

CURRICULUM VITAE

Rebecca G. Cowan, PhD, LPC, NCC, BC-TMH, CMHIMP, DCMHS

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EDUCATION

- Ph.D. in Counselor Education and Supervision (CACREP)** August, 2010
Old Dominion University - Norfolk, Virginia
2009 Best Doctoral Program (Association for Counselor Education and Supervision)
Dissertation: *The relationship among counselor demographic, training, and employment variables and self-reported multicultural and gerontological counseling competence. [Quantitative Study]*
- Master of Arts in Counseling (Mental Health; CACREP)** August, 2008
Regent University - Virginia Beach, Virginia
- Bachelor of Science in Psychology; Sociology Minor** May, 2006
Old Dominion University - Norfolk, Virginia

Postdoctoral

- Virginia Geriatric Education Center (VGEC) Faculty Scholar** 2013-2014
University of Virginia, Eastern Virginia Medical School, and Virginia Commonwealth University

LICENSURE AND CERTIFICATION

- Licensed Professional Counselor (LPC)*, 2011-present, Virginia, #0701005099
National Certified Counselor (NCC), 2009-present, National Board of Certified Counselors. #254250.
Board Certified Telemental Health Provider (BC-TMH), 2017-present, National Board of Certified Counselors.
Board Approved Clinical Supervisor, Virginia 2017-present
Certified Mental Health Integrative Medicine Provider (CMHIMP), 2019-present, Mental Health Integrative Medicine Institute
Diplomate and Clinical Mental Health Specialist in Integrated Behavioral Health Care Counseling, 2019-present American Mental Health Counselors Association (AMHCA)
Certified Fitness Nutrition Specialist, 2017-present, American Council on Exercise (ACE)

ACADEMIC POSITIONS

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

UNIVERSITY TEACHING EXPERIENCE

Walden University

2010-2014; 2019-Present

School of Counseling and Human Services (CACREP)

- COUN 6336 Crisis, Trauma, and Response
- COUN 6720 Diagnosis and Assessment (5 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 (8 sections)

Old Dominion University

2008-Present

Department of Counseling and Human Services (CACREP)

- Human Services 452 Substance Abuse Research (9 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-College and Adult 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)

Capella University

2012-2019

School of Counseling and Human Services (CACREP)

- 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
Department of Family and Community Medicine

2011-2018

Community Assistant Professor (2014-2018)

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

Assistant Program Director (2013-2014)

Supervised resident physicians who were placed on probation. Conducted residency interviews and ranked medical students for the National Residency Matching Program. Worked closely with the program director to ensure residency program met all standards put forth by the Accreditation Council for Graduate Medical Education

Assistant Professor (2011-2014)

Lectured on psychopathology/behavioral medicine topics in hospital rounding, didactics, academic forums, and clinic. Supervised resident physicians and provided integrated care within a family medicine clinic. Managed the behavioral medicine physician resident rotation. Conducted behavioral medicine research. 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.

SUPERVISION EXPERIENCE

Counselor Education and Supervision Internship Supervisor

2018-2019

Capella University

School of Counseling and Human Services (CACREP)

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

Faculty Advisor (Tennessee)

2016-2019

Capella University

School of Counseling and Human Services (CACREP)

Ensured students met educational goals and degree requirements. Conducted Academic Learner Review meetings. Advised students on degree-specific programs and procedures. Identified at-risk students and highlighted opportunities for academic success 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 in applying basic and advanced counseling skills. Evaluated performance and counseling skill level.

Capella University

2012-2019

School of Counseling and Human Services (CACREP)

Walden University

2010-2014

Mental Health Counseling Program (CACREP)

Old Dominion University-Norfolk, Virginia

2010

Department of Counseling and Human Services (CACREP)

Clinical Mental Health Internship Supervisor 2012-2013
Eastern Virginia Medical School
Department of Family and Community Medicine
Provided site supervision for a mental health counseling intern within a family medicine clinic. Ensured all CACREP standards were met during intern's fieldwork experience.

Social Work Internship Supervisor 2011
Norfolk Department of Human Services
Child Protective Services: Family Preservation Unit
Provided site supervision for a Norfolk State University social work intern within child protective services. Conducted evaluation and assessment of intern and complied with program guidelines

Child Protective Services Supervisor 2010-2011
Norfolk Department of Human Services
Family Preservation Unit
Trained staff on child welfare practices. Collaborated with staff to assess families' needs and to identify diminished protective capacities. Provided individualized weekly consultation sessions for direct employees in order to assist with case management and career development. Mediated grievances and complaints between clients and staff. Attended Family Partnership Meetings. Testified in court hearings for Family Preservation Unit cases.

Individual Practicum/Internship Supervisor 2009
Old Dominion University-Norfolk, Virginia
Department of Counseling and Human Services (CACREP)
Facilitated individual supervision for master's level practicum and internship students weekly. Provided written and verbal feedback and assist students in applying basic and advanced counseling skills. Evaluated performance and counseling skill level.

CURRICULUM DEVELOPMENT EXPERIENCE

Quality Matters 2017
Course Reviewer
EDUC 6352 Community Treatment Planning and Mental Health Advocacy (External Reviewer)
COUN 5217 Ethical and Legal Issues in Professional Counseling (SME)

Subject Matter Expert 2015
Capella University
School of Counseling and Human Services (CACREP)
Developed and designed two Studies in Human Behavior courses in Blackboard (SHB 5337 Studies in Human Behavior and SHB 8331 Advanced Child and Adolescent Studies).

