects of Human Development II**, (Spring 2013 & 2014).

**IYFD 501: Intercultural Aspects of Human Development I**, (Autumn 2012).

**COUN 585: Counseling Methods** (Autumn 2012, 2014, 2015, 2016 & 2017 – school; Winter session 2016 school and clinical mental health).

**IYFD/GYD 598: Local Internship**, (Autumn 2012, 2015, & 2017).

### **COUN 596: Independent Study**

Autumn 2017

- Improving belongingness and well-being for gender variant youth in schools. Nina Rice, Ed.S. (school)

Spring 2016

- Autism Assessment in the schools. Sally Mueller, Ed.S. (school)

Autumn 2015

- Building program community/TA COUN 565. Kindle Lewis, School Counseling M.A.

- Exploring school refusal: Literature review and case exploration. Sally Mueller, Ed.S. (school)

Summer 2015

- Experiential grief learning with Tamarack Grief Resource Center/Exploring mindfulness activities in grief work. Michaela Sacra, Counselor Education Ph.D.

### **GYD 596: Independent Study**

Spring 2017

- *Daring Greatly*: Exploring vulnerability and preparing for transition. Christina Barnett, GYD M.A.

Spring 2016

- Program development: Girls Using Their Strengths (GUTS) program and incorporation of charitable giving content. Anna Thompson, GYD M.A.

The Pennsylvania State University, University Park:

**CNED 500: Introduction to Counseling & Development**, (Fall 2011).

### **Co-Teaching Experience: The Pennsylvania State University**

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**Introduction to Counseling & Development**, (Fall 2010), Dr. Elizabeth Mellin.

**Counseling Without Borders: Cultural Immersion in Turkey**, (May 2009 – May 2010), Boğaziçi University, Istanbul, Turkey. (*Co-developed and facilitated multicultural focused course with two other doctoral students in Counselor Education & Supervision and in consultation with department head and program faculty.*)

**Counseling Adolescents**, (May - June 2009), Dr. Jerry Trusty.

**The Science and Art of Healing: Sustaining Healthy Living**, (August - December 2009), Dr. Catherine Augustine.

### **Professional Service and Leadership**

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Editorial Review Board Member, (January 2018 - present) *The Rural Educator*.

Invited Reviewer, (2017, October) *Journal of Primary Prevention*.

Research Judge, posters (2017, April 28). UM Conference on Undergraduate Research, University of Montana, Missoula.

Faculty Senate, PJW College of Education & Human Sciences representative, University of Montana – Missoula (December 2016 – present).

Editorial Review Board Member, *Journal of School Counseling* (September 2015 – present).

Tamarack Grief Resource Center Board Member, Governance Subcommittee Chair (June 2015 – present) & Executive Board Member, Secretary (June 2018 – present).

University of Gondar, Gondar, Ethiopia. Professional Development Workshop co-facilitator with Dr. Waganesh Zeleke; Therapeutic Skills for Helping Professionals (June 2015).

Jobs for Montana's Graduates Annual Conference, Counselor Education department contact and volunteer facilitator (Spring 2015).

Quaglia Institute/ Dr. Mickey Corso University of Montana - Missoula visit coordinator (2015, April 15).

Counselor Education Informational Open House presentation, co-presenter (2014, December).

University of Montana Counselor Workshop (2014, October 15) co-presenter with Dr. John Sommers-Flanagan.

Adopt-a-Veteran/Family projects – Counselor Education Department coordinator (Fall, 2014).

Montana School Counseling Association, Board Member, Higher Education Representative (August 2014 - present).

Missoula County Public Schools School Counseling Advisory Committee (October 2013 - present).

Missoula County Public Schools Mental Wellness, Safety, and Security Advisory Committee (June 2013 – May 2014).

Undergraduate Advisor for Youth in Development, Peace Corps Preparatory Program (September 2012 appointment – present), University of Montana, Missoula.

Professional Education Committee and Diversity subcommittee (September 2012 – present). PJW College of Education & Human Sciences, University of Montana, Missoula.

Editorial Review Board Member, *Journal for International Counselor Education* (September 2012 – 2014).

CARE Team Lead Counselor, Day Camp for Kids (2014, July 21-24), Tamarack Grief Resource Center, Missoula, MT.

Paper Presentation Moderator (2014, April 12). Graduate and Faculty Research Conference, University of Montana, Missoula.

Introduction to the Counselor Education Department (2014, April 12). Teacher Education: Final Seminar, University of Montana, Missoula.

Guest Lecture, *School Counseling*, PSYX 587: School Psychology Ed.S. & Ph.D. Practicum, (2013, March 26), University of Montana, Missoula.

Nominated Attendee, *Luncheon on inspired learning*, (2014, February 12). University of Montana.

Invited Attendee, *Mental Health Policy Summit* (2014, January 9). Mental Health of American, Helena, MT.

Department of Counselor Education, Teaching observation and feedback: Sidney Shaw, Adjunct faculty for COUN 511. (October 15, 2014), University of Montana, Missoula.

Guest Lecture, *Introduction to Ethnographic Inquiry*, Communicative Sciences & Disorders 191: Diversity in Communication/Service Learning course, (2013, October 14), University of Montana, Missoula.

CARE Team: Lead Counselor (August 2014, 2015 & 2016); Counselor (June 2013), Middle Earth Girls (grades 6-8). A Camp to Remember, Tamarack Grief Resource Center, Flathead Lake, MT.

Counselor Education Hiring Committee (Spring & Autumn 2014; Fall 2018), University of Montana, Missoula.

Counselor Education Admissions Committee (Spring 2013-2018).

Counselor Education Graduation Committee (Spring 2012-2018), University of Montana, Missoula.

Counselor Education Mental Health & School Counseling Comprehensive Exam Co-chair (Spring 2013), University of Montana, Missoula.

Poster Judge (2013, April 13). Graduate and Faculty Research Conference, University of Montana, Missoula.

Counselor Education Faculty Evaluation Committee (Autumn 2012-2018), University of Montana, Missoula.

Rural Consortium of Schools, Elementary and Middle School Counselors and Principals: Addressing Behavioral and Social/Emotional Issues in Schools Meeting, (November 28, 2012), Lolo Middle School, Lolo, MT.

Intimate Relations Lab Counseling/Consultation Sessions – Four undergraduate students (Autumn 2012, 2013), University of Montana, Missoula.

Panel Participant, Intercultural Research and Scholarship (2012, August 22), PJW College of Education and Human Services Retreat, University of Montana, Missoula.

### **Specialty Training**

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Bereavement & post-traumatic growth: Modes of helping after tragedy (2018, March 9). Dr. Pamala Gabbay & Mr. Andy McNiel. 14<sup>th</sup> Annual Grief Institute, Missoula, MT.

Evidence-based teaching and learning (2018, January 4-6). Lilly Conference: College and University Teaching and Learning, Austin, TX.

CACREP Self-Study Workshop (2017, October 3). Drs. Robert Urofsky, Dave Hall, & Sejal Parikh Foxx. ACES, Chicago, IL.

Stories, icebergs, & family mobiles: Helping others as we help ourselves (2017, April 28). Mr. Jack Wolfe, M.Ed., LCSW, Grief Institute, Missoula, MT.

The 13<sup>th</sup> Annual Globalization, Education, & Diversity Conference (2017, February 15-17). Hosted by Washington State University College of Education, Northern Quest Resort, Airway Heights, WA.

Supporting the Bereaved: How to cope with loss from suicide (2016, April 28). Dr. John (Jack) Jordan, Grief Institute, Missoula, MT.

Romantic relationships as healthy partnerships: Adlerian approaches to couple counseling and education (2015, March 20). Dr. Jon Carlson, University of Montana- Missoula.

Psychopharmacology for the non-medical mental health professional (2014, September 12 & 13). Dr. Judith C. Durham, University of Montana-Missoula.

Trauma Practice: Tools for Stabilization (2014, April 16 & 17). Dr. Eric Gentry, Grief Institute, Missoula, MT

What's New?: DSM-5 Update (2013, December 6). Dr. Paul Peluso, University of Montana

Mental Health Facilitator, Master Trainer (2013, May 2-3). National Board for Certified Counselors, Greensboro, NC.

Grief Group Facilitator Training: Bereavement Following Suicide and Traumatic Loss, Tamarack Grief Resource Center, Missoula, MT (2012, November 29).

EMDR Level I (Spring 2012). Andrew Seubert, State College, PA.

## **Honors and Awards**

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- Professor of the Week, University of Montana Athletic Department, Fall 2016
- University of Montana, Merit Award, 2015
- ACES Presidential Fellow, Rocky Mountain Region, New Faculty (October 2012).
- NARACES Graduate Student Scholarship (October 2010 & 2011).
- Chi Sigma Iota, Graduate Student ACA Scholarship (March 2010).
- ACES Emerging Leader Scholarship (October 2009).
- Chi Sigma Iota, Rho Alpha Mu chapter (April 2009 - 2012).

## **Professional Involvement and Licensure**

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- American Counseling Association
- American School Counseling Association
- Association for Counselor Education and Supervision (& Rocky Mountain Region)
- Montana Licensed Clinical Professional Counselor, #10216
  - Approved Supervisor
- Montana Licensed School Counselor, Class 6, Level 3, #101892
- Montana School Counseling Association
- National Career Development Association
- National Certified Counselor