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# Rachael D. Goodman, Ph.D., LPC

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Assistant Professor  
Counseling and Development Program  
College of Education and Human Development  
George Mason University  
Krug Hall 201C, MS 1H1  
4400 University Drive  
Fairfax, VA 22030  
(703) 993-5242  
(703) 993-5577 (fax)  
rgoodma2@gmu.edu

## EDUCATION

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- May 2009      **Doctor of Philosophy in Counselor Education**  
University of Florida  
Specialization: Mental Health Counseling  
Dissertation: *Academic Achievement and Traumatic Stress among Primary School Students*
- August 2006      **Specialist in Education in Mental Health Counseling**  
**Master of Education in Mental Health Counseling**  
University of Florida
- May 2002      **Bachelor of Science in Business Administration**  
University of North Carolina at Chapel Hill  
Kenan-Flagler Business School

## CURRENT EMPLOYMENT

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- 2010-present      **Assistant Professor, Tenure Track**  
Counseling and Development Program, George Mason University, Fairfax, VA  
Affiliate faculty member: Women and Gender Studies; Human Development and Family Sciences; Diversity Research and Action Consortium

## RESEARCH

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### Peer-Reviewed Publications

\* *Student co-author*

**Goodman, R. D.**, Vesely, C., Letiecq, B., & Cleaveland, C. (in press). Trauma and resilience among refugee and undocumented immigrant women. Manuscript accepted for publication in the *Journal of Counseling & Development*, Special Issue on Traumatology.

Frazier, K. N., & **Goodman, R. D.** (2015). Traumatic stress and educational hegemony: A multi-level model to promote wellness and achievement among socially marginalized students. *The Practitioner Scholar: Journal of Counseling and Professional Psychology*, 4(1). Retrieved from <http://www.thepractitionerscholar.com/article/view/13400>

- Williams, J., McMahon, H. G., & **Goodman, R. D.** (2015). Eco-webbing: A teaching strategy to facilitate critical consciousness and agency. *Counselor Education and Supervision, 54*, 82-97. doi:10.1002/ceas.12006
- Goodman, R. D.**, \*Vilbas, J., & \*Bell, R. (2014). A qualitative exploration of multicultural and social justice counseling student development through community outreach. *Global Journal of Community Psychology Practice, 5*, 1-10. Retrieved from <http://www.gjcopp.org>
- West-Olatunji, C. \*Jean-Paul, N., Shure, L., **Goodman, R. D.**, & Lewis, D. (2014). Culture-centered research and counselor efficacy. *Turkish Psychological Counseling and Guidance Journal, 5*, 129-137.
- Goodman, R. D.**, Calderon, A. M., & Tate, K. A. (2014). Liberation-focused community outreach: A qualitative exploration of peer group supervision during disaster response. *Journal of Community Psychology, 42*, 228-236. doi:10.1002/jcop.21606
- Vesely, C. K., **Goodman, R. D.**, \*Ewaida, M., & \*Kearney, K. (2014). A better life? Immigrant mothers' experiences building economic security. *Journal of Family and Economic Issues*. Advance online publication. doi:10.1007/s10834-014-9422-3
- Cholewa, B., **Goodman, R. D.**, West-Olatunji, C. A., & Amatea, E. (2014). A qualitative examination of the impact of culturally responsive educational practices on the psychological well-being of students of color. *The Urban Review*. Advance online publication. doi:10.1007/s11256-014-0272-y
- Vesely, C., **Goodman, R. D.**, & \*Spurlock, S. (2014). Turning points and transitions: The role of family in women's immigration experiences. *International Journal of Child, Youth and Family Studies, 5*, 308-331.
- Goodman, R. D.** (2013). The Transgenerational Trauma and Resilience Genogram. *Counselling Psychology Quarterly, 26*, 386-405. doi:10.1080/09515070.2013.820172
- Goodman, R. D.**, & Calderon, A. (2012). The use of mindfulness in trauma counseling. *Journal of Mental Health Counseling, 34*, 254-268. doi:10.17744/mehc.34.3.930020422n168322
- Goodman, R. D.**, Miller, M. D., & West-Olatunji, C. A. (2012). Traumatic stress, socioeconomic status, and academic achievement among primary school students. *Psychological Trauma: Theory, Research, Practice, and Policy, 4*, 252-259. doi:10.1037/a0024912
- Gorski, P. C., & **Goodman, R. D.** (2011). Is there a hierarchy of oppression in U.S. multicultural teacher education coursework? *Action in Teacher Education, 33*, 455-475. doi:10.1080/01626620.2011.627305
- West-Olatunji, C., **Goodman, R. D.**, \*Mehta, S., & \*Templeton, L. (2011). Creating cultural competence: An outreach immersion experience in southern Africa. *International Journal for the Advancement of Counselling, 33*, 335-346. doi:10.1007/s10447-011-9138-0