Freelance Ancillary Materials Developer 2011-2015
Developed ancillary materials for several counseling, research, and psychology textbooks.

Sage Publications 2011- 2015
Cengage Publications 2011-2013

Integrated Care Curriculum Development 2014
Eastern Virginia Medical School
Department of Community and Family Medicine

Developed and implemented an integrated care curriculum for family medicine residents. Designed Blackboard course with self-study materials including case studies, videos, quizzes, readings, and discussion questions. 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 for second year residents by the ACGME. Followed the recommended mental health curriculum guidelines put forth by the American Academy of Family Physicians.

Graduate Assistant

2008

Regent University - Virginia Beach, Virginia

School of Psychology and Counseling (CACREP)

Developed two masters in mental health counseling online classes in Blackboard.

CLINICAL EXPERIENCE

Private Practice Therapist/Owner

2017-Present

Anchor Counseling and Wellness, LLC-Virginia Beach, VA

Provide individual, group, and family counseling to adolescents and adults. Specializing in crisis/trauma, chronic illness, and women's health from a cognitive-behavioral framework.

BetterHelp

2018-2019

Telemental Health Therapist

Provided virtual services to over 100 clients.

Therapist

2014-2016

Finney Zimmerman Psychiatric Associates-Norfolk, VA

Provided individual, couples, and family therapy sessions from a cognitive-behavioral framework.

Growth Group Facilitator

2015

Old Dominion University-Norfolk, VA

Conducted weekly interpersonal process group for three groups of eight to ten students

Family Medicine Resident Support Group Facilitator

2011-2014

Eastern Virginia Medical School

Department of Family and Community Medicine

Facilitated a confidential resident support group. Promoted physician well-being and prevention of impairment.

Therapist

2011-2014

Eastern Virginia Medical School

Department of Community and Family Medicine

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

Integrated Care Team Member

2011-2014

Eastern Virginia Medical School-Norfolk, VA

Senior Care Clinic

Served as a member of an interprofessional primary healthcare team comprised of a geriatrician, family medicine resident physician, nurse practitioner, and social worker and psychology intern. Conducted one-hour medical visits with geriatric patients and caregivers. Assessed patients for psychosocial issues and caregivers for burnout. Developed integrated treatment plan with the team. Developed and supervised second interprofessional senior care clinic team within another family medicine clinic.

- Internships/Residency** 2005-2011
- Finney Psychotherapy Associates-Virginia Beach, Virginia** 2009-2011
 Provided individual and group counseling. Conducted Children of Divorce Group.
- Virginia Beach Psychiatric Center, Virginia Beach, Virginia** 2007-2008
 Provided individual, group, and family counseling. Provided patients with 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 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.

- Residential Counselor** 2006-2008
The Pines Residential Treatment Center - Norfolk, Virginia
 Provided counseling for youth within a residential facility. De-escalated crisis situations. Provided patients with a safe and therapeutic environment. Documented rounds and case notes.

HOSPITAL AFFILIATION

- Bon Secours Maryview Medical Center 2012-2016

RESEARCH EXPERIENCE

- Research Subcommittee** 2017
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 IRB meetings. Reviewed protocol submissions for scientific merit/validity and protection of human subjects. Knowledgeable of the components of the Belmont Report and the Common Federal Rule: Part 46 that mandates federal regulations for the conduct of research involving human subjects.

Qualitative/Quantitative Research Teams	2009-2014
Eastern Virginia Medical School <i>Factors Influencing Immunization Coverage for Influenza and Pneumonia Vaccines in Two Family and Community Medicine Clinics in Southeastern Virginia</i>	2013-2014
Old Dominion University <i>EP & CT: A Comparison of Approaches Applied to First Session Counselor Jitters</i>	2011
<i>A Qualitative Investigation of the Use of an Art-Based Technique in Counselor Group Supervision</i>	2011
<i>A Qualitative Investigation of Neurofeedback</i>	2010-2011
<i>Urban School Counselors' Perceptions of Low-Income Families in Their Schools</i>	2009-2010
<i>The Perceptions of Agency Sexual Assault Counselors Regarding Self-Care, Vicarious Trauma, and Burnout</i>	2009-2010
<i>Female Prospective in Professional Identity and Success in the Counseling Field</i>	2009
<i>A Phenomenological Case Study of the Multicultural Counseling Experience of Students and Faculty in Relation to their Multicultural Competency and CACREP Standards</i>	2009
Research Consultant <i>Finney Psychotherapy Associates-Virginia Beach, Virginia</i> Conducted a provider quality measurement study on postpartum depression.	2010-2011
Research Assistant <i>Joanne Steen, M.A., NCC-Virginia Beach, Virginia</i> Assisted with research of military loss, compassion fatigue, and survivor guilt for <i>We Regret to Inform You A Survival Guide for Gold Star Parents and Those Who Support Them</i> (2019). Central Recovery Press: Las Vegas.	2010
Research Assistant <i>Old Dominion University-Norfolk, Virginia</i> Dr. Tammi Milliken Dr. Edward Neukrug	2009-2010 2008-2009
Research Assistant <i>Old Dominion University-Norfolk, Virginia</i> Department of Psychology Collected and analyzed data. Applied knowledge of ethical standards for working with animal subjects.	2005

REFEREED PUBLICATIONS

Published Journal Articles

- Cowan, R., & Cole, R.** (submitted). Understudied and underfunded: mass shooting research and implications for the field.
- Cole, R., & **Cowan, R.** (submