

## CURRICULUM VITAE

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### EDUCATION

- Ph.D. in Counselor Education and Supervision (CACREP)** August, 2010  
Old Dominion University - Norfolk, Virginia  
2009 Best Doctoral Program (Association for Counselor Education and Supervision)  
*Dissertation:* The relationship among counselor demographic, training, and employment variables and self-reported multicultural and gerontological counseling competence. [Quantitative Study]  
*Dissertation Committee:* Dr. Danica Hays, Dr. Ted Remley, Dr. Kathleen Levingston
- Master of Arts in Counseling (Mental Health; CACREP)** August, 2008  
Regent University - Virginia Beach, Virginia
- Bachelor of Science in Psychology; Sociology Minor** May, 2006  
Old Dominion University - Norfolk, Virginia
- Faculty Scholars Program**
- Virginia Geriatric Education Center (VGEC) Consortium** 2013-2014  
The University of Virginia, Eastern Virginia Medical School, Virginia Commonwealth University, and George Mason University  
*Project:* Interprofessional Teams in Primary Care: A Model Curriculum for Family Medicine Residents

### LICENSURE AND CERTIFICATION

*Licensed Professional Counselor (LPC), Virginia, #0701005099*  
*National Certified Counselor (NCC), National Board of Certified Counselors #254250*  
*Board Approved Clinical Supervisor, Virginia*  
*Board Certified Telemental Health Provider (BC-TMH), National Board of Certified Counselors*  
*Certified Florida Telehealth Provider, Florida Board of Medicine, #310*  
*Certified Clinical Trauma Professional (CCTP), International Association of Trauma Professionals*  
*Certified Forensic Behavioral Analyst (CFBA) and Certified Forensic Mental Health Evaluator (CFMHE),*  
National Board of Forensic Evaluators  
*Certified Mental Health Integrative Medicine Provider (CMHIMP), Mental Health Integrative Medicine Institute*  
*Diplomate and Clinical Mental Health Specialist in Integrated Behavioral Health Care Counseling,*  
American Mental Health Counselors Association (AMHCA)  
*Eye Movement Desensitization and Reprocessing (EMDR) therapist, EMDRIA approved*

### ACADEMIC POSITIONS

*Professor, Walden University, Minneapolis, MN, 2019-Present*

*Adjunct Assistant Professor, Old Dominion University, Norfolk, VA, 2010-Present*  
*Professor, Capella University, Minneapolis, MN 2012-2019*  
*Community Assistant Professor, Eastern Virginia Medical School, Norfolk, VA 2014-2018*  
*Assistant Program Director, Eastern Virginia Medical School, Norfolk, VA 2013-2014*  
*Assistant Professor, Eastern Virginia Medical School, Norfolk, VA 2011-2014*  
*Contributing Faculty, Walden University, Minneapolis, MN, 2010-2014*  
*Instructor of Record, Old Dominion University, Norfolk, VA, 2009-2010*

## UNIVERSITY TEACHING EXPERIENCE

**Walden University** 2010-2014; 2019-Present

*School of Counseling and Human Services (CACREP)*

Master's in Mental Health Counseling and Ph.D. in Counselor Education and Supervision programs

COUN 6626 Research Methodology and Program Evaluation (2 sections)

RSCH 8310 Qualitative Reasoning and Analysis (4 sections)

COUN 6336 Crisis, Trauma, and Response

COUN 6720 Diagnosis and Assessment (14 sections)

COUN 8560 Dissertation (2 sections)

COUN 6316 Techniques of Counseling (2 sections)

COUN 6306 Ethics and Legal Issues (13 sections)

COUN 6100 Introduction to Mental Health Counseling (27 sections)

COUN 6326 Research and Evaluation (2 sections)

COUN 6682 Counseling Internship (2 sections)

COUN 6671 Counseling Practicum

COUN 6101 Foundations for Graduate Study in Counseling (10 sections)

GRWA 6100 Group Lab

**Old Dominion University** 2008-Present

*Department of Counseling and Human Services (CACREP)*

B.S. in Human Services, Master's in Mental Health Counseling, and Ph.D. in Counselor Education and Supervision programs

Human Services 452 Substance Abuse Research (11 sections)

Human Services 339 Interpersonal Relations

Human Services 440 W-Prog Dev, Implementation, and Funding

Human Services 343W-Human Services Methods (3 sections)

Counseling 650-Theories of Counseling and Psychotherapy

Counseling 633-Counseling Skills and Techniques (2 sections)

Counseling 707/807-Adult and College Student Development

Human Services 368-Field Observation (2 sections)

Human Services 341 Introduction to Human Services (2 sections)

Human Services 341 TTN Introduction to Human Services

University 110 Academic Success Skills

Counseling 635 Research and Program Evaluation (TA)

Counseling 644 Structured Groups (TA)

Master's in MHC Growth Group

**Capella University** 2012-2019

*School of Counseling and Human Services (CACREP)*

Master's in Mental Health Counseling and Ph.D. in Advanced Studies in Human Behavior programs

COUN 5107 Psychopathology (19 sections)  
COUN 5108 Foundations of Addiction (16 sections)  
COUN 5217 Ethical and Legal Issues (6 sections)  
COUN 5223 Introduction to CMHC (11 sections)  
COUN 5254 Child and Adolescent Counseling (6 sections)  
COUN 5832 Group Counseling  
COUN 6302 Practicum (5 sections)  
COUN 6331 Internship I (5 sections)  
COUN 6332 Internship II (5 sections)  
SHB 5337 Child and Adolescent Studies (8 sections)  
SHB 8112 Advanced Qualitative Methods (3 sections)  
SHB 8113 Advanced Study in Research Methods (4 sections)  
SHB 8331 Advanced Child and Adolescent Studies (3 sections)

**Eastern Virginia Medical School**

2011-2018

*Department of Family and Community Medicine*

**Community Assistant Professor (2014-2018)**

Lectured on psychopathology/behavioral medicine topics in family medicine didactics.  
Conducted behavioral medicine research culminating in a peer-reviewed publication.

**Assistant Program Director (2013-2014)**

Conducted residency interviews and ranked medical students for the National Residency Matching Program (NRMP). Supervised resident physicians placed on performance improvement plans and probation. Ensured residency program met all standards put forth by the Accreditation Council for Graduate Medical Education (ACGME).

**Assistant Professor (2011-2014)**

Lectured on psychopathology/behavioral medicine topics in hospital rounding, didactics, academic forums, and primary care clinic. Supervised resident physicians and provided integrated care within clinic and hospital. Managed the behavioral medicine physician resident rotation. Videotaped resident physicians during patient visits and provided feedback within the New Innovations System. Provided live supervision and assessment of medical students conducting standardized patient visits during their family medicine rotation. Conducted behavioral medicine research. Facilitated a confidential resident physician support group. Promoted physician well-being and prevention of impairment.

**SUPERVISION EXPERIENCE**

**Counselor Education and Supervision Internship Supervisor**

2018-2019

*Capella University*

*School of Counseling and Human Services (CACREP)*

Provided supervision for CES interns in MS fieldwork and didactic courses.

**Faculty Advisor (Tennessee)**

2016-2019

*Capella University*

*School of Counseling and Human Services (CACREP)*

Ensured students met educational goals and degree requirements. Conducted Academic Learner Review meetings. Advised students on degree-specific programs and procedures. Identified at-risk students and highlighted opportunities for academic improvement. Reviewed Key Performance Indicator (KPI) metrics for all students.

**Group Practicum/Internship Supervisor**

2010-2019

Facilitated weekly group supervision for master's level fieldwork students. Provided written and verbal feedback and assisted students with development of basic and advanced counseling skills. Evaluated performance and counseling skill level.

**Capella University**

2012-2019

*School of Counseling and Human Services (CACREP)*

**Walden University**

2010-2014

*Mental Health Counseling Program (CACREP)*

**Old Dominion University-Norfolk, Virginia**

2010

*Department of Counseling and Human Services (CACREP)*

**Clinical Mental Health Internship Supervisor**

2012-2013

*Eastern Virginia Medical School*

*Department of Family and Community Medicine*

Provided site supervision for a mental health counseling intern within a family medicine clinic. Ensured all CACREP standards were met during intern's fieldwork experience.

**Social Work Internship Supervisor**

2011

*Norfolk Department of Human Services*

*Child Protective Services: Family Preservation Unit*

Provided site supervision for a social work intern within child protective services. Conducted evaluation and assessment of intern and complied with program guidelines.

**Child Protective Services Supervisor**

2010-2011

*Norfolk Department of Human Services*

*Family Preservation Unit*

Trained staff on child welfare practices. Collaborated with staff to assess families' needs and to identify diminished protective capacities. Provided individualized weekly consultation sessions for direct employees to assist with case management and career development. Mediated grievances and complaints between clients and staff. Attended Family Partnership Team Meetings (FAPT). Investigated complaints of child abuse and neglect and facilitated placement into foster care when abuse was founded. Testified in court hearings for Family Preservation Unit cases.

**Individual Practicum/Internship Supervisor**

2009

*Old Dominion University-Norfolk, Virginia*

*Department of Counseling and Human Services (CACREP)*

Facilitated weekly individual supervision for master's level practicum and internship students. Provided written and verbal feedback and assisted students in applying basic and advanced counseling skills. Evaluated performance and counseling skill level.

## CURRICULUM DEVELOPMENT EXPERIENCE

- Quality Matters** 2017  
*Course Reviewer*  
*Sul Ross State University*  
EDUC 6352 Community Treatment Planning and Mental Health Advocacy
- Capella University*  
COUN 5217 Ethical and Legal Issues in Professional Counseling
- Subject Matter Expert (SME)** 2015  
*Capella University*  
*School of Counseling and Human Services (CACREP)*  
Developed and designed two Studies in Human Behavior courses in Blackboard (SHB 5337 Studies in Human Behavior and SHB 8331 Advanced Child and Adolescent Studies).
- Freelance Ancillary Materials Developer** 2011-2015  
*Sage Publications* 2011- 2015  
*Cengage Publications* 2011-2013  
Developed ancillary materials for several counseling, research, and psychology textbooks.
- Integrated Care Curriculum Development** 2014  
*Eastern Virginia Medical School*  
*Department of Community and Family Medicine*  
Developed and implemented an integrated care curriculum in Blackboard for family medicine residents. Assessed for proficiency by implementing pre and post-measures.
- Behavioral Medicine Curriculum Revision** 2012  
*Eastern Virginia Medical School*  
*Department of Community and Family Medicine*  
Revised the behavioral medicine curriculum required by ACGME for second-year residents. Followed the recommended mental health curriculum guidelines put forth by the American Academy of Family Physicians.
- Graduate Assistant** 2008  
*Regent University*  
*School of Psychology and Counseling (CACREP)*  
Developed two virtual masters in mental health counseling courses in Blackboard.

## CLINICAL EXPERIENCE

- Private Practice Therapist/Owner** 2017-Present  
*Anchor Counseling and Wellness, LLC-Virginia Beach, VA*  
Trauma-informed therapist for individuals, groups, and families. Specializing in crisis and trauma, chronic illness, and women's health using an integrative approach, including Eye Movement Desensitization and Reprocessing (EMDR), cognitive-behavioral, attachment, mindfulness, and solution-focused frameworks.

**The American Red Cross**  
**Disaster Mental Health Responder/Supervisor**

2017-Present

**Route 91 Harvest Festival (Oct 2017; 11 days)**

*Las Vegas, NV*

Assisted victims and family members in the Family Assistance Center (FAC), hospitals, and community memorial sites. Provided outreach and psychological first aid to victims and first responders. Provided support for family members of the deceased. Worked closely with the Federal Bureau of Investigation and local law enforcement to support victims during witness statements and personal effects recovery.

**Marjory Stoneman Douglas High School (Feb 2018; 5 days)**

*Parkland, Florida*

Facilitated therapeutic groups and rendered psychological first aid to victims and family members. Attended memorials and provided support for family members of the deceased. Attended school walkouts and demonstrations to provide support for students, victims, and family members.

**Virginia Beach Municipal Center (June 2019; 11 days)**

*Virginia Beach, Virginia*

Facilitated support groups and rendered psychological first aid to victims and family members. Attended memorials to support victims and family members of the deceased. Assisted with recruitment of local mental health practitioners to help support the recovery process.

**Hurricane Isaias (August 2020; 17 days)**

*Virginia*

Provided outreach and psychological first aid to victims of tornados caused by Hurricane Isaias. Provided staff wellness and support.

**Hurricane Laura (August/September 2020; 2 days)**

*Virginia*

Provided staff wellness and support.

**DMH Steady-State Coverage**

*Blue Ridge, Virginia (February 2020-Present) and Hampton Roads, Virginia (September 2019-Present)*

Follow-up with clients who have lost their homes due to disasters such as hurricanes, floods, and fires to provide emotional support/resources.

**BetterHelp**

2018-2019

*Telemental Health Therapist*

Provided virtual services to over 100 clients.

**Therapist**

2014-2016

*Finney Zimmerman Psychiatric Associates-Norfolk, VA*

Provided individual, couples, and family therapy to children, adolescents, and adults, from a cognitive-behavioral framework.

<b>Therapist</b>	2011-2014
<i>Portsmouth Family Medicine</i>	
<i>Eastern Virginia Medical School</i>	
<i>Department of Community and Family Medicine</i>	
Maintained a small patient panel. Provided integrated care with physicians practicing within a family medicine clinic and during rounding at Maryview Medical Center.	
<b>Integrated Care Team Member</b>	2011-2014
<i>Ghent Family Medicine and Portsmouth Family Medicine</i>	
<i>Eastern Virginia Medical School-Norfolk, VA</i>	
Served as a member of an interprofessional primary healthcare team comprised of a geriatrician, family medicine resident physician, nurse practitioner, social worker, and psychology intern. Conducted extended medical visits with geriatric patients and caregivers. Assessed patients for psychosocial issues and caregivers for burnout. Developed integrated treatment plans with the team. Developed and supervised Portsmouth Family Medicine interprofessional team.	
<b>Internships/Residency</b>	2005-2011
<b>Finney Psychotherapy Associates-Virginia Beach, Virginia</b>	2009-2011
Provided individual and group counseling (children of divorce group).	
<b>Virginia Beach Psychiatric Center, Virginia Beach, Virginia</b>	2007-2008
Provided individual, group, and family counseling in a safe and therapeutic environment. Attended clinical and team meetings.	
<b>The Pines Residential Treatment Center - Norfolk, Virginia</b>	2007
Facilitated groups for youth within a residential treatment facility. Co-facilitated individual therapy sessions. Attended clinical and team meetings.	
<b>Park Place School - Norfolk, Virginia</b>	2005-2006
Collaboration with teachers, parents, support personnel, and community resources to promote program objectives. Aided in classroom for students with special needs. Demonstrated knowledge of prevention and crisis intervention strategies.	
<b>Finney Psychotherapy Associates - Norfolk, Virginia</b>	2005
Observed and participated in group therapy. Observed individual therapy. Scheduled/confirmed appointments.	
<b>Residential Counselor</b>	2006-2008
<i>The Pines Residential Treatment Center - Norfolk, Virginia</i>	
Provided counseling for youth within a residential treatment facility. De-escalated crisis situations. Provided patients with a safe and therapeutic environment. Documented rounds and case notes.	

### HOSPITAL AFFILIATION

Bon Secours Maryview Medical Center	2012-2016
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## RESEARCH EXPERIENCE

<p><b>Research Subcommittee</b>  <i>Association for Adult Development and Aging Older Adult Task Force</i>            Targeted the advancement of geriatric research within the counseling field.</p>	<p>2017; 2019</p>
<p><b>Institutional Review Board Member</b>  <i>Eastern Virginia Medical School</i>            Attended monthly committee meetings. Reviewed research submissions for scientific merit and protection of human subjects as put forth by Title 45 Code of Federal Regulations Part 46.</p>	<p>2013-2014</p>
<p><b>Qualitative/Quantitative Research Teams</b></p>	<p>2009-2014</p>
<p><b>Eastern Virginia Medical School</b></p>	
<p><i>"Physician Know Thyself"; How Learning Style and Personality Type Relate to Performance on the In-Training Examination among Family Medicine Residents</i></p>	<p>2014</p>
<p><i>Factors Influencing Immunization Coverage for Influenza and Pneumonia Vaccines in Two Family and Community Medicine Clinics in Southeastern Virginia</i></p>	<p>2013-2014</p>
<p><i>Guided Imagery and Orthopedic Surgery: The Influence of Guided Imagery on the Outcomes of Carpal Tunnel Surgery</i></p>	<p>2013</p>
<p><i>Heal Trauma Fast: An Integrative Approach for Healing Trauma</i></p>	<p>2013</p>
<p><b>Old Dominion University</b></p>	
<p><i>EP &amp; CT: A Comparison of Approaches Applied to First Session Counselor Jitters</i></p>	<p>2011</p>
<p><i>A Qualitative Investigation of the Use of an Art-Based Technique in Counselor Group Supervision</i></p>	<p>2011</p>
<p><i>A Qualitative Investigation of Neurofeedback</i></p>	<p>2010-2011</p>
<p><i>Exploring the Essence of Positive Aging</i></p>	<p>2010</p>
<p><i>Urban School Counselors' Perceptions of Low-Income Families in Their Schools</i></p>	<p>2009-2010</p>
<p><i>The Perceptions of Agency Sexual Assault Counselors Regarding Self-Care, Vicarious Trauma, and Burnout</i></p>	<p>2009-2010</p>
<p><i>Response Rates of Web-Based Surveys</i></p>	<p>2009</p>
<p><i>Female Prospective in Professional Identity and Success in the</i></p>	<p>2009</p>



*Counseling Field*

*A Phenomenological Case Study of the Multicultural Counseling Experience of Students and Faculty in Relation to the Multicultural Competency and CACREP Standards* 2009

**Research Consultant** 2010-2011  
*Finney Psychotherapy Associates-Virginia Beach, Virginia*  
Conducted a provider quality measurement study on postpartum depression.

**Research Assistant** 2010  
*Joanne Steen, M.A., NCC-Virginia Beach, Virginia*  
Assisted with military loss, compassion fatigue, and survivor guilt research for *We Regret to Inform You A Survival Guide for Gold Star Parents and Those Who Support Them* (2019). Central Recovery Press: Las Vegas.

**Research Assistant**  
*Old Dominion University-Norfolk, Virginia*  
Dr. Tammi Milliken 2009-2010  
Dr. Edward Neukrug 2008-2009

**Research Assistant** 2005  
*Old Dominion University-Norfolk, Virginia*  
*Department of Psychology*  
Collected and analyzed data. Applied knowledge of ethical standards for working with animal subjects.  
*Project: The effect of Pfiesteria toxin on learning in rats: Repeated administration and performance in the radial-arm maze*

**REFEREED PUBLICATIONS**

**Published Journal Articles**

**Cowan, R., & Cole, R.** (under review). Responding to Mass Shootings: The Human Service Professionals' Role.

Cole, R., & **Cowan, R.** (under review). From Surviving to Thriving: Supporting Military Spouses during Transitions.

**Cowan, R.** & Cole, R. (under review). The pathway to violence and public mass shooters who have received mental health treatment prior to attacks.

Cole, R., & **Cowan, R.** (under review). Recognizing resiliency: a strengths-based approach for school counselors working with military children.

Cole, R. & **Cowan, R.** (under review). Supporting families during military separation: a guide for school counselors.

- Cole, R. F., **Cowan, R.**, Dunn, H., & Lincoln, T. (In press). Investigating military spouse suicide: a qualitative phenomenological study. *The Professional Counselor*.
- Cowan, R.**, Gillette, C. & Cole, R. (In press). Trends in ethical violations and resulting disciplinary Actions by the Virginia Board of Counseling, 1999-2019. *Virginia Counselors Journal*.
- Alston, L., **Cowan, R.**, Neal, C. & Mahon, M. (In press). The experiences of licensed clinicians counseling Lesbian, gay, bisexual, and queer survivors of intimate partner violence. *Journal of LGBT Issues in Counseling*.
- Lankford, A. & **Cowan, R.** (2021). Has the role of mental health problems in mass shootings been significantly underestimated? *The Journal of Threat Assessment and Management*.
- Frazier, D., & **Cowan, R.** (2020). The correlation between attachment style, self-esteem, and psychological well-being of fatherless women ages 25-55. *Adulthood Journal*, 19(2), 67-76.
- Cowan, R.**, & Cole, R. (2020). Understudied and underfunded: Potential causes of mass shootings and implications for counseling research. *Journal of Social Change*, 12(1), 124-133.
- Cowan, R.**, Blum, C., Szirony, G. M., & Cicchetti, R. (2020). Supporting survivors of mass shootings: Implications for professional counselors. *Journal of Social, Behavioral, and Health Sciences*, 14, 169–182. <https://doi.org/10.5590/JSBHS.2020.14.1.12>
- Cole, R., & **Cowan, R.** (2019). Military reintegration: The professional school counselor's role in helping military families successfully reunite after deployment. *Journal of Military and Government Counseling*, 7(4), 63-76.
- Cowan, R.** (2018). Responding to the Las Vegas mass shooting part 2. *TSQ*, 2(1), 6-7.
- Cowan, R.**, Cole, R., Craigen, L. (2019). School based sexual abuse prevention: Implications for professional school counselors. *The Professional Counselor*, 9(3), 200-210.
- Margolies, S., **Cowan, R.**, Rehfuss, M., Britton, B. (2018). The patient centered medical home and medical school education: An innovative interprofessional education model. *Journal of Interprofessional Education & Practice*, 10, 41-43.
- Cowan, R.** (2018). Responding to the Las Vegas mass shooting. *TSQ*, 2(1), 6-7.
- Cole, R., **Cowan, R.**, & Craigen, L. (2015). Building partnerships with low-income families of students with Attention Deficit Hyperactivity Disorder: Implications for professional school counselors. *Journal of Children and Poverty*, 21(1), 1-12.
- Cowan, R.** & Cole, R. (2014). Awareness, recognition, and action: Meeting the needs of geriatric clients. *The Journal of Human Services*, 34(1), 121-125.
- Cole, R., Craigen, L., & **Cowan, R.** (2014). Compassion fatigue in human service practitioners. *The Journal of Human Services*, 34(1), 117-120.

Craigen, L., Cole, R., & **Cowan, R.** (2013). Online relationships and the role of the human service practitioner. *Journal of Human Services, 33*(1), 29-42.

Craigen, L., Cole, R., & **McBride-Cowan, R.** (2013). The college counseling experiences of young women who self-injure: A qualitative study. *Human Services Today.*

**McBride, R. G.,** & Hays, D. G. (2012). Counselor demographics, ageism attitudes, and multicultural counseling competence among counselors and counselor trainees. *ADULTSPAN Journal, 11*(2), 77-88.

