

## CURRICULUM VITAE

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### **Rebecca G. Cowan, Ph.D.**

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#### **ACADEMIC BACKGROUND**

Ph.D. – Counseling August, 2010  
Old Dominion University - Norfolk, Virginia  
CACREP Accredited Program

Master of Science – Forensic Psychology November, 2023  
Specialization: Terrorism  
Walden University-Minneapolis, MN

Master of Arts – Counseling August, 2008  
Specialization: Clinical Mental Health  
Regent University - Virginia Beach, Virginia  
CACREP Accredited Program

Bachelor of Science – Psychology; Sociology Minor May, 2006  
Old Dominion University - Norfolk, Virginia

#### **Non-Degree Seeking**

Virginia Geriatric Education Center Faculty Scholars Consortium 2013-2014  
University of Virginia, Eastern Virginia Medical School, Virginia Commonwealth University, and George Mason University

#### **LICENSURE AND CERTIFICATIONS**

##### **Clinical**

- Licensed Professional Counselor (LPC), 2011, Virginia, #0701005099
- National Certified Counselor (NCC), 2009, National Board of Certified Counselors. #254250
- Board Approved Clinical Supervisor, Virginia, 2017
- Board Certified Telemental Health Provider (BC-TMH), 2017, National Board of Certified Counselors
- Certified Compassion Fatigue Educator/Practitioner, 2023, Green Cross Academy of Traumatology
- Certified Florida Telehealth Provider, 2020, Florida Board of Medicine, #310
- Certified Clinical Trauma Professional (CCTP, 2020; CCTP-II, 2022), International Association of Trauma Professionals
- Certified Traumatologist, 2023, Green Cross Academy of Traumatology
- Diplomate and Clinical Mental Health Specialist in Integrated Behavioral Health Care Counseling, 2019, American Mental Health Counselors Association (AMHCA)
- Eye Movement Desensitization and Reprocessing (EMDR) therapist, 2020, EMDRIA approved

## **Forensic**

- Certified Forensic Psychometrist (CFP), 2022, National Board of Forensic Evaluators, #6
- Certified Forensic Behavioral Analyst (CFBA), 2020, National Board of Forensic Evaluators
- Certified Forensic Mental Health Evaluator (CFMHE), 2020, National Board of Forensic Evaluators

## **Nutrition**

- Certified Integrative Mental Health Professional (CIMHP), 2017, Mental Health Integrative Medicine Institute
- Certified Fitness Nutrition Specialist, 2017, American Council on Exercise (ACE)

## **ACADEMIC POSITIONS**

*Core Faculty*, Walden University, Minneapolis, MN, 2019-Present  
*Adjunct Associate Professor*, Old Dominion University, Norfolk, VA 2021-Present  
*Adjunct Assistant Professor*, Old Dominion University, Norfolk, VA, 2010-2021  
*Core Faculty*, 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), M.S. in Mental Health Counseling and Ph.D. in Counselor Education and Supervision programs

RSCH 8450 Advanced Mixed Methods Research (1 section)  
COUN 6626 Research Methodology and Program Evaluation (11 sections)  
RSCH 8310 Qualitative Reasoning and Analysis (24 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 (18 sections)  
COUN 6001 Professional Dispositions (1 section)  
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 (18 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), M.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.

## CLINICAL EXPERIENCE

### **Private Practice Therapist/Owner**

2017-Present

Anchor Counseling and Wellness, LLC-Virginia Beach, VA

Trauma-informed therapist for individuals, groups, and families. Expertise in treating crisis and trauma, chronic illness, women's health, and survivors of mass casualty incidents using an integrative approach, including Eye Movement Desensitization and Reprocessing (EMDR), cognitive-behavioral, attachment, mindfulness, and solution-focused frameworks.

### **Disaster Mental Health Responder/Supervisor**

2017-Present

The American Red Cross

#### **Route 91 Harvest Festival MCI, Las Vegas, NV (Oct 2017; 11 days)**

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 MCI, Parkland, Florida (Feb 2018; 5 days)**

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 and supported students, victims, and family members.

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

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 the recruitment of local mental health practitioners to help support the recovery process.

#### **Hurricane Isaias, Virginia (August 2020; 17 days)**

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

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

Provided staff wellness and support.

#### **Hurricane Ida, Virginia (September 2021; 15 days)-DMH Supervisor**

Provided outreach and psychological first aid to victims of flooding caused by Hurricane Ida. Supervised staff wellness and support efforts.

#### **Afghan Refugee Repatriation (September 2021)**

Location/Details Withheld

**Robb Elementary School MCI, Uvalde, Texas (June 2022; 10 days)**

Conducted intakes and provided support to family members in the Family Assistance Center (FAC). Provided outreach and psychological first aid to first responders. Provided support for family members of the deceased, survivors, and community members at the school and city square memorial sites.

**Stratford Park Multifamily Fire, Roanoke, Virginia (September 2022; 7 days)**

Provided outreach and psychological first aid to victims of an apartment fire resulting in 100 displaced residents.

**Hampton Multifamily Fire, Hampton, Virginia (October 2022; 5 days)**

Provided outreach and psychological first aid to victims of an apartment fire.

**Lewiston, Maine MCI (Oct 2023; 8 days)**

Assisted victims and family members in the Family Assistance Center (FAC). Provided outreach and psychological first aid to hospital staff. Worked closely with the Federal Bureau of Investigation and local law enforcement to support victims during personal effects recovery. Attended vigils and provided support for community members.

**DMH Steady-State Coverage**

Commonwealth of Virginia (September 2021-present)

Blue Ridge Region, Virginia (February 2020-Sept 2021)

Coastal Region, Virginia (September 2019-Sept 2021)

Provide psychological first aid and support for individuals who have lost their homes due to disasters such as hurricanes, floods, and fires. Provide support to grieving families, as a member of the Integrated Care and Condolence Team (ICCT). Supervise DMH volunteers in the Virginia region.

**Telemental Health Therapist**

2018-2019

BetterHelp

Provided virtual services to over 100 clients.

**Therapist**

2014-2016

Finney Zimmerman Psychiatric Associates- Norfolk, Virginia

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

**Therapist**

2011-2014

Portsmouth Family Medicine - Eastern Virginia Medical School

Maintained a small patient panel. Provided integrated care with physicians practicing within a family medicine clinic and during rounding at Maryview Medical Center.

**Integrated Care Team Member**

2011-2014

Ghent Family Medicine and Portsmouth Family Medicine, Eastern Virginia Medical School

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.

**Residential Counselor** 2006-2008  
The Pines Residential Treatment Center  
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.

### **Internships/Residency**

**Finney Psychotherapy Associates, Virginia Beach, Virginia** 2009-2011  
Provided individual and group counseling (children of divorce group).

**Virginia Beach Psychiatric Center, Virginia Beach, Virginia** 2007-2008  
Provided individual, group, and family counseling in a safe and therapeutic environment. Attended clinical and team meetings.

**The Pines Residential Treatment Center, Norfolk, Virginia** 2007  
Facilitated groups for youth within a residential treatment facility. Co-facilitated individual therapy sessions. Attended clinical and team meetings.

**Park Place School, Norfolk, Virginia** 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.

**Finney Psychotherapy Associates, Norfolk, Virginia** 2005  
Observed and participated in group therapy. Observed individual therapy. Scheduled/confirmed appointments.

### **SUPERVISION EXPERIENCE**

**Counselor Education and Supervision Internship Supervisor** 2018-2019  
Capella University, School of Counseling and Human Services  
Provided supervision for CES interns in MS fieldwork and didactic courses.

**Faculty Advisor (Tennessee)** 2016-2019  
Capella University, School of Counseling and Human Services  
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, School of Counseling and Human Services, 2012-2019
- Walden University, Mental Health Counseling Program, 2010-2014
- Old Dominion University, Department of Counseling and Human Services, 2010

**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, Child Protective 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  
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**

**Course Reviewer** 2017  
Quality Matters  
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  
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**  
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

Developed two virtual masters in mental health counseling courses in Blackboard.

**HOSPITAL AFFILIATION**

Bon Secours Maryview Medical Center

2012-2016

**PUBLICATIONS****Peer-Reviewed Journal Articles**

1. **Cowan, R.**, & Argueta, J., Menard, J., & Cole, R. (in press). Intimate relationships between licensed professional counselors and clients: A qualitative study.
2. Hernandez, A., Frazier, W., & **Cowan, R.** (2023). Emotional Intelligence and self-perception of counseling competence in counselors in training. *Journal of Counselor Preparation and Supervision*, 17(5).
3. Miller-Reed, R., Morgan, L., **Cowan, R.**, & Birtles, C. (2023). Lived experiences of human subjects researchers and vicarious trauma. *Journal of Social, Behavioral, and Health Sciences*.
4. **Cowan, R.**, Cole, R., Clark, L., Britt, L. D., & Goolsby, C. (2023). "It will stay with me forever": The experiences of physicians treating victims of public mass shootings. *Traumatology*.
5. Cole, R. & **Cowan, R.** (2023). Supporting families during military separation: A guide for school counselors. *Journal of Military and Government Counseling*, 10(1), 23-28.
6. **Cowan, R.**, & Lankford, A. (2023). The Virginia Beach Municipal Center mass shooting: A retrospective threat assessment using the WAVR-21. *Journal of Threat Assessment and Management*.
7. Cole, R., **Cowan, R.**, & Quintana, T. (2022). Counseling active-duty female service members who have experienced sexual assault: A guide for professional counselors. *Journal of Social, Behavioral, and Health Sciences*.
8. Cole, R., & **Cowan, R.** (2022). From Surviving to Thriving: Supporting Military Spouses during Transitions. *Journal of Human Services*, 41(1), 22-30
9. Schildkraut, J. **Cowan, R.**, & Mosher, T. (2022). The Parkland mass shooting and the path to intended violence: A case study of missed opportunities for future prevention. *Homicide Studies*.
10. **Cowan, R.**, Tedeschi, P., Corbin, M. & R. Cole. (2022). A mixed-methods analysis of averted mass violence in schools: Implications for professional school counselors. *Psychology in the Schools*, 1-15. <http://doi.org/10.1002/pits.22647>
11. Cole, R., & **Cowan, R.** (2021). A strengths-based approach for school counselors working with military children. *Journal of Military and Government Counseling*, 9(2), 57-70.
12. **Cowan, R.** & Cole, R. (2021). The pathway to violence and public mass shooters who have received mental health treatment prior to attacks. *Safer Communities*, 21(1), 31-44. <https://doi.org/10.1108/SC-05-2021-0020>
13. **Cowan, R.**, Gillette, C. & Cole, R. (2021). Trends in ethical violations and resulting disciplinary actions by the Virginia Board of Counseling, 1999-2019. *Virginia Counselors Journal*, 38, 74-83.



14. Alston, L., **Cowan, R.**, Neal, C. & Mahon, M. (2021). The experiences of licensed clinicians counseling lesbian, gay, bisexual, and queer survivors of intimate partner violence. *Journal of LGBT Issues in Counseling*.
15. Cole, R. F., **Cowan, R.**, Dunn, H., & Lincoln, T. (2021). Military spouses' perceptions of suicide in the military spouse community. *The Professional Counselor*, 11(2), 203-217.
16. 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*.
17. Frazier, D., & **Cowan, R.** (2020). The correlation between attachment style, self-esteem, and psychological well-being of fatherless women ages 25-55. *Adulthoodspan Journal*, 19(2), 67-76.
18. **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.
19. **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>
20. 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.
21. **Cowan, R.**, Cole, R., Craigen, L. (2019). School based sexual abuse prevention: Implications for professional school counselors. *The Professional Counselor*, 9(3), 200-210.
22. **Cowan, R.** (2019). Reflections of a deployed counselor: Responding to the Las Vegas mass shooting part 2. *Therapeutic Speakeasy Quarterly*, 3(1), 6-7.
23. **Cowan, R.** (2018). Reflections of a deployed counselor: Responding to the Las Vegas mass shooting. *Therapeutic Speakeasy Quarterly*, 2(1), 6-7.
24. 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.
25. 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.
26. **Cowan, R.** & Cole, R. (2014). Awareness, recognition, and action: Meeting the needs of geriatric clients. *The Journal of Human Services*, 34(1), 121-125.
27. Cole, R., Craigen, L., & **Cowan, R.** (2014). Compassion fatigue in human service practitioners. *The Journal of Human Services*, 34(1), 117-120.
28. 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.
29. Craigen, L., Cole, R., & **McBride-Cowan, R.** (2013). The college counseling experiences of young women who self-injure: A qualitative study. *Human Services Today*.
30. **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.
31. **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.
32. 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).

33. 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.
34. 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.
35. 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.
36. 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).

### **Non-Peer Reviewed Publications**

1. **Cowan, R.**, L. R., Duran, E., Mateo, S. (2024). From Heartbreak to Healing: Supporting Mass Shooting Survivors in Early Recovery. International Association for Resilience and Trauma Counseling Newsletter, 5, 12-14.  
[https://www.iartc.org/\\_files/ugd/93a5c3\\_4f5faafa89544becb3520d39f740577f.pdf](https://www.iartc.org/_files/ugd/93a5c3_4f5faafa89544becb3520d39f740577f.pdf)
2. Heinze, J., Schildkraut, J., **Cowan, R.**, Murphy, H., Schreiber, A., & Seiger, C. (2021). Returning to school following a crisis. National Center for School Safety. <https://www.nc2s.org/wp-content/uploads/2022/05/NCSS-Returning-to-School-After-a-Crisis-A-Guide-to-Addressing-Traumatic-Events-at-School.pdf?fbclid=IwAR3QbZxdG2mrKv-IgOwSxfoYv8s2BwkFDa875Pfw1KDcUpKzprX6-oiZmSM>
3. **Cowan, R.** (2019). Seek Training Now: Crisis/Trauma/Disaster Preparedness. *AADA Newsletter*
4. **McBride, R. G.**, & Neukrug, E. (2011). Utilization of web-based surveys. *AACE NewsNotes*, 50(4), 5-6.
5. **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.
6. **McBride, R. G.**, & Neukrug, E. (2010). Tracking trends within the counseling field: A content analysis of CESNET-L. *AACE NewsNotes*, 50(1), 8.

### **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. (2009; 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*. Alexandria, VA: Association for Specialists in Group Work.

## **AMICUS BRIEFS**

*David Smits, as Trustee for the next of kin for Brian Short, Karen Short, Madison Short, Cole Short, Brooklyn Short vs. Park Nicollet Health Services et al.* (2021). No. A20-0711, Minnesota Supreme Court. Author of Amicus Brief of Scholars Regarding Mental Health Care and Harm to Family and Community in Support of Plaintiff David Smits.

## EDITORIAL EXPERIENCE

<i>Associate Editor, Trauma Counseling and Resilience</i>	2022-Present
<i>Ad Hoc Reviewer, Journal of Mental Health Counseling (JMHC)</i>	2019-Present
<i>Editorial Board, Virginia Counselors Journal</i>	2019-Present
<i>Editorial Board, Adultspan Journal</i>	2014-2022
<i>Invited Reviewer, Journal of Mass Violence Research</i>	2022
<i>Invited Reviewer, Sexual Abuse</i>	2022
<i>Invited Reviewer, Safer Communities</i>	2021
<i>Editorial Board, Journal of Counseling and Development (JCD)</i>	2013-2019
<i>Editorial Board, EC Psychology and Psychiatry</i>	2017-2018
<i>Editorial Board, The Professional Counselor (TPC)</i>	2013-2018
<i>Reviewer, Journal of Human Services (NOHS)</i>	2010-2018
<i>Reviewer, Family Medicine</i>	2013-2016
<i>Assistant Editor, Journal of Human Services (NOHS)</i>	2008-2010
<i>Invited Reviewer, Journal of Humanistic Counseling, Education and Development</i>	2010

## RESEARCH EXPERIENCE

**Affiliate Scholar** 2023-Present  
Rockefeller Institute of Government Regional Gun Violence Research Consortium

**Research Subcommittee** 2017; 2019  
Association for Adult Development and Aging Older Adult Task Force  
Targeted the advancement of geriatric research within the counseling field.

**Institutional Review Board Member** 2013-2014  
Eastern Virginia Medical School  
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.

### Research Team Membership

Assisted with the design, implementation, and analysis of multiple research projects.

- "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, 2014.
- Factors Influencing Immunization Coverage for Influenza and Pneumonia Vaccines in Two Family and Community Medicine Clinics in Southeastern Virginia, Eastern Virginia Medical School, 2013-2014.
- Guided Imagery and Orthopedic Surgery: The Influence of Guided Imagery on the Outcomes of Carpal Tunnel Surgery, Eastern Virginia Medical School, 2013.
- Heal Trauma Fast: An Integrative Approach for Healing Trauma, Eastern Virginia Medical School, 2013.
- EP & CT: A Comparison of Approaches Applied to First Session Counselor Jitters, Old Dominion University, 2011.
- A Qualitative Investigation of the Use of an Art-Based Technique in Counselor Group Supervision, Old Dominion University, 2011.
- A Qualitative Investigation of Neurofeedback, Old Dominion University, 2010-2011.
- Exploring the Essence of Positive Aging, Old Dominion University, 2010.

- Urban School Counselors' Perceptions of Low-Income Families in Their Schools, Old Dominion University, 2009-2010.
- The Perceptions of Agency Sexual Assault Counselors, Old Dominion University, 2009-2010.
- Regarding Self-Care, Vicarious Trauma, and Burnout Response Rates of Web-Based Surveys, Old Dominion University, 2009.
- Female Prospective in Professional Identity and Success in the Counseling Field, Old Dominion University, 2009.
- A Phenomenological Case Study of the Multicultural Counseling Experience of Students and Faculty in Relation to the Multicultural Competency and CACREP Standards, Old Dominion University, 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

*Project:* The effect of *Pfiesteria* toxin on learning in rats: Repeated administration and performance in the radial-arm maze.

**RESEARCH ADVISING**

**Chair**

Skeete, C. (2022-present). Walden University

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**

Watts-Figueroa, C. (2023-present). Walden University

Ray, M. (2022-present). Methodologist. Walden University  
Richardson, C. (2021-present). Methodologist. Walden University  
Cameron-Hernandez, R. (2021-present). Methodologist. Walden University  
Smith, C. (2021-2024). Walden University  
Durham, R. (2022-2023). Methodologist. Walden University  
Threadgill, C. (2021-2023). Walden University  
Hernandez, A. (2020-2022). Walden University  
Hunter, E. (2020-2021). Methodologist. Walden University  
Means, N. (2019). Capella University  
Johnson, D. (2019). Capella 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

#### **External/Third Reader**

Ddungu, G. (2023). Walden University.  
Augustine, E. (2022-2023). Walden University.  
Khalif, M. (2021-2022). Walden University  
Magruder, L. (2020-2021). Walden University  
Moubayed, S. (2020-2021). Walden University  
Bovee, A. (2020-2022). Walden University  
Denk, M. (2020-2023). Walden University.  
Stevens, M. (2020-2023). Walden University.  
Hegblom, T. (2021). Walden University.  
D' La Rotta, C. (2019-2023). Walden University.  
Ayers, L. (2018-2019). Neumann University  
Hall, A. (2013). Eastern Virginia Medical School

#### **Doctoral Research Internship Advisor**

Qualls, V. (2024). Walden University.  
Hudgins, K. (2024). Walden University.  
Andreasen, S. (2024). Walden University.  
Argueta, J. (2021-2022). Walden University.

