

Cathy Counselor

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Education

Doctorate of Philosophy: Counseling Psychology

University of Missouri-Columbia, Expected Graduation: August 2010

Advisor: Joe Beaver, Ph.D.

Predocutorial Internship Site: Oregon State University Counseling and Psychological Services

Dissertation: "Examining Social Class Privilege and Perceived Career Options in Adolescent White Women: A Qualitative Study"

G.P.A.: 3.9

Master of Arts: Counseling Psychology

University of Missouri-Columbia: December 2004

Advisor: Josephine Beaver, Ph.D.

Manuscript: "Effects of Socioeconomic Status, Social Class, and Social Class Worldview on Career Development in Adolescents"

G.P.A.: 4.0

Bachelor of Arts: Psychology, with a minor in Biological Sciences (Summa Cum Laude)

University of Missouri-Columbia: May 2002

Honors Thesis Advisor: Julianna Beaver, Ph.D.

Honors Thesis: "Effects of Attachment Style and Science Self-Efficacy on Choice of Major in Undergraduate Women"

G.P.A.: 4.0

Teaching and Outreach

Instructor for "Social Psychology", Stephens College, Columbia, Missouri, Jan. 2007-May 2007

- Prepared a semester-long, 3-credit undergraduate survey course in Social Psychology.
- Prepared lectures and class activities, and led discussions for each class period.
- Created, administered, and graded exams over course material.

Instructor for "LST: Community-Based Leadership Lab: Residence Hall Leadership", Westminster College, Aug.-Dec. 2005

- Co-taught a semester-long course for Resident Advisors at Westminster College. Provided psychologically relevant information for the RA's; gave feedback on how to handle difficult situations with residents.

Career and Vocational Development Experience

Career Counselor, Duke University, Counseling and Psychological Services, Aug. 2007-July 2008

- Served as counselor for “ACE” Program, “Assessment and Career Exploration”
- Received weekly supervision for career counseling cases and engaged in peer supervision with other predoctoral psychology interns
- Conducted weekly career counseling sessions with undergraduate and graduate students. Presenting issues included: choosing a major, developing a plan for post-graduation, choosing a specialty area within an occupational field, approaching a career transition, values clarification, and career decision-making.
- Regularly administered and interpreted the Strong Interest Inventory and Myers Briggs Type Indicator for undergraduate and graduate students

Facilitator, Career Development Workshop, Duke University, Feb. 2008

- Planned a 3-session evening workshop entitled “Got Major?” for undergraduate students trying to decide on a major
- Helped facilitate the workshop. Facilitated discussion and provided information on:
 - Interpreting the Strong Interest Inventory
 - Identifying “strengths” using the Clifton Strengthsfinder material
 - Identifying “next steps” in the career development process
 - Approaching career decision-making
 - Managing others’ expectations when choosing a major
 - Clarifying work-related values

Research Experience

Graduate Research Assistant, MU Greek Health Project, University of Missouri-Columbia, Aug. 2005-May 2007

5-year, NIH-funded grant project studying the effect of Motivational Interviewing on smoking cessation in undergraduate sorority and fraternity members. Responsibilities included:

- Design and planning for the implementation of the intervention
- Hiring and interviewing prospective counselors
- Assessment development
- Hiring and training undergraduate “study liaisons”
- Developing relationships and coordinating with members of Student Life and Greek Life at the university
- Participating in weekly meetings with other members of the research team
- Attending consultations with various other clinical trial research studies

C.C. Counselor

Clinical and Supervision Experience

Predoctoral Intern, Duke University, Counseling and Psychological Services, Aug. 2007-July 2008

- Selected during the APPIC National Match Process for Duke University's predoctoral internship at "CAPS", Counseling and Psychological Services
- Provided individual counseling to undergraduate and graduate students of diverse backgrounds including international students, racial/ethnic minority students, LGBT students, students of diverse religious backgrounds, and students representing an extremely diverse range of socioeconomic backgrounds
- Counseled a broad array of presenting issues, including depression, anxiety, panic, substance abuse, trauma, eating disorders, academic concerns, interpersonal relationship issues, sexual concerns, in addition to several other developmental issues
- Served as psychological consultant on a weekly basis to answer questions from professors, deans, parents, resident advisors, and other students
- Participated in Clinical Disposition Teams and engaged in regular consultation with the interdisciplinary staff of psychiatrists, social workers, and psychologists

Group Co-facilitator, Duke University, Counseling and Psychological Services, Aug. 2007-July 2008

- Co-facilitated a women's group "Circles of Support"
- The group addressed a variety of topics including interpersonal relationships, managing conflict, life balance, and discussion of emotions

Publications

Hepsler, M. F. & **Counselor, C.C.** (2009). Social class privilege and adolescent women's perceived career options. *Journal of Counseling Psychology*, 56, 477-494.

Presentations

Counselor, C.C. & Hepsler, M. F. (2007, August). "In her voice: An adolescent's reflections on class and career." In M.F. Hepsler (Chair), *Examining Dimensions of Economic Privilege in Career Choice and Development*. Presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Professional Organizations and Conferences

Society of Counseling Psychology, Division 17 of the American Psychological Association
 American Psychological Association (student affiliate)
 Society for Vocational Psychology, Section of Division 17 of APA