- West-Olatunji, C. A., & **Goodman, R. D.** (2011). Entering communities: Social justice-oriented disaster response counseling. *Journal of Humanistic Counseling, Education, and Development*, 50, 172-182. doi:10.1002/j.2161-1939.2011.tb00116.x
- West-Olatunji, C., **Goodman, R. D.**, & Shure, L. (2011). Use of multicultural supervision with school counselors to enhance cultural competence. *Journal of School Counseling*, 9(16). Retrieved from [jsc.montana.edu/articles/v9n16.pdf](http://jsc.montana.edu/articles/v9n16.pdf)
- Goodman, R. D.**, & West-Olatunji, C. A. (2010). Educational hegemony, traumatic stress, and African American and Latino American students. *Journal of Multicultural Counseling & Development*, 38, 176-186. doi:10.1002/j.2161-1912.2010.tb00125.x
- Goodman, R. D.**, & West-Olatunji, C. A. (2009). Applying critical consciousness: Culturally competent disaster response outcomes. *Journal of Counseling & Development*, 87, 458-465. doi:10.1002/j.1556-6678.2009.tb00130.x
- Shure, L., West-Olatunji, C. A., & **Goodman, R. D.** (2009). Use of reflection and experiential learning to enhance advocacy skills and critical consciousness in a community counseling course. *Graduate Research Journal*, 1. Retrieved from [http://grjsite.com/attachments/article/20/Comm\\_Set\\_2009\\_04\\_14.pdf](http://grjsite.com/attachments/article/20/Comm_Set_2009_04_14.pdf)
- Goodman, R. D.**, & West-Olatunji, C. A. (2009). Engaging students in outreach as an extension of advocacy to achieve praxis. *Journal for Civic Commitment*, 12. Retrieved from <http://www.mc.maricopa.edu/other/engagement/Journal/Issue12/Goodman.shtml>
- Goodman, R. D.**, & West-Olatunji, C. A. (2009). Traumatic stress, systemic oppression, and resilience in post-Katrina New Orleans. *Spaces for Difference: An Interdisciplinary Journal*, 1, 80-97. Retrieved from [http://repositories.cdlib.org/ucsb\\_ed/spaces/vol1/iss2/art5](http://repositories.cdlib.org/ucsb_ed/spaces/vol1/iss2/art5).
- Frazier, K. N., West-Olatunji, C., St Juste, S., & **Goodman, R. D.** (2009). Transgenerational trauma and CSA: Reconceptualizing cases involving young survivors of child sexual abuse. *Journal of Mental Health Counseling*, 31, 22-33. doi:10.17744/mehc.31.1.u72580m253524811
- Goodman, R. D.**, & West-Olatunji, C. A. (2008). Transgenerational trauma and resilience: Improving mental health counseling for survivors of Hurricane Katrina. *Journal of Mental Health Counseling*, 30, 121-136. doi:10.17744/mehc.30.2.q52260n242204r84
- West-Olatunji, C., Pringle, R., Adams, T., Baratelli, A., **Goodman, R. D.**, & Maxis, S. (2007). How African American middle school girls position themselves as mathematics and science learners. *The International Journal of Learning*, 14, 219-227.

### **Edited Book**

- Goodman, R. D.**, & Gorski, P. (Eds.). (2014). *Decolonizing "multicultural" counseling through social justice*. New York, NY: Springer.

### **Book Chapters**

- West-Olatunji, C., & **Goodman, R. D.** (in press). Training counselors for social justice and multicultural competence: Outcomes from national and international outreach projects. In C. M. See (Ed.), *Research and practice: Counselling and social work in the new frontier of helping*. Penang, Malaysia: USM Press.
- Goodman, R. D.**, Williams, J., Chung, R. C-Y., Talleyrand, R., Douglass, A., McMahon, G., & Bemak, F. (2014). Decolonizing traditional pedagogies and practices in counseling and psychology education: A move towards social justice and action. In R. D. Goodman & P. Gorski (Eds.), *Decolonizing "multicultural" counseling through social justice* (pp. 147-164). New York, NY: Springer.
- Goodman, R. D.** (2014). A liberatory approach to trauma counseling: Decolonizing our trauma-informed practices. In R. D. Goodman & P. Gorski (Eds.), *Decolonizing "multicultural" counseling through social justice* (pp. 55-72). New York, NY: Springer.
- Gorski, P., & **Goodman, R. D.** (2014). Introduction: Toward a decolonized multicultural counseling and psychology. In R. D. Goodman & P. Gorski (Eds.), *Decolonizing "multicultural" counseling through social justice* (pp. 1-10). New York, NY: Springer.
- Brubaker, M. D., & **Goodman, R. D.** (2012). Client advocacy: In action. In C. Y. Chang, C. Barrio Minton, A. L. Dixon, J. E. Myers, & T. J. Sweeney (Eds.), *Professional Counseling Excellence through Leadership and Advocacy* (pp. 141-161). New York, NY: Routledge.

### **Other Publications**

- Goodman, R. D.** (in press). Trauma counseling and interventions: Introduction to the special issue. *Journal of Mental Health Counseling*.
- Goodman, R. D.** (2015). Shameless agitation: Enacting lessons from Judy Lewis. In R. Toporek (Ed.), A special tribute to Dr. Judy Lewis (1939-2014): Counselor for social justice. *Journal for Social Action in Counseling and Psychology*, 6(2). Retrieved from <http://jsacp.tumblr.com/post/116062773443/journal-for-social-action-in-counseling-and>
- \*Shannonhouse, L., Williams, K., & **Goodman, R. D.** (2010). Community engagement: Florida outreach to the Haitian community. *Chi Sigma Iota Exemplar*, 25:3, 11.
- Goodman, R. D.**, & West-Olatunji, C. A. (2009). Cultural competence in disaster response: The use of critical consciousness theory. *Chi Sigma Iota Exemplar*, 24:3, 12-13.
- West-Olatunji, C. A., **Goodman, R. D.**, Mehta, S., Peters, C., Pritchett, J., St Juste, S., Shannonhouse, L., & Williams, K. (2007). New Orleans Outreach Project report. *CSJ Activist*, 7:1, 2, 7, 9-10, 12.
- Goodman, R. D.**, & West-Olatunji, C. A. (2007). *Social justice and advocacy training for counselors: Using outreach to achieve praxis*. (ERIC Document Reproduction Service No. ED497351).

Mehta, S., West-Olatunji, C., Sanders, T., & **Goodman, R.** (2007). *Recommendations for working with African American parents of primary school children in low-resourced schools*. (ERIC Document Reproduction Service No. ED498991).

### **Manuscripts Under Review and In Preparation**

**Goodman, R. D.** (invited, in preparation). Disaster mental health with immigrants and refugees. In J. Webber & J. B. Mascari (Eds.), *Disaster Mental Health Counseling: A Guide to Preparing and Responding* (4<sup>th</sup> ed.). Alexandria, VA: American Counseling Association Foundation.

**Goodman, R. D.** (invited, in preparation). Community practice with immigrants and refugees. In A. Hilado & M. Lundy (Eds.), *Reorienting transnational practice with immigrants and refugees: Theory, practice and culture*. New York, NY: SAGE.

**Goodman, R. D.**, Vesely, C., & Letiecq, B. (in preparation). Ongoing and intersecting stressors for low-income refugee women: Critical resilience and resistance. Manuscript to be submitted to the *Journal of Counseling & Development*.

**Goodman, R. D.**, & Caro-Lopez, H. (in preparation). Understanding the experiences of immigration activists: A qualitative study informed by liberation psychology and critical consciousness theory. Manuscript to be submitted to the *Journal of Multicultural Counseling & Development*.

\*Belenkiy, E., \*Jacobs, D., \*Streetman, H., & **Goodman, R. D.** (in preparation). Cross-cultural counseling outreach: A participatory qualitative examination of students' experiences. Manuscript to be submitted to the *Journal of Social Action in Counseling & Psychology*.

Vesely, C., & **Goodman, R. D.** (in preparation). "It's different here": Situated mothering among Latina immigrants with young children. Manuscript to be submitted to *Journal of Marriage and Family*.

### **Peer-Reviewed Presentations: National & International**

\*Belenkiy, E., \*Jacobs, D., \*Streetman, H., **Goodman, R. D.**, & Warson, E. (2015, March). *Cross-cultural counseling outreach: A transformative experience*. Paper presented at the meeting of the American Counseling Association, Orlando, FL.

**Goodman, R. D.**, Vesely, C. K., Cleaveland, C., & Letiecq, B. (2014, November). Refugee and undocumented immigrant women: Trauma and resilience. In B. L. Letiecq and M. Zapata Roblyer (Chairs), *Families caught in the anti-immigrant crosshairs: Trauma, Risk, and resilience*. Symposium conducted at the meeting of the National Council on Family Relations, Baltimore, MD.

Vesely, C. K., & **Goodman, R. D.** (2013, November). Immigrant mothers' negotiation of parenting roles and discipline practices. In B. L. Letiecq (Chair), *One size does not fit all: Family wellbeing across immigrant communities*. Symposium conducted at the meeting of the National Council on Family Relations, San Antonio, TX.

**Goodman, R. D.**, & \*Amri, S. (2013, October). *Training counselors to respond to transgenerational trauma: Lessons from qualitative case studies with immigrant families*. Paper presented at the meeting of the Association for Counselor Education and Supervision, Denver, CO.

- Williams, J., McMahon, H. G., & **Goodman, R. D.** (2013, October). *Using ecological mapping to promote social justice in counselor education*. Poster session presented at the meeting of the Association for Counselor Education and Supervision, Denver, CO.
- Tate, K. A., **Goodman, R. D.**, & Calderon, A. (2013, March). *Counseling for Liberation: Applying liberation psychology to counseling practice*. Paper presented at the meeting of the American Counseling Association, Cincinnati, OH.
- Goodman, R. D.**, \*Vilbas, J. A., & \*Bell, R. (2012, March). *Multicultural and social justice student development through community outreach*. Poster session presented at the meeting of the American Counseling Association, San Francisco, CA.
- Goodman, R. D.**, Bemak, F., Chung, R. C.-Y., McMahon, G., Talleyrand, R., & Williams, J. (2011, October). *Developing social justice/multicultural counselors: Data from student exit surveys and implications for counselor education*. Paper presented at the meeting of the Association for Counselor Education and Supervision, Nashville, TN.
- Davis, E., Brubaker, M., Cholewa, B., **Goodman, R.**, Shure, L., & Williams, C. (2011, October). *Becoming a counselor educator in the new decade: Adjusting from student to scholar*. Paper presented at the meeting of the Association for Counselor Education and Supervision, Nashville, TN.
- Goodman, R. D.**, Calderon, A., & Tate, K. (2011, March). *The use of critical consciousness in counseling: Outcomes from outreach to the Haitian community in Florida*. Poster session presented at the meeting of the American Counseling Association, New Orleans, LA.
- Frazier, K., & **Goodman, R. D.** (2010, March). *Transgenerational trauma and educational hegemony: Impact on African American student attainment*. Poster session presented at the meeting of the American Counseling Association, Pittsburgh, PA.
- West-Olatunji, C. A., **Goodman, R. D.**, & Templeton, L. (2010, March). *Developing critical consciousness among counselors providing outreach in southern Africa*. Paper presented at the meeting of the American Counseling Association, Pittsburgh, PA.
- Reid, L., West-Olatunji, C. A., & **Goodman, R. D.** (2010, March). *Validating the Parent Proficiencies Questionnaire (PPQ-AA) or use with low-income African American parents*. Poster session presented at the meeting of the American Counseling Association, Pittsburgh, PA.
- West-Olatunji, C. A., Shure, L., **Goodman, R. D.**, & Lewis, D. (2010, March). *Culture-centered research, researcher bias, and counselor efficacy*. Poster session presented at the meeting of the American Counseling Association, Pittsburgh, PA.
- West-Olatunji, C. A., **Goodman, R. D.**, Torres Rivera, E., & Watson, Z. (2010, February). *Use of Story Circle to foster critical consciousness and advocacy skills*. Paper presented at the meeting of the Association for Specialists in Group Work, New Orleans, LA.