## PRESS AND MEDIA

1. Linking gun violence to mental illness can perpetuate harmful stigmas, mental health advocates say. March 27, 2023. The Virginian-Pilot. <https://www.pilotonline.com/news/health/vp-nw-statehouse-guns-mentalhealth-20230327-65yiz2d7nrfcvpi3jdaqbrjk3rm-story.html>
2. Op-Ed: Threat-assessment teams can reduce risk of mass shootings. February 19, 2023. The Virginian-Pilot. <https://www.pilotonline.com/opinion/columns/vp-ed-column-cowan-0219-20230218-zf4o2dvaaffwflcu6ihcrutxe4-story.html>
3. After Chesapeake Walmart shooting, Hampton Roads experts stress early intervention for employers. December 4, 2022. <https://www.dailypress.com/business/vp-bz-chesapeake-shooting-workplace-violence-1204-20221204-kwolktmyxbcrtpyczaiupe65e-story.html>
4. Memorial grows for Walmart mass shooting victims, expert offers healing advice. November 24, 2022. <https://www.wavy.com/chesapeake-walmart-mass-shooting/memorial-grows-for-walmart-mass-shooting-victims-expert-offers-healing-advice/>
5. Chesapeake mass shooting raises workplace violence concerns – Virginia Business. Nov 23, 2022. [https://www.virginiabusiness.com/article/chesapeake-mass-shooting-raises-workplace-violence-concerns/?fbclid=IwAR0sopZBnQFKZBvidJ2TqIrGw\\_mWe\\_emYWj6EJqrhRcdfWdz7U4AsUI5Xg](https://www.virginiabusiness.com/article/chesapeake-mass-shooting-raises-workplace-violence-concerns/?fbclid=IwAR0sopZBnQFKZBvidJ2TqIrGw_mWe_emYWj6EJqrhRcdfWdz7U4AsUI5Xg)
6. Chesapeake dispels Target active shooter rumor hours after Walmart tragedy. November 23, 2022. <https://www.newsweek.com/authors/anna-skinner>
7. Florida Schools Buried by Fake Threats as Parkland Trial Enters Final Phase. October 11, 2022. Newsweek Magazine. <https://www.newsweek.com/florida-schools-buried-fake-threats-parkland-trial-enters-final-phase-1750841>
8. Gosto de sangue: EUA Os ataques em massa se sucedem, mas não convencem os políticos a restringir o acesso às armas (Taste of Blood: USA Mass Attacks Follow One Another, But Do Not Convince Politicians to Restrict Access to Weapons). June 8, 2022. CartaCapital. <https://www.cartacapital.com.br/mundo/gosto-de-sangue/>
9. Op-Ed: Mass Shooting Prevention Begins with a “No Notoriety” Axiom. May 22, 2022. The Virginian-Pilot. <https://www.pilotonline.com/opinion/columns/vp-ed-column-cowan-0522-20220521-owtalinjx5dxliwm4ahtmjvwcu-story.html>
10. How Kids React to Mass Shootings. December 30, 2021. WBKB-TV. Alpena, Michigan. <http://www.wbkb11.com/>
11. Some Think ‘CoComelon’ is Too Stimulating for Their Kids. We Asked an Expert to Weigh in. Parents Magazine. December 20, 2021. <https://www.parents.com/news/some-think-cocomelon-is-too-stimulating-for-their-kids-we-asked-an-expert-to-weigh-insome-think-cocomelon-is-too-stimulating-for-their-kids-we-asked-an-expert-to-weigh-in>
12. Op-Ed: The Oxford High School Shooting is a Lesson in Missed Opportunities. December 13, 2021. The Syracuse Post Standard. <https://www.syracuse.com/opinion/2021/12/oxford-shooting-a-lesson-in-missed-opportunities-guest-opinion-by-rebecca-cowan-jaclyn-schildkraut.html>
13. Redditor Looks for Suggestions for a “No Questions Asked” Drawer. Parents Magazine. December 8, 2021. <https://www.parents.com/news/redditor-looks-for-suggestions-for-a-no-questions-asked-drawer/>
14. Father’s Last ‘Bear Hug’ Saved His 11-Year-Old Daughter’s Life in Deadly Plane Crash. Parents Magazine. November 16, 2021. <https://www.parents.com/news/fathers-last-bear-hug-saved-his-11-year-old-daughter-s-life-in-deadly-plane-crash/>
15. Squid Game Costumes Banned at N.Y. Elementary Schools Since Students are ‘Mimicking’ Violent Show. People Magazine. October 27, 2021. <https://people.com/parents/squid-game-costumes-banned-by-elementary-school-because-of-violent-content>

16. The Dangerous 'Squid Game' Kids are Playing on School Playgrounds. New Jersey Family. October 26, 2021. <https://www.njfamily.com/the-dangerous-squid-game-kids-are-playing-on-school-playgrounds/>
17. Kids are Playing 'Squid Game' at School—Should Parents Be Concerned? Parents. October 21, 2021. <https://www.parents.com/news/kids-playing-squid-game-at-school/>
18. 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>
19. 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/>
20. 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/>
21. 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>
22. Behind the Reason of an Active Shooter: Why do They Do it? CBS19 News. Tyler, Texas. January 8, 2021. <https://www.cbs19.tv/article/news/community/what-prompts-an-active-shooter/501-777caf34-4a6f-4ddd-8d47-108b5350524b>
23. 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/>
24. 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>
25. 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/>
26. 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>
27. Coping Techniques through Telecounseling. Walden Newsroom. May 27, 2020. <https://www.waldenu.edu/connect/newsroom/spotlight/2020/coping-techniques-through-telecounseling>
28. 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>
29. Tips for Keeping Your Stress at Bay. Familywize. April 30, 2020. <https://familywize.org/blog/how-to-keep-your-stress-at-bayon-a-budget>
30. 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\\_mixUJjBOLPeLtKn9KoqOvtCDx-\\_bVOxm5sQ8hy-LozelnrP394S1lPzOMxF0oIocceah0xguDQN2rdqpJdAoM5maFd\\_Qn1297GYEcRVfhkQvUWioXCJbc1i2di5Pz](https://www.huffpost.com/entry/ways-to-support-someone-grieving-coronavirus_l_5e95b255c5b6cc788eaf533d?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAACcSu0tzSsc0M8CnW5Be1tBT1oMVHMoUuZCMdnSu0D6C4ue_mixUJjBOLPeLtKn9KoqOvtCDx-_bVOxm5sQ8hy-LozelnrP394S1lPzOMxF0oIocceah0xguDQN2rdqpJdAoM5maFd_Qn1297GYEcRVfhkQvUWioXCJbc1i2di5Pz)
31. COVID-19: Maximizing Telepsychology While Quarantined. Global Teletherapy. May 5, 2020. <https://globalteletherapy.com/covid-19-maximizing-telepsychology-while-quarantined/>

32. 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/>
33. 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)
34. 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/>
35. How to Talk to Your Kids About Moving. December 31, 2019. <https://www.forsalebyowner.com/blog/how-to-talk-to-your-kids-about-moving/>
36. Should Influencers Talk About Their Anxiety? December 30, 2019. <https://www.styletomes.com/lifestyle/influencer-anxiety-posts/>
37. 13 Ways your Phone is Ruining Your Health. December 23, 2019. <https://www.eatthis.com/dangers-phone-health/>
38. 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>
39. 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/>
40. 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/>
41. 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>
42. 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>
43. Inside Business, "Top Forty Under 40." The Virginian Pilot. Norfolk, VA. October 2019.
44. Meyers, L. (2014, April). "Ages and Stages." *Counseling Today*. 32-42. Interview regarding counseling geriatric clients.

## PRESENTATIONS

### National

1. **Cowan, R. G.**, & Tedeschi, P. (March, 2021). Lessons from Las Vegas and Parkland: The Experiences of Two Responders. American Counseling Association Conference.
2. **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].
3. **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].
4. **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.
5. 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.
6. 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.
7. **Cowan, R. G.**, & Bluestein, D. (April, 2013). *Teamwork in Geriatrics: Making it Happen in the Real World*. Virginia Geriatrics Society Annual Conference, Richmond, VA.



8. Neukrug, E., **McBride, R. G.**, & Neuer, A. (March, 2010). *Perceptions by ACA members of Ethically Correct Behaviors*. American Counseling Association Conference, Pittsburgh, PA.
9. **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.
10. 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.
11. 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.
12. **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.
13. 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.
14. **McBride, R. G.**, & Forman, J. M. (July, 2009). *Perceptions of Ethical Behaviors of Counselors*. American Mental Health Counselors Association Conference, Washington, D.C.
15. 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

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

#### State

17. **McBride, R.** & Prosek, E. (November, 2010). *Resilience and Community Needs of the Homeless Population*. VCA Conference, Williamsburg, VA.
18. **McBride, R.**, & Neuer, A. (February, 2010). *Resilience and Community Needs of the Homeless Population*. VACES Graduate Student Conference, Williamsburg, VA.
19. 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.

#### Invited Talks

1. **Cowan, R.** (January, 2022). Targeted Violence and Threat Assessment in the Workplace. City of Norfolk. Norfolk, Virginia.
2. **Cowan, R.** (September, 2021). Caring for the Carers: Prevention and Management of Secondary Traumatic Stress: The American Red Cross: Disaster Cycle Services, Virginia.
3. **Cowan, R.** (March, 2021). Responding to Mass Casualty Incidents: Survivor and Community Recovery. Chi Sigma Iota. Walden University, Minneapolis, MN.
4. **Cowan, R.**, Glowiak, M., Prestigiacomo, B., & Wereszczynska, K. (January, 2020). Counselor Community Engagement in Action: From Idea to Follow-through. Chi Sigma Iota
5. **Cowan, R.** (October, 2018). Mental Health Response to Route 91 and Parkland. Thomas University, Thomasville, Georgia.
6. **Cowan, R.** (June, 2018). Supporting Survivors of Mass Casualty Incidents. Adler University, Chicago, Illinois.
7. **Cowan, R.** (May, 2018). Disaster Mental Health and Prevention of VT. School Counseling Internship. Capella University, Minneapolis, MN.

8. **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.
9. **Cowan, R.** (June, 2013). *Cultural Genogram: A Tool for Self-Reflection and Practice*. Eastern Virginia Medical School, Portsmouth, VA.
10. 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.
11. **Cowan, R.** (July, 2013). *Behavioral Health in Primary Care*. Eastern Virginia Medical School, Portsmouth, VA.
12. **Cowan, R.** (June, 2013). *DSM-5 Update*. Eastern Virginia Medical School, Portsmouth, VA.
13. **Cowan, R.** (February, 2013). *Disseminating Your Project to the World*. Research Boot Camp. Eastern Virginia Medical School, Norfolk, VA.
14. O'Keefe, A. & **Cowan, R.** (February, 2013). *Stress Management in Primary Care*. Eastern Virginia Medical School, Portsmouth, VA.
15. **Cowan, R.** (January, 2013). *Suicide Risk Assessment in Primary Care*. Ghent Family Medicine & Portsmouth Family Medicine. Eastern Virginia Medical School.
16. **Cowan, R.** (September 13, 2012). *The Myers-Briggs Type Inventory*. Portsmouth Family Medicine. Eastern Virginia Medical School, Portsmouth, VA.
17. 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.
18. **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.
19. **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.
20. **McBride, R.** (May 3, 2011). *Working in the Counseling Profession*. Human Services 444. Old Dominion University, Norfolk, VA.
21. **McBride, R.** (February 24, 2011). *Development of a Counselor Educator*. Counseling 820. Old Dominion University, Norfolk, VA.
22. **McBride, R.** (March 16, 2010). *Gender Issues*. Counseling 655. Old Dominion University, Norfolk, VA.
23. 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**

1. Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person, *American Counseling Association, 2020*
2. Outstanding Journal Article Award, *Association for Adult Development and Aging, 2013*
3. President's Award, *National Organization of Human Services, 2010*
4. National Ethics Competition-2<sup>nd</sup> Place, *American Counseling Association, 2009*

### **Regional Level**

5. Next Gen Award, *CoVa Biz Magazine, 2023*
6. Women in Business Achievement Award, *Hampton Roads Inside Business, 2021*
7. Top Forty Under 40, *Hampton Roads Inside Business, 2019*

### **University Level**

8. Top Forty Under 40 Alumni, *Old Dominion University*, 2021
9. Stephen Shank Recognition, *Capella University*, Quarter 4, 2016
10. Stephen Shank Recognition, *Capella University*, Quarters 3 and 4, 2015
11. Outstanding Faculty, *Capella University*, 2015
12. Graduate Assistantship Award (stipended), *Old Dominion University*, 2008-2010
13. Doctoral Student Development Award, *Old Dominion University*, 2010
14. CSI Academic Excellence Scholarship Award, *Old Dominion University*, 2009

### **SERVICE**

#### **University**

Field Experience Application Review Committee, Walden University, 2022-Present  
Research Data Committee, Walden University, 2021-Present  
Teaching and Innovative Practice Committee, Walden University, 2020-2024  
Student Admissions Review Committee, Walden University, 2019-Present  
Faculty Mentor (12 mentees), Walden University, 2021-Present  
Primary Lead-Qualitative Research and Analysis, Walden University, 2021-Present  
Student Research Mentorship Group, Walden University, 2022-2023  
Student Outreach Committee, Walden University, 2019-2022  
Course Auditor, Walden University, 2019-2022  
University Hiring Panel, Walden University, 2020  
Awards Committee (CSI), Old Dominion University, 2011-2012  
Leadership Essay Reviewer (CSI), Old Dominion University, 2009-2013  
Mentor, Ph.D. in Counseling program, Old Dominion University, 2009-2010  
Community Service Chair (CSI), Old Dominion University, 2009-2010  
Community Service Co-Chair (CSI), Old Dominion University, 2008-2009  
Awards Committee (CSI), Old Dominion University, 2008-2009  
University Hiring Panel, Capella University, 2019  
University Faculty Review Panel Committee Member, Capella University, 2016-2019  
Comprehensive Exam Reviewer, Capella University, 2014-2018  
Dept of Family Medicine Faculty Hiring Panel, Eastern Virginia Medical School, 2013-2014  
Institutional Review Board, Eastern Virginia Medical School, 2013-2014

#### **Community**

Member (gubernatorial appointment), The Commission to Investigate the May 31, 2019, Virginia Beach Mass Shooting, 2021-2022  
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

#### **Profession**

SACES 2024 Conference, Dallas, TX Reviewer, 2024  
IARTC Ethics Committee, Chair, 2021-2022  
Chi Sigma Iota International, Counselor Community Engagement Committee, 2019-2022  
SACES 2022 Conference, Baltimore, MD, Reviewer, 2022  
Chi Sigma Iota International Awards Program, Reviewer, 2021

American Psychology-Law Society Conference, Denver, Colorado, Reviewer, 2021  
 ACA 2021 World Conference, Atlanta, Georgia Reviewer, 2021  
 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  
 Association for Adult Development and Aging Middle Adulthood Task Force, 2019-2020  
 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>	2017-Present
Disaster Mental Health Volunteer	
<b>The Bair Foundation, Norfolk, VA</b>	2016
Therapeutic Foster Parent Provided therapeutic respite foster care.	
<b>Stop Abuse, Virginia Beach, VA</b>	2015-2017
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.	
<b>From One Hand to Another, Virginia Beach, VA</b>	2015
Volunteered at several Summer of Innovation camps, which integrate project-based learning and mentorship for under-served youth.	
<b>Harbour Pointe Nursing Home, Norfolk, VA</b>	2009-2010
Chi Sigma Iota, Omega Delta Harbour Point Community Service Day of Caring and Sharing	
<b>Our Lady of Perpetual Help Nursing Home, Virginia Beach, VA</b>	2004-2005
Activity Therapy Independently assisted Alzheimer's/Dementia patients, facilitated events, assisted with daily activities, and communicated with families.	

### **GRANTS/FUNDING**

- Walden University Research Dissemination Grant – *Homicide Studies* Publication. \$1500. (2024).

- Mass Workplace Shootings: A Phenomenological Exploration of Survivor and Co-Victim Experiences. Walden University Faculty Research Initiative Grant (\$9,779.75). Principal Investigator. (2023-2024).
- Understanding the Needs of Survivors and Communities Impacted by Mass Public Shooting. New Jersey Center on Gun Violence Research (\$86,000). Consultant. (2023-2024).
- Walden University Research Dissemination Grant – *Homicide Studies* Publication. \$1500. (2024).
- Walden University Research Dissemination Grant – *Traumatology* Publication. \$1500. (2023).
- Walden University Research Dissemination Grant – *Journal of Threat Assessment and Management* Publication. \$1500. (2023).
- Walden University Research Dissemination Grant – *Journal of Social, Behavioral, and Health Sciences* Publication. \$1500. (2022).
- Walden University Research Dissemination Grant – *Safer Communities* Publication. \$1500. (2022).
- Walden University Research Dissemination Grant – *The Professional Counselor* Journal Publication. \$1500. (2021).
- Walden University Research Dissemination Grant – *Journal of Threat Assessment and Management* Publication. \$1500. (2021).
- Walden University Research Dissemination Grant – *Journal of Social, Behavioral, and Health Sciences* Publication. \$1500 (2020).
- Walden University Research Dissemination Grant – *Journal of Military and Government Counseling* Publication. \$750 (2020).
- Walden University Research Dissemination Grant – *The Professional Counselor* Journal Publication. \$1500 (2019).

#### SELECTED CONTINUING EDUCATION

Canadian Association of Threat Assessment Professionals Conference: November, 2021 (Virtual)  
 Virginia Counselor Association Conference: November, 2021 (Virtual)  
 Association for Counselor Education and Supervision (ACES) Conference: October, 2021 (Virtual)  
 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, VA)  
 Society of Teachers in Family Medicine Annual Conference: May, 2013 (Baltimore, MD)  
 Virginia Geriatrics Society Conference: April, 2013 (Richmond, VA)  
 American Counseling Association World Conference, March, 2013 (Columbus, OH)  
 Virginia Conference on Child Abuse Prevention: April, 2011 (Richmond, VA)  
 Virginia Counselor Association Conference: November, 2010 (Williamsburg, VA)  
 Southern Association for Counselor Education and Supervision Conference: October, 2010  
 (Williamsburg, VA)  
 American Counseling Association World Conference: March, 2010 (Pittsburgh, PA)  
 Virginia Association for Counselor Education and Supervision Graduate Student Conference: February,  
 2010 (Williamsburg, VA)  
 Association for Counselor Education and Supervision Conference: October, 2009 (San Diego, CA)  
 Association for Assessment in Counseling and Education Conference: September, 2009 (Norfolk, VA)  
 American Mental Health Counselors Association Conference: July, 2009 (Washington, D.C.)  
 American Counseling Association World Conference: March, 2009 (Charlotte, NC)

## MEMBERSHIP IN SCIENTIFIC OR PROFESSIONAL SOCIETIES

### Current

American Counseling Association (ACA) 2007-present  
American Psychological Association (APA) 2004-2010; 2021-present  
Association for Assessment and Research in Counseling (AARC) 2009-2011; 2021-present  
Association for Counselor Education and Supervision (ACES) 2009-2014; 2019-present  
Association of Threat Assessment Professionals-Washington, D.C. Chapter (ATAP) 2021-present  
Chi Sigma Iota National Honor Society (CSI) 2007-present  
Green Cross Academy of Traumatology, 2023  
International Association for Resilience and Trauma Counseling (IARTC) 2021-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 Counselor Association (VCA) 2006-present

### Past

Association for Creativity in Counseling (ACC) 2013-2014  
American Mental Health Counseling Association (AMHCA) 2008-2011; 2019-2020  
American Psychology-Law Society 2021-2022  
Association for Adult Development and Aging (AADA) 2007-2024  
Association for Multicultural Counseling and Development (AMCD) 2009-2014  
Hampton Roads Counselors Association (HRCA) 2007-2024  
Homicide Research Working Group 2020-2024  
Society of Teachers in Family Medicine (STFM) 2011-2015  
Virginia Clinical Counselors Alliance (VCCA) 2017-2024  
Virginia Association of Counselor Education and Supervision (VACES) 2008-2024  
Virginia Geriatrics Society (VGS) 2012-2015