**McBride, R.G.** (2012). Survival on the streets: Experiences of the homeless population and constructive suggestions to assist this population. *Journal of Multicultural Counseling and Development, 40*(1), 49-61.

Hays, D. G., Michel, R., Cole, R., Emelianchik, K., Forman, J., Lorelle, S., **McBride, R.** & Sikes, A. (2011). A phenomenological investigation of adolescent dating relationships and dating violence counseling interventions. *The Professional Counselor Journal, 1*(3).

Sikes, A., Walley, C., **McBride, R.,** Fusco, A., Fariss, R., & Lauka, J. (2011). Inhalant and prescription medication abuse among adolescents: An inexpensive, accessible, and misperceived trend. *Journal of Child and Adolescent Substance Abuse, 20*(3), 237-252.

Neukrug, E., **McBride, R.,** Cichetti, R., Forman, J., Kyser, N., & Wisinger, S. (2010). A content analysis of CESNET-L e-mail messages: Directions for information delivery in higher education. *Journal of Computing in Higher Education, 22*(1), 60-72.

Forman, J. M., & **McBride, R. G.** (2010). Counselors' role in preventing abuse of older adults: Clinical, ethical, and legal considerations. *ADULTSPAN Journal, 9*(1), 4-13.

Sikes, A., Cole, R. F., **McBride, R.,** Fusco, A., Lauka, J. (2009). Addressing the needs of substance abusing adolescents: A guide for professional school counselors. *Journal of School Counseling, 7*(43).

### **Books**

Marscheider, R. & **Cowan, R.** (2017). *Simon Says Play it Safe.* Koehler Books.

### **Book Reviews**

**Cowan, R.** (2014). A review of *Counseling Individuals with Life-Threatening Illness, Second Edition* (2014) by Kenneth J. Doka. *The Professional Counselor.*

### **Book Contributions**

**McBride, R. G.,** & Foreman, J. M. (2012). The heart transplant exercise. In C. Salazar, (Ed.). *Group work experts share their favorite multicultural activities: A guide to diversity-competent choosing, planning, conducting, and processing* (2<sup>nd</sup> ed). Alexandria, VA: Association for Specialists in Group Work.

**McBride, R. G.,** & Forman, J. M. (2009). The heart transplant exercise. In C. Salazar, (Ed.). *Group work experts share their favorite multicultural activities: A guide to diversity-competent choosing, planning, conducting, and processing.* Alexandria, VA: Association for Specialists in Group Work.

## MANUSCRIPTS AND RESEARCH PROJECTS IN PROGRESS

Miller-Reed, R., Morgan, L., **Cowan, R.**, & Birtles, C. (In progress). A qualitative analysis of researcher trauma.

**Cowan, R.**, & Cole, R. (In progress). An analysis of averted school violence incidents.

## OTHER PUBLICATIONS

**Cowan, R.** (2019). Seek Training Now: Crisis/Trauma/Disaster Preparedness. *AADA Newsletter*

**McBride, R. G.**, & Neukrug, E. (2011). Utilization of web-based surveys. *AACE NewsNotes*, 50(4) 5-6.

**McBride, R. G.**, Byrd, R., Shaw, B. & Knight, J. (2010). Social justice involvement of Old Dominion University's Omega Delta chapter. *The Exemplar*, 25 (1), 11.

**McBride, R. G.**, & Neukrug, E. (2010). Tracking trends within the counseling field: A content analysis of CESNET-L. *AACE NewsNotes*, 50(1), 8.

## PRESS AND MEDIA

How to Prepare and React During an Active Shooting Situation. CBS19 News. Tyler, Texas. April 16, 2021.  
<https://www.cbs19.tv/article/news/local/how-to-prepare-and-react-during-an-active-shooting-situation/501-5bcb0fa0-447b-445b-8213-cde2ef4956ac>

Now that We've Spent a Year (!) in Quarantine, Many People are Wondering: What Does This Kind of Isolation Do to a Person? Here's What to Know. Parade Magazine. March 31, 2021.  
<https://parade.com/1187018/ericasweeney/what-does-isolation-do-to-a-person/>

If Your Social Skills Feel Rusty as We Near the End of the Pandemic, You're Not Alone--Here's How to Get them Back on Track. Parade Magazine. March 26, 2021.  
<https://parade.com/1186234/ericasweeney/covid-social-skills/>

15 Bad Habits You Picked Up During COVID--And How to Break Them in 2021. Beachbody on Demand. January 15, 2021. <https://www.beachbodyondemand.com/blog/bad-habits-to-break>

Getting a Positive COVID-19 Test is Scary and Isolating—Here are 15 Ways to Help. December 15, 2020.  
<https://parade.com/1136240/kaitlin-vogel/how-to-help-someone-who-tests-positive-for-covid/>

Experts' Best Tips for Dealing with Sadness Around the Holidays. December 11, 2020.  
<https://www.bustle.com/wellness/how-to-deal-with-sadness-around-the-holidays-according-to-experts-19434055>

Expert Tips on How to Care for Aging Parents. October 12, 2020.  
<https://goodlifefamilymag.com/2020/10/12/expert-tips-on-how-to-care-for-an-aging-parent/>

Expert Tips to Help Families Manage COVID-19 Anxiety. 2020. <https://www.waldenu.edu/online-masters-programs/ms-in-clinical-mental-health-counseling/resource/expert-tips-to-help-families-manage-covid-19-anxiety>

Coping Techniques through Telecounseling. Walden Newsroom. May 27, 2020.  
<https://www.waldenu.edu/connect/newsroom/spotlight/2020/coping-techniques-through-telecounseling>

How to Recognize and Deal with Grief During This Pandemic. Verily. May 13, 2020.  
<https://verilymag.com/2020/05/grief-coronavirus-stages-of-grief-in-pandemic-loss>

Tips for Keeping Your Stress at Bay. Familywise. April 30, 2020. <https://familywise.org/blog/how-to-keep-your-stress-at-bayon-a-budget>

10 Ways You Can Support Someone Grieving During the Coronavirus Crisis. The Huffington Post. April 15, 2020. [https://www.huffpost.com/entry/ways-to-support-someone-grieving-coronavirus\\_l\\_5e95b255c5b6cc788eaf533d?guccounter=1&guce\\_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce\\_referrer\\_sig=AQAAACcSu0tzSsc0M8CnW5Be1tBT1oMVHMoUuZCMdnSu0D6C4ue\\_mixUjB0LPeLtKn9KoqOvtCDx-\\_bVOxm5sQ8hy-LozeIrP394S1lPzOMxF0oIocEaH0xguDQN2rdqpJdAoM5maFd\\_Qn1297GYEcRVfhkQvUWioXCJbc1i2di5Pz](https://www.huffpost.com/entry/ways-to-support-someone-grieving-coronavirus_l_5e95b255c5b6cc788eaf533d?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAACcSu0tzSsc0M8CnW5Be1tBT1oMVHMoUuZCMdnSu0D6C4ue_mixUjB0LPeLtKn9KoqOvtCDx-_bVOxm5sQ8hy-LozeIrP394S1lPzOMxF0oIocEaH0xguDQN2rdqpJdAoM5maFd_Qn1297GYEcRVfhkQvUWioXCJbc1i2di5Pz)

COVID-19: Maximizing Telepsychology While Quarantined. Global Teletherapy. May 5, 2020. <https://globalteletherapy.com/covid-19-maximizing-telepsychology-while-quarantined/>

What it's Like to Live with Someone Who Still Doesn't Take Coronavirus Seriously. Mashable. March 30, 2020. <https://mashable.com/article/what-to-do-if-partner-friends-family-roommates-not-taking-coronavirus-seriously/>

Therapy by Phone of Videochat Kinda Sucks. Here's How to Make it Better. VICE. March 26, 2020. [https://www.vice.com/en\\_us/article/xgqped/video-phone-therapy-coronavirus-quarantine](https://www.vice.com/en_us/article/xgqped/video-phone-therapy-coronavirus-quarantine)

How to Cope with Coronavirus Anxiety, According to the Experts. Oprah Magazine. March 12, 2020. <https://www.oprahmag.com/life/health/a31260463/manage-coronavirus-anxiety/>

How to Talk to Your Kids About Moving. December 31, 2019. <https://www.forsalebyowner.com/blog/how-to-talk-to-your-kids-about-moving/>

Should Influencers Talk About Their Anxiety? December 30, 2019. <https://www.styletomes.com/lifestyle/influencer-anxiety-posts/>

13 Ways your Phone is Ruining Your Health. December 23, 2019. <https://www.eatthis.com/dangers-phone-health/>

Is Falling Asleep with the TV on Really that Bad for You? December 23, 2019. <https://lifehacker.com/is-falling-asleep-with-the-tv-on-really-that-bad-for-yo-1840613894>

The 36 Best New Year's Resolutions [Mental Health Expert Advice]. Compare Life Insurance. December 18, 2019. <https://www.comparelifeinsurance.com/best-new-years-resolutions/>

Avoid Doing These 9 Things on Social Media, According to Relationship Experts. December 16, 2019. <https://hellogiggles.com/lifestyle/how-to-get-over-a-breakup-social-media-breakup/>

How to Be Alone in a New City for the Holidays. *Bustle*. December 11, 2019. <https://www.bustle.com/p/how-to-be-alone-in-a-new-city-for-the-holidays-19441459>

How to Deal with Sadness Around the Holidays, According to Experts. *Bustle*. December 9, 2019. <https://www.bustle.com/p/how-to-deal-with-sadness-around-the-holidays-according-to-experts-19434055>

Inside Business, "Top Forty Under 40." The Virginian Pilot. Norfolk, VA. October 2019.

Meyers, L. (2014, April). "Ages and Stages." *Counseling Today*. 32-42. Interview regarding counseling geriatric clients.

## EDITORIAL EXPERIENCE

<i>Ad Hoc Reviewer</i> , Journal of Mental Health Counseling (JMHC)	2019-Present
<i>Reviewer</i> , Virginia Counselors Journal	2019-Present
<i>Reviewer</i> , Adultspan Journal	2014-Present
<i>Reviewer</i> , Journal of Counseling and Development (JCD)	2013-2019
<i>Reviewer</i> , EC Psychology and Psychiatry	2017-2018
<i>Editorial Board</i> , The Professional Counselor (TPC)	2013-2018
<i>Reviewer</i> , Journal of Human Services (NOHS)	2010-2018

Reviewer, Family Medicine  
Assistant Editor, Journal of Human Services (NOHS)

2013-2016  
2008-2010

## REFEREED PRESENTATIONS

### National

**Cowan, R. G.,** & Tedeschi, P. (March, 2021). Lessons from Las Vegas and Parkland: The Experiences of Two Responders. American Counseling Association Conference.

**Cowan, R.G.,** & Stephenson, J. (April, 2020). It Takes a Team: The Role of Counselors Working within an Integrated Care Setting. American Counseling Association Conference, San Diego, California [canceled due to COVID-19].

**Cowan, R. G.,** & Tedeschi, P. (April, 2020. Lessons from Las Vegas and Parkland: The Experiences of Two Responders. American Counseling Association Conference, San Diego, California [canceled due to COVID-19].

**Cowan, R. G.,** & Baumgarten (May, 2014). *Working Together as Interdisciplinary Leaders: MD and PhD Program Directors In a Family Medicine Residency.* Society of Teachers of Family Medicine's Annual Spring Conference, San Antonio, TX.

Early, M., & **Cowan, R.G.** (May, 2013). *Senior Care Clinic: A Success Story for Integrated Care.* Society of Teachers of Family Medicine's Annual Spring Conference, Baltimore, MD.

Britton, B., O'Keefe, A., **Cowan, R.,** & Das, P. (May, 2013). *Enhancing Patient Communication: Structuring Simulated Patient Feedback and Evaluation of Family Medicine Clerkship Students.* Society of Teachers of Family Medicine's Annual Spring Conference, Baltimore, MD.

**Cowan, R. G.,** & Bluestein, D. (April, 2013). *Teamwork in Geriatrics: Making it Happen in the Real World.* Virginia Geriatrics Society Annual Conference, Richmond, VA.

Neukrug, E., **McBride, R. G.,** & Neuer, A. (March, 2010). *Perceptions by ACA members of Ethically Correct Behaviors.* American Counseling Association Conference, Pittsburgh, PA.

**McBride, R.** & Lauka, J. (October, 2009). *Positive and negative aspects of doctoral students supervising master's students in counselor education and supervision programs,* Association for Counselor Education and Supervision Conference, San Diego, CA.

Remley, T. P., **McBride, R.,** Knight, J., Neuer, A., Richeson, B., (October, 2009). *Are Counselor Educators Over-Zealous in their Role as Gatekeepers for the Counseling Profession?* Association for Counselor Education and Supervision Conference, San Diego, CA.

Hays, D., **McBride, R.G.,** Earhart, B., Emelianchik, K., Sikes, A., & Walley, C. (October, 2009). *Healthy Relationships.* Association for Counselor Education and Supervision Conference, San Diego, CA.

**McBride, R. G.** & Forman, J. M. (September, 2009). *Survival on the Streets: Experiences of the Homeless Population and Constructive Suggestion for Assistance.* Association for Assessment in Counseling and Education Conference, Norfolk, VA.

Neukrug, E., Wisinger, S., **McBride, R.**, & Forman, J. (September, 2009). *A Content Analysis of CESNET-L*. Association for Assessment in Counseling and Education Conference, Norfolk, VA.

**McBride, R. G.**, & Forman, J. M. (July, 2009). *Perceptions of Ethical Behaviors of Counselors*. American Mental Health Counselors Association Conference, Washington, D.C.

Neukrug, E., Richeson, B., **McBride, R. G.**, & Forman, J. M. (March, 2009). *Perceptions of Ethical Behaviors of Counselors: A Survey*. American Counseling Association Conference, Charlotte, NC.

### **Regional**

**McBride, R.**, & Norris, J. (October, 2010). *Perceptions by ACA members of Ethically Correct Behaviors*. SACES Conference, Williamsburg, VA.

### **State**

**McBride, R.** & Prosek, E. (November, 2010). *Resilience and Community Needs of the Homeless Population*. VCA Conference, Williamsburg, VA.

**McBride, R.**, & Neuer, A. (February, 2010). *Resilience and Community Needs of the Homeless Population*. VACES Graduate Student Conference, Williamsburg, VA.

Dickerson, S., Duncan, P., & **McBride, R.** (May, 2006). *The Effect of Pfiesteria Toxin on Learning in Rats: Repeated Administration and Performance in The Radial-Arm Maze*. The Virginia Academy of Science, Blacksburg, VA.

## **OTHER PRESENTATIONS**

**Cowan, R.** (March, 2021). Responding to Mass Casualty Incidents: Survivor and Community Recovery. Chi Sigma Iota. Walden University, Minneapolis, MN.

**Cowan, R.**, Glowiak, M., Prestigiacomo, B, & Wereszczynska, K. (January, 2020). Counselor Community Engagement in Action: From Idea to Follow-through. Chi Sigma Iota

**Cowan, R.** (October, 2018). Mental Health Response to Route 91 and Parkland. Thomas University, Thomasville, Georgia.

**Cowan, R.** (June, 2018). Supporting Survivors of Mass Casualty Incidents. Adler University, Chicago, Illinois.

**Cowan, R.** (May, 2018). Disaster Mental Health, Mass Casualty Incidents, and Prevention of VT. School Counseling Internship. Capella University, Minneapolis, MN.

**Cowan, R.** (February, 2015). Mistreatment of Elderly: Recognition and Intervention in the Primary Care Setting. Family Medicine Didactics. Ghent Family Medicine & Portsmouth Family Medicine Eastern Virginia Medical School.

**Cowan, R.** (June, 2013). Cultural Genogram: A Tool for Self-Reflection and Practice. Eastern Virginia Medical School, Portsmouth, VA.

Donnelly, A. L., **Cowan, R.** & Roenker, M. (August, 2013). "Physician Know Thyself"; How Learning Style and Personality Type Relate to Performance on the In-Training Examination among Family Medicine Residents. Eastern Virginia Medical School, Portsmouth, VA.

**Cowan, R.** (July, 2013). Behavioral Health in Primary Care. Eastern Virginia Medical School, Portsmouth, VA.

**Cowan, R.** (June, 2013). DSM-5 Update. Eastern Virginia Medical School, Portsmouth, VA.

**Cowan, R.** (February, 2013). Disseminating Your Project to the World. Research Boot Camp. Eastern Virginia Medical School, Norfolk, VA.

O'Keefe, A. & **Cowan, R.** (February, 2013). Stress Management in Primary Care. Eastern Virginia Medical School, Portsmouth, VA.

**Cowan, R.** (January, 2013). Suicide Risk Assessment in Primary Care. Ghent Family Medicine & Portsmouth Family Medicine. Eastern Virginia Medical School.

**Cowan, R.** (September 13, 2012). The Myers-Briggs Type Inventory. Portsmouth Family Medicine. Eastern Virginia Medical School, Portsmouth, VA.

Bluestein, D., **Cowan, R.**, Early, M., & Lynch, T. (July, 2012). Geriatric Depression: An Interprofessional Approach. Family Medicine Didactics. Ghent Family Medicine & Portsmouth Family Medicine. Eastern Virginia Medical School, Norfolk, VA.

**Cowan, R.**, & O'Keefe, A. L. (June 29, 2012). Managing Stress in Your Professional and Personal Life. New Resident Orientation. Eastern Virginia Medical School, Norfolk, VA.

**Cowan, R.** (March, 2012). Mistreatment of Elderly: Recognition and Intervention in the Primary Care Setting. Family Medicine Didactics. Ghent Family Medicine & Portsmouth Family Medicine. Eastern Virginia Medical School, Norfolk, VA.

**McBride, R.** (May 3, 2011). *Working in the Counseling Profession*. Human Services 444. Old Dominion University, Norfolk, VA.

**McBride, R.** (February 24, 2011). *Development of a Counselor Educator*. Counseling 820. Old Dominion University, Norfolk, VA.

**McBride, R.** (March 16, 2010). *Gender Issues*. Counseling 655. Old Dominion University, Norfolk, VA.

Neukrug, E., Wisinger, S., **McBride, R.**, & Forman, J. (September 8, 2009). *A Content Analysis of CESNET-L*. Counseling 801. Old Dominion University, Norfolk, VA.

## AWARDS AND HONORS

### National Level

Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person                      2020  
*American Counseling Association*



Outstanding Journal Award <i>Association for Adult Development and Aging</i>	2013
President's Award <i>National Organization of Human Services</i>	2010
National Ethics Competition-2 <sup>nd</sup> Place <i>American Counseling Association</i>	2009
<b><u>Regional Level</u></b>	
Top Forty Under 40 <i>Hampton Roads Inside Business</i>	2019
<b><u>University Level</u></b>	
Top 40 Under 40 <i>Old Dominion University</i>	2021
Stephen Shank Recognition <i>Capella University</i>	
Quarter 4	2016
Quarters 3 and 4	2015
Outstanding Faculty <i>Capella University</i>	2015
Graduate Assistantship Award (stipended) <i>Old Dominion University</i>	2008-2010
Doctoral Student Development Award <i>Old Dominion University</i>	2010
CSI Academic Excellence Scholarship Award <i>Old Dominion University</i>	2009

## SERVICE

### **University**

#### **Walden University**

Teaching and Innovative Practice Committee (TIP; School of Counseling)	2020-Present
University Hiring Panel	2020
Course Auditor	2019-Present
Student Outreach Committee	2019-Present
Admissions Panel	2019-Present

#### **Old Dominion University**

Awards Committee (CSI)	2011-2012
Leadership Essay Reviewer (CSI)	2009-2013
Mentor, PhD in Counseling program	2009-2010
Community Service Chair (CSI)	2009-2010

Community Service Co-Chair (CSI)	2008-2009
Awards Committee (CSI)	2008-2009
<b>Capella University</b>	
University Hiring Panel	2019
University Faculty Review Panel Committee Member	2016-2019
Comprehensive Exam Reviewer	2014-2018
<b>Eastern Virginia Medical School</b>	
Dept of Family Medicine Faculty Hiring Panel	2013-2014
Institutional Review Board	2013-2014
<b><u>Community</u></b>	
Board Member, Youth Seen; Denver, CO	2017-2018
Advisor, Health Literacy and Resource Center; Portsmouth, VA	2013-2014
Virginia State Child Abuse and Neglect Prevention Committee, Member	2011
Hampton Roads Child Abuse and Neglect Prevention Coalition, Chair	2011
<b><u>Profession</u></b>	
VACES Graduate Student Conference, Reviewer	2020
ACA 2021 World Conference, Orlando, Florida, Reviewer	2020
SACES 2020 Conference, Baltimore, MD, Reviewer	2020
SACES, Service-Learning Interest Network, Chair	2019-2020
SACES, Supervision Interest Network, Member	2019- Present
Chi Sigma Iota International, Counselor Community Engagement Committee	2019- Present
Association for Adult Development and Aging Middle Adulthood Task Force	2019-2020
ACES, Supervision Interest Network, Member	2019
ACES, Technology Interest Network, Member	2019
Association for Adult Development and Aging Older Adult Task Force	2016-2017
Family Medicine Education Consortium Northeast Region Meeting, Reviewer	2014
Family Medicine Education Consortium Northeast Region, Host Committee	2014
The Generalists in Medical Education Annual Conference, Reviewer	2013
ACA 2014 World Conference, Honolulu, HI, Reviewer	2013
Virginia Geriatrics Society, Conference Planning Committee	2012-2013
Child Abuse, Neglect and Prevention Grant, Reviewer	2011
Virginia Conference on Child Abuse Prevention, Conference Moderator	2011
Journal of Humanistic Counseling, Ed, and Development, Volunteer Reviewer	2010
Secretary, Chi Sigma Iota, Regent University	2007-2008

## VOLUNTEER EXPERIENCE

<b>The American Red Cross</b> <i>Disaster Mental Health Volunteer</i>	2017-Present
<b>The Bair Foundation, Norfolk, VA</b> <i>Therapeutic Foster Parent</i> Provided therapeutic respite foster care.	2016

**Stop Abuse**

2015-2017

*Virginia Beach, Virginia*

Developed materials on child maltreatment for educators and professional school counselors. Met with school administration to advocate for implementing child abuse prevention programs in the local school system. Conducted research and program evaluation on child abuse prevention program. Attended performances and provided therapeutic support for participating children.

**From One Hand to Another**

2015

*Virginia Beach, Virginia*

Volunteered at several Summer of Innovation camps, which integrate project-based learning and mentorship for under-served youth.

**Harbour Pointe Nursing Home**

2009-2010

*Norfolk, Virginia*

Chi Sigma Iota, Omega Delta Harbour Point Community Service Day of Caring and Sharing

**Our Lady of Perpetual Help Nursing Home**

2004-2005

*Virginia Beach, Virginia**Activity Therapy*

Independently assisted Alzheimer's/Dementia patients, facilitated events, assisted with daily activities, and communicated with families.

**GRANTS/FUNDING**

**Cowan, R. G.** (2021). Walden University Research Dissemination Grant – Journal of Threat Assessment and Management Publication. \$1500

**Cowan, R. G.** (2020). Walden University Research Dissemination Grant – Journal of Social, Behavioral, and Health Sciences Publication. \$1500

**Cowan, R. G.** (2020). Walden University Research Dissemination Grant – Journal of Military and Government Counseling Publication. \$750

**Cowan, R. G.** (2019). Walden University Research Dissemination Grant – The Professional Counselor Journal Publication. \$1500

**CONTINUING EDUCATION****Conferences**

American Counseling Association World Conference: March, 2021 (Virtual).

Walden University Research Conference, October, 2020 (Virtual)

American Psychological Association Annual Convention, August 2020 (Virtual)

Virtual Faculty Conference, Capella University: December, 2017 (Minneapolis, MN)

Virtual Faculty Conference, Capella University: December, 2016 (Minneapolis, MN)

Society of Teachers in Family Medicine Annual Conference: May, 2014 (San Antonio, TX)

Virginia Geriatrics Society Conference: April, 2014 (Richmond, Virginia)

Society of Teachers in Family Medicine Annual Conference: May, 2013 (Baltimore, Maryland)

Virginia Geriatrics Society Conference: April, 2013 (Richmond, Virginia)

American Counseling Association World Conference, Disaster Mental Health Training: March, 2013

(Columbus, Ohio).

Virginia Conference on Child Abuse Prevention: April, 2011 (Richmond, Virginia)

Virginia Counselor Association (VCA) Conference: November, 2010 (Williamsburg, Virginia)

Southern Association for Counselor Education and Supervision (SACES) Conference: October, 2010 (Williamsburg, Virginia).

American Counseling Association World Conference: March, 2010 (Pittsburgh, Pennsylvania).

Virginia Association for Counselor Education and Supervision (VACES) Graduate Student Conference: February, 2010 (Williamsburg, Virginia).

Association for Counselor Education and Supervision (ACES) Conference: October, 2009 (San Diego, California).

Association for Assessment in Counseling and Education (AACE) Conference: September, 2009 (Norfolk, Virginia).

American Mental Health Counselors Association (AMHCA) Conference: July, 2009 (Washington, D.C.).

American Counseling Association World Conference: March, 2009 (Charlotte, North Carolina).

### **Workshops/Trainings**

#### *Forensics:*

Assessing Threats and Violence Risk on Campus, in the Workplace and Community with the WAVR-21. Specialized Training Services: 2021

Mitigating the Threat of Campus and Corporate Violence with WAVR-21 V3 (Workplace Assessment of Violence Risk Version 3). Global Institute of Forensic Research: 2021

Terrorist Radicalization Assessment Protocol-18 (TRAP 18) Advanced Training. Global Institute of Forensic Research: 2021

Psychological Autopsy Certification Training. American Association of Suicidology: 2021

Threat Assessment in the age of COVID-19: An introduction to the TRAP-18. Global Institute of Forensic Research. Dr. J Reid Meloy: 2021

Traumatic Brain Injury-The Silent Epidemic: Challenges and Complexities. Global Institute of Forensic Research: 2020

Behavioral Analysis of Offenders Who Commit Violence in Work and School Environments: Prediction and Intervention. National Board of Forensic Evaluators: 2020

Risk Assessment, Anger, Psychopathy, and Sexual Violence. National Board of Forensic Evaluators: 2020

Overview of Forensic Mental Health Testing Instruments, Malingering, and Competency Evaluation. National Board of Forensic Evaluators: 2020

Intelligence and Adaptive Behavior Tests. National Board of Forensic Evaluators: 2020

Tests for Child Abuse, Sexual Abuse, Substance Abuse, and Custody Evaluations. National Board of Forensic Evaluators: 2020

Child & Adolescent Development (Interpersonal Approach). National Board of Forensic Counselors: 2019

Fun with Z-Codes: The Clinician's Guide to Diagnosing Non-Disorders. National Board of Forensic Counselors: 2019

Filicide: Does Hidden Hostility at Home Lead to Murder? National Board of Forensic Counselors: 2019

The Psychology of School Shooters. National Board of Forensic Counselors: 2019

Mass Media Crisis Intervention: How Counselors Can Partner with Media to Stabilize People After Community Shootings. National Board of Forensic Counselors: 2019

Mass Violence Response. Office for Victims of Crime Training & Technical Assistance Center and the City of Virginia Beach: 2019

Mass Shooters and Murderers: Motives and Paths. NETCE: 2019

Responding to a Mass Shooting in Your Community: Best Practices for Professional Counselors.

Chi Sigma Iota: 2019

Mass Casualty Incident Response Basics. American Red Cross: 2017; 2019

*Disaster Mental Health:*

Providing and Documenting Individual Disaster Care Services with RC Care. American Red Cross: 2020

Virginia Medical Reserve Corps Volunteer Orientation: 2020

Disaster Mental Health Fundamentals Part 2. American Red Cross: 2019

American Red Cross Client Assistance System Training. American Red Cross: 2019

Recovery Fundamentals. American Red Cross: 2019

Psychological First Aid: Helping Others in Time of Stress. American Red Cross: 2019

Shelter Fundamentals. American Red Cross: 2019

Disaster Mental Health Fundamentals Part 1. American Red Cross: 2017

Deployment Fundamentals. American Red Cross: 2017

Disaster Cycle Services: An Overview. American Red Cross: 2017

Integrated Care Condolence Team Fundamentals. American Red Cross: 2018

*Ethics:*

Counseling in the Digital Age: Ethical Implications. Chi Sigma Iota: 2019

Defending Your Counselor License: Common Legal and Ethical Issues (Part 2). HPSO: 2019

Defending Your Counselor License: Common Legal and Ethical Issues (Part 1). HPSO: 2019

Compliance and Ethics. American Red Cross: 2019

Ethical Principles in the Practice of Virginia Mental Health Professionals, PESI: 2014

*Counselor Education and Research:*

Strategies for Facilitating Live, Online Sessions. Online Learning Consortium: 2021

Action Research: Practical Approaches to Improve Your Teaching, Supervision, and Practice. CSI International 2020

Towards Antiracist and Feminist Approaches to Counselor Education. SACES 2020

Increasing Trustworthiness and Consistency. SACES 2020

Research Team Collaboration with Doctoral and Masters' Students. SACES 2020

How to Build a Research Agenda in Counselor Education: Panel Discussion. SACES: 2020

Collaborative Institutional Training Initiative (CITI) Basic Course. CITI Program: 2015; 2019

Trauma Informed Teaching in Counselor Education. ACES: 2019

Be the Change You Wish to See: I Work for Walden—Follow Me. Walden University: 2019

Tips for Writing and Publishing High Quality Qualitative Research in Counseling/Counselor Education Journals. ACES Qualitative Interest Network: 2018

Phenomenological Research in the Counseling Profession. ACES Qualitative Interest Network: 2017

Quality Matters Peer Reviewer Course: 2017

Quality Matters Rubric Training. Capella University: 2015

Quality Matters Orientation. Capella University: 2014

Collaborative Institutional Training Initiative (CITI) Refresher Course. CITI Program: 2013

*Nutrition and Integrative Therapies:*

Nutrition for Mental Health Disorders: Non-pharmaceutical Treatment Strategies that Work!. PESI: 2019

Nutrition Essentials for Clinicians: Culinary Medicine to Improve Mood, Sleep, Attention and Focus. PESI: 2019

Nutritional and Integrative Interventions for Mental Health Disorders: Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD. PESI: 2019

Certified Mental Health Integrative Medicine Provider (CMHIMP) Training Course: Nutritional and Integrative Medicine for Mental Health Professionals. PESI: 2019  
Integrative Therapies Institute (20 hours): July 2017-May 2018 (Norfolk, VA)  
College of Health Sciences Interprofessional Education Presentation Day. Old Dominion University: 2017

*Mental Health and Crisis/Trauma:*

Neurobiology and Neurotransmitters: Psychopharmacology for Counselors. CSI: 2021  
EMDR Therapy Basic Training Course (EMDRIA approved): 2020, Stacy Stoddard  
Evidence Based Trauma Treatments and Interventions: 2020, PESI  
The 10 Core Competencies of Trauma, PTSD, Grief, and Loss: 2020, PESI  
Racial Trauma and the Violent and Negligent Policing of Black Americans: 2020 CSJ, SAIGE, AMCD, and ASGW  
Creating A Meaningful Life in The Aftermath of Trauma. Walden University: 2019  
Borderline Personality Disorder: Treatment and Management that Works. PESI: 2019  
Distance Credentialed Counselor (DCC) Training Course. Telehealth Certification Institute: 2017  
Private Practice Continuing Education Series. Capella University: 2017  
Structured Intervention Treatment Foster Care Training: December 2015 (Norfolk, VA)  
Trichotillomania: Treatment Guidelines for Effective Therapy, CMI Education Institute: 2014  
Play Therapy for Children, Adolescents and Adults Strategies to STOP Talking and Play It Out, PESI: 2014  
2013 Billing Code Changes for Mental Health Professionals, CMI Education Institute: 2014  
Over 75 Quick, "On-the-Spot" Techniques for Children with Emotional and Behavioral Problems, PESI: 2014  
Perinatal Depression and Medication. Finney Psychotherapy Associates: 2013  
Breastfeeding and Postpartum Depression: To Treat or Not to Treat. Eastern Virginia Medical School. Family and Community Grand Rounds: 2013  
Primary Care of the Future. Eastern Virginia Medical School. Family and Community Grand Rounds: 2013  
New Trends in Healthcare: *What is This Push for Interprofessionalism, Doctors of Nursing Practice and Telehealth?* Eastern Virginia Medical School. Family and Community Grand Rounds: 2013  
The DSM-5® for Clinicians: Accurate Diagnosis and Effective Treatment Planning. PESI: 2012  
Child Welfare Supervision. Virginia Department of Social Services: 2011 (Hampton, Virginia).  
Virginia Family Partnership Meeting Facilitator Training. Virginia Department of Social Services: 2011 (Hampton, Virginia).  
Sexual Abuse Training. Virginia Department of Social Services: 2011 (Virginia Beach, Virginia).  
Separation and Loss Issues in Human Services Practice. Virginia Department of Social Services: 2010 (Hampton, Virginia).  
The Big Splash. Play Therapy from a Choice Theory/Reality Therapy Perspective. Old Dominion University: 2010 (Norfolk, Virginia).  
The Big Splash. Gender Issues in Counseling. Old Dominion University: 2009 (Norfolk, Virginia).  
Nonviolent Crisis Intervention (NCI) Training. The Pines Residential Treatment Center: 2006; 2007 (Norfolk, Virginia).  
Mental Health Concepts in Working with Individuals with Traumatic Brain Injury. Virginia Beach Psychiatric Center: 2007 (Virginia Beach, Virginia).  
Factors Influencing Adherence in Chronically Ill Adolescents: Why it Makes Sense when Teenagers Refuse to Take Care of Their Medical Conditions. Virginia Beach Psychiatric Center: 2007 (Virginia Beach, Virginia).  
Finesse vs. Force: Interventions with MR and DD Individuals. The Pines Residential Treatment Center: 2006 (Portsmouth, Virginia).  
Adolescent Development: Psychosexual Issues. The Pines Residential Treatment Center: 2006

(Portsmouth, Virginia).  
Co-occurring Disorders: Clinical Intervention. The Pines Residential Treatment Center: 2006  
(Portsmouth, Virginia).

## RESEARCH ADVISING

### Chair

Stephenson, J. (2019). Capella University  
Bisette, R. (2019). Capella University  
Pearson, M. (2017-2018). Capella University  
Tansley, S. (2017-2019). Capella University  
Frazier, D. (2015-2019). Capella University  
Alston, L. (2014-2019). Capella University  
Smelt, T. (2017). Capella University  
Gamble, L. (2016-2017). Capella University  
Carotti, C. (2016-2017). Capella University  
Greenlee, J. (2015-2016). Capella University  
Morales, K. (2014). Walden University

### Committee Member

Hegblom, T. (2021-present). Walden University  
Denk, M. (2020-present). Walden University  
Hernandez, A. (2020-present). Walden University  
Bovee, A. (2020-present). Walden University  
Stevens, M. (2020-present). Walden University  
Magruder, L. (2020-2021). Walden University  
Moubayed, S. (2020-2021). Walden University  
Hunter, E. (2020-present). Methodologist. Walden University  
D' La Rotta, C. (2019-present). Walden University  
Means, N. (2019). Capella University  
Johnson, D. (2019). Capella University  
Ayers, L. (2018-2019). Neumann University  
Allen, R. (2018-2019). Capella University  
Fairley, S. (2017-2019). Capella University  
Maloy, J. (2017-2019). Capella University  
Van Horn, V. (2017-2019). Capella University  
Myers, G. (2017-2019). Capella University  
Cox, A. (2016-2019). Capella University  
Phillips, K. (2015-2019). Capella University  
Luce, C. (2015-2019). Capella University  
Walton, L. (2015-2019). Capella University  
Bernard, P. (2015-2019). Capella University  
Bell, K. (2015-2018). Capella University  
Quirk, Z. (2016-2017). Capella University  
Dippold, S. (2015). Capella University  
Hogue-Vincent, C. (2013-2014). Methodologist. Walden University  
Wood, J. (2013-2014). Methodologist. Walden University  
Hall, A. (2013). Eastern Virginia Medical School

## MEMBERSHIP IN SCIENTIFIC OR PROFESSIONAL SOCIETIES

### **Current**

American Counseling Association (ACA) 2007-present  
Association for Adult Development and Aging (AADA) 2007-present  
Association for Assessment and Research in Counseling (AARC) 2021  
Association for Counselor Education and Supervision (ACES) 2009-2014; 2019-present  
Association of Threat Assessment Professionals-Washington, D.C. Chapter (ATAP) 2021  
Chi Sigma Iota National Honor Society (CSI) 2007-present  
Global Institute of Forensic Research (GIFR) 2020-present  
Golden Key International Honour Society 2006-present  
Hampton Roads Counselors Association (HRCA) 2007-present  
Homicide Research Working Group 2020-present  
National Board of Forensic Evaluators (NBFEE) 2019-present  
Psi Chi International Honor Society in Psychology 2005-present  
Southern Association for Counselor Education and Supervision (SACES) 2009-2013; 2019-present  
Virginia Association of Counselor Education and Supervision (VACES) 2008-present  
Virginia Counselor Association (VCA) 2006-present  
Virginia Clinical Counselors Alliance (VCCA) 2017-present

### **Past**

American Mental Health Counseling Association (AMHCA) 2008-2011; 2019-2020  
American Psychological Association (APA) 2004-2010  
Association for Assessment in Counselor Education (AACE) 2009-2011  
Association for Multicultural Counseling and Development (AMCD) 2009-2014  
Society of Teachers in Family Medicine (STFM) 2011-2015  
Virginia Geriatrics Society (VGS) 2012-2015