- West-Olatunji, C. A., Hansen, J., **Goodman, R. D.**, Shannonhouse, L., & Vanderbleek, L. (2009, October). *Training culturally competent outreach counselors: The 2009 AMCD Clinical Outreach to southern Africa*. Paper presented at the meeting of the Association for Counselor Education and Supervision, San Diego, CA.
- West-Olatunji, C. A., **Goodman, R. D.**, Shure, L. (2009, October). *School counselors as social justice advocates: Outcomes of a multicultural counseling supervision program to counter educational hegemony*. Paper presented at the meeting of the Association for Counselor Education and Supervision, San Diego, CA.
- West-Olatunji, C. A., & **Goodman, R. D.** (2009, October). *Traumatic stress and chronic underachievement of African American children*. Paper presented at the meeting of the National Black Child Development Institute, Atlanta, GA.
- Goodman, R. D.**, & West-Olatunji, C. A. (2009, April). *Academic achievement and traumatic stress among students and the influence of culture, class, and gender*. Poster session presented at the meeting of the American Educational Research Association, San Diego, CA.
- West-Olatunji, C. A., Roysircar-Sodowsky, G., & **Goodman, R. D.** (2009, March). *Training for culturally competent disaster response*. Six-hour pre-conference Learning Institute presented at the meeting of the American Counseling Association, Charlotte, NC.
- West-Olatunji, C. A., Roysircar-Sodowsky, G., **Goodman, R. D.**, & Inman, A. (2009, March). *International culture-centered counseling and social justice conference in Gaborone, Botswana*. Paper presented at the meeting of the American Counseling Association, Charlotte, NC.
- West-Olatunji, C. A., **Goodman, R. D.**, Reid, L., Leite, W. & Sanders, T. (2009, March). *Examining parent proficiencies of culturally diverse parents*. Paper presented at the meeting of the American Counseling Association, Charlotte, NC.
- West-Olatunji, C. A., Roysircar-Sodowsky, G., & **Goodman, R. D.** (2009, January). *Training counselors for social justice and multicultural competence: Outcomes from national and international outreach projects*. Paper presented at the International Counseling and Social Work Symposium, Penang, Malaysia.
- West-Olatunji, C. A., & **Goodman, R. D.** (2009, January). *Disaster response training: Developing cultural competence for international disaster counseling*. Invited workshop presented at the International Counseling and Social Work Symposium, Penang, Malaysia.
- Goodman, R. D.**, West-Olatunji, C. A., & Mehta, S. (2008, March). *Advocacy and outreach in Southern Africa: Using critical consciousness to engage in social justice*. Poster session presented at the meeting of the International Counseling Psychology Conference, Chicago, IL.
- West-Olatunji, C. A., Roysircar-Sodowsky, G., **Goodman, R. D.**, West, C. A. C., & Brooks, M. (2008, March). *Culture-centered disaster outreach: Working with AIDS survivors in southern Africa*. Paper presented at the meeting of the American Counseling Association, Honolulu, HI.

- Shure, L., West-Olatunji, C. A., & **Goodman, R. D.** (2007, October). *Experiential curriculum as part of counselor training to promote self-awareness and community counseling skills*. Poster session presented at the meeting of the Association for Counselor Education and Supervision, Columbus, OH.
- Goodman, R. D.**, & West-Olatunji, C. A. (2007, July). *Transgenerational trauma and resilience in post-Katrina New Orleans*. Paper presented at the meeting of the American Mental Health Counselors Association, New Orleans, LA.
- Pringle, R., West-Olatunji, C., Adams, T., Baratelli, A., **Goodman, R. D.**, & Maxis, S. (2007, June). *Positionality and African-American middle school girls' attitudes toward science education*. Paper presented at the International Conference on Learning, Johannesburg, South Africa.
- West-Olatunji, C., & **Goodman, R. D.** (2007, June). *Culture-centered mental health disaster interventions with children and adolescents*. Paper presented at the International Counseling Conference, Shanghai, China.
- West-Olatunji, C. A., Roysircar-Sodowsky, G., **Goodman, R. D.**, & Partridge, V. (2007, March). *Culture-centered disaster response in a global context*. Paper presented at the meeting of the American Counseling Association, Detroit, MI.

### **Peer-Reviewed Presentations: Regional & Local**

- West-Olatunji, C. A., & **Goodman, R. D.** (2009, November). *Culture-centered disaster counseling in southern Africa*. Paper presented at the meeting of the Florida Counseling Association, Miami, FL.
- Goodman, R. D.**, & West-Olatunji. (2008, November). *Academic achievement and traumatic stress among lower SES primary school students*. Poster session presented at the meeting of the Florida Educational Research Association, Orlando, FL.
- West-Olatunji, C. A., **Goodman, R. D.**, Sanders, T., Leite, W., & Reid, L. (2008, November). *The impact of African American parenting behaviors on the academic achievement of their primary school children*. Paper presented at the meeting of the Florida Educational Research Association, Orlando, FL.
- West-Olatunji, C. A., **Goodman, R. D.**, & Reid, L. (2008, November). *Assessing parenting proficiencies: Working with low income, culturally diverse parents*. Paper presented at the meeting of the Florida Counseling Association, Orlando, FL.
- Goodman, R. D.**, West-Olatunji, C. A., & Mehta, S. (2008, October). *Responding to disasters: Training counselors for culturally competent outreach*. Paper presented at the meeting of the Southern Association for Counselor Education and Supervision, Houston, TX.

### **Invited Presentations**

- Goodman, R. D.** (2015, July). *Counseling refugees: Trauma, stress, and resilience*. Training presented for the Traumatology Interest Network, American Counseling Association.



**Goodman, R. D.** (2014, May). *The human spirit and resilience on Pine Ridge Reservation*. Paper presented at the First Annual Pocahontas Memorial Research Symposium, Lorton, VA.

\*Brown, S. A., Williams, J. M., Pack-Brown, S. P., & **Goodman, R. D.** (2013, March). *Creating, developing, and producing the AMCD/CSJ Day of Service*. Poster session presented at the meeting of the American Counseling Association, Cincinnati, OH.

West-Olatunji, C. A., & **Goodman, R. D.** (2009, July). *Training counselors for culturally competent disaster response in southern Africa*. Paper presented at the meeting of the Association for Multicultural Counseling & Development, Gaborone, Botswana.

**Goodman, R. D.** (2007, June). *Disaster response counseling outreach: Critical consciousness, praxis, and cultural competence*. Paper presented at the Association for Multicultural Counseling and Development and Association for Counselor Education and Supervision International Conference on Outreach and Advocacy, Johannesburg, South Africa.

### **Grants: Funded**

Letiecq, B. (2014). *Early Childhood Care and Education for vulnerable families in Alexandria: Building strategic partnerships through community-engaged research*. Bruhn Morris Family Foundation. Awarded: \$62,988. Role: Co-investigator.

**Goodman, R. D.** (2012). *Understanding the experiences of immigrants and immigration advocates: Implications for social services, education, and policy*. Seed Grant Funding Program, College of Education and Human Development, George Mason University. Awarded: \$1,500. Role: Principal Investigator.

**Goodman, R. D.** (2012). *Stress, trauma, and resilience among immigrant youth*. Summer Research Funding for Tenure-Track and Tenured Faculty, George Mason University. Awarded: \$4,200. Role: Principal Investigator.

**Goodman, R. D.** (2011). *Social justice action and mindfulness*. Faculty/Staff Learning Community Grant, Center for Consciousness and Transformation, George Mason University. Awarded: \$3,000. Role: Principal Investigator.

**Goodman, R. D.** (2010). *Haiti disaster response and counselor training*. Research and Best Practices Grant, Southern Association for Counselor Education and Supervision. Awarded: \$500. Role: Principal Investigator.

### **Current Research Projects**

#### **2013-present                      Co-principal investigator**

##### *Trauma, Stress, & Resilience among Refugee and Immigrant Women & Families*

Using a community-based participatory research (CBPR) approach, this project explores the experiences, needs, and strengths of women and families from refugee and immigrant communities. We are utilizing qualitative and quantitative data sources to understand the impact of trauma and ongoing stressors, as well as the development of resilience. We have developed community advisory boards to undertake research and action steps in partnership with community members.

**2014-present Co-principal investigator***Mindfulness-Based Compassion Training: Empathy & Decreasing Bias*

This project focuses on the development and assessment of a brief mindfulness-based compassion intervention. Our research explores participant's experiences mindfulness-based compassion practices, barriers to ongoing practice, and both state and trait mindfulness. We assess the potential for this training to promote empathy, which is a promising pathway for reducing bias and increasing culturally appropriate counseling practice.

**2014-present Co-investigator***Mindfulness and Wellbeing among Social Justice Activists*

Using qualitative and quantitative data, we explore what factors may mitigate or increase social justice activists' wellbeing. We examine participants' social and demographic factors, as well as engagement in and satisfaction with mindfulness practices. This work has led to the development of a new scale for social justice activists: the Activist Fatigue and Flourishing Inventory (AFFI).

**TEACHING****Courses****\*\* new course developed****2010-present George Mason University, Graduate Courses Taught/Developed**

Spring 2015-present Career and Educational Counseling, EDCD 610  
 Sum. 2013 \*\*Cross-Cultural Counseling Outreach (field-based course), EDCD 797  
 Fall 2011-present Counseling, Ethics, and Consultation in Community Agencies, EDCD 654  
 Sum. 2011-present \*\*Trauma Counseling, EDCD 797  
 Fall 2010-present Introduction to Research in Counseling, EDCD 601  
 Spring 2011 Practicum in Community Agency Counseling, EDCD 755  
 Fall 2010 Internship in Community Agency Counseling, EDCD 791

**2009-2010 University of Cincinnati, Online Undergraduate Courses Taught/Developed**

Winter 2010 \*\*Childhood Trauma and Recovery, ADDC 415  
 Autumn 2009 \*\*Crisis Management in Therapy, ADDC 421

**2006-2010 University of Florida, Graduate & Undergraduate Courses**

2009-2010 Job Search Strategies, SLS 2302 (undergraduate), Instructor  
 Spring 2009 Sexuality and Mental Health, MHS 6471 (graduate), Teaching Assistant (TA)  
 Summer 2008 Diagnosis & Treatment of Mental Disorders, MHS 6071 (graduate), TA  
 2006-2007 Interpersonal Communication Skills, SDS 4410 (undergraduate), Instructor  
 Spring 2007 Counseling in Community Settings, MHS 6080 (graduate), TA  
 Fall 2006 Trauma and Crisis Intervention, SDS 6938 (graduate), TA

**Doctoral Committees: George Mason University**

2013-present Samantha Spinney, Doctoral Dissertation Committee Member  
 2011-present Saara Amri, Doctoral Dissertation & Portfolio Committee Member  
 2011-2014 Jessica Vilbas, PhD in Education Portfolio Committee Member  
 2011-2013 Winifred Betts-Campbell, PhD in Education Portfolio Committee Member

### **Master's & Doctoral Independent Studies Supervised: George Mason University**

2014-2015	12 credits total: Eliina Belenkiy, Heather Streetment, Brian Jacobs, Kiana Byrd, and Sarah Clarius
2013-2014	5 credits total: Reston Bell and Michelle Cantrell
2012-2013	12 credits total: Stephanie Romanchuk, Porche Leonard, Saara Amri, Mark Nichols, Ricardo Sanchez, and Rebecca Davidson
2011-2012	24 credits total: Kelly Andrews, Mark Nichols, Reston Bell, Monica Martinez, Tony Camp, Winifred Betts-Campbell, Nicole Woodward

### **SERVICE & OUTREACH**

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#### **Journal Editor**

2014-2015	<b>Guest Editor</b> , <i>Journal of Mental Health Counseling (JMHC)</i> , Special Issue: Trauma Counseling and Interventions
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#### **Editorial and Review Experience**

2011-present	<b>Editorial Board Member</b> , <i>Journal of Mental Health Counseling (JMHC)</i>
2015	<b>Grant Proposal Reviewer</b> , Summer Research Grant Award Program, George Mason University
2012	<b>Reviewer</b> , Journal for Specialists in Group Work (JSGW), Special Issue: International Group Work
2010	<b>Ad-Hoc Reviewer</b> , <i>Urban Education</i>
2008-2009	<b>Student Editorial Board Member</b> , <i>Journal of Multicultural Counseling &amp; Development</i>
2008-2010	<b>Proposal Reviewer</b> , American Counseling Association (ACA)
2009	<b>Proposal Reviewer</b> , American Educational Research Association (AERA) Annual Meeting
2008	<b>Proposal Reviewer</b> , Florida Educational Research Association (FERA) Annual Meeting

#### **University Service: Involvement and Leadership**

2014	<b>Clinical Coordinator</b> , Community Agency Counseling Track, Counseling & Development Program, George Mason University
2013-2015	<b>PhD in Education Program Representative</b> , College of Education and Human Development, George Mason University
2013-2014	<b>Assistant Clinical Coordinator</b> , Counseling & Development Program, George Mason University
2012-2014	<b>Secretary</b> , Professional Development Committee, College of Education and Human Development, George Mason University
2011-present	<b>Faculty Co-Advisor</b> , Chi Sigma Iota (CSI), Gamma Mu Upsilon Chapter
2011-2012	<b>Clinical Coordinator</b> , Counseling & Development Program, George Mason University

**Professional and Community Service: Involvement and Leadership**

- 2015-present **Consultant**, Young Center for Immigrant Children's Rights, Chicago, IL
- 2014-2016 **Community Representative**, Counselors for Social Justice (CSJ), a division of the American Counseling Association (ACA)
- 2014-present **Strategic Planning Committee Member**, Counselors for Social Justice (CSJ), a division of the American Counseling Association (ACA)
- 2013-present **Co-Coordinator**, Golden Bridge Project, a multidisciplinary, multifaceted project to address wellbeing and health equity in Indian Country
- 2013 **Coordinator**, Counselors Without Borders Outreach to Oglala Sioux Tribe of Pine Ridge Indian Reservation, SD
- 2012-2013 **Coordinator**, Pre-Conference Service Day, Counselors for Social Justice (CSJ), a division of the American Counseling Association (ACA)
- 2011-2013 **Research Consultant**, Fairfax Partnership for Youth (FPY), Fairfax, VA
- 2011-2013 **Member**, Youth Wellness Network, Fairfax, VA
- 2011-2013 **Research Consultant**, EdChange, Fairfax, VA
- 2010-2012 **Consultant & Supervisor**, Gum Springs Community Outreach, Gum Springs, VA
- 2010 **Coordinator**, Outreach to the Florida Haitian and Haitian American Community, Florida Association for Multicultural Counseling and Development (FAMCD)
- 2009-2010 **President**, Florida Association for Multicultural Counseling and Development (FAMCD), a division of the Florida Counseling Association (FCA)
- 2007-2011 **Finance Committee Member**, Association for Multicultural Counseling and Development (AMCD), a division of the American Counseling Association (ACA)
- 2006-2009 **Clinical Outreach Coordinator**, Culture-centered Disaster Responses in Post-Katrina New Orleans, South Africa, and Botswana, Association for Multicultural Counseling and Development (AMCD)

**Clinical Experience**

- 2011-2012 **Counselor**, Counseling and Psychological Services (CAPS), George Mason University, Fairfax, VA
- 2008-2010 **Assistant Director & Clinical Training Director**, University of Florida Career Resource Center, Gainesville, FL
- 2007-2008 **Doctoral Counseling Intern**, University of Florida Counseling Center, Gainesville, FL
- 2006 **Counseling Intern**, University of Florida Career Resource Center, Gainesville, FL
- 2006 **Counseling Intern**, Partners in Adolescent Lifestyle Support – Shands at Vista, Gainesville, FL
- 2005 **Practicum Counselor**, Meridian Behavioral Healthcare, Gainesville, FL
- 2005 **Practicum Counselor**, Child and Adolescent Unit – Shands at Vista, Gainesville, FL

### ***Licensure & Certification***

- 2013 Certificate in Advanced Training in Traumatic Stress, International Society for Traumatic Stress Studies (ISTSS)
- 2011 Certified Red Cross Disaster Mental Health Responder
- 2010-present Licensed Professional Counselor (LPC), District of Columbia, PRC 14121

### **HONORS AND AWARDS**

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- 2014-2015 **Symposia Chair**, Heritage of Wellness & Pocahontas Memorial Symposia, Co-hosted by Rachel's Well and partners
- 2013-2014 **Social Justice Educators Faculty Learning Community Funded Member**, George Mason University (GMU)
- 2013 **Outstanding Master's Counselor Education Program**, Southern Association of Counselor Education and Supervision (SACES)
- 2010 **Emerging Leaders Fellow**, Southern Association for Counselor Education and Supervision (SACES)
- 2009 **Longitudinal Explorations of Child Outcomes and Well-Being Funded Workshop Participant**, Inter-university Consortium for Political and Social Research (ICPSR), University of Michigan
- 2009 **Dr. Daya & Mrs. Usha K. Sandhu Multicultural Counseling/Diversity Student Research Award Recipient**, Association for Multicultural Counseling and Development (AMCD)
- 2009 **Outstanding Research Award Recipient**, Chi Sigma Iota (CSI) International,
- 2009 **Graduate Student Seminar Fellowship Recipient**, American Educational Research Association (AERA), Division E
- 2008 **Early Childhood Longitudinal Study, Kindergarten Class of 1998-99 (ECLS-K) Database Training Funded Seminar Participant**, The National Center for Education Statistics (NCES), U.S. Department of Education
- 2007 **Dr. Robert O. Stripling Scholarship Award Recipient**, Department of Counselor Education, University of Florida
- 2004-2008 **Alumni Fellowship Recipient** (\$72,000 total award package), University of Florida

### ***Current Professional Affiliations***

- American Counseling Association (ACA)
- American Mental Health Counselors Association (AMHCA)
- Association for Multicultural Counseling and Development (AMCD)
- Counselors for Social Justice (CSJ)
- Traumatology Interest Network (TIN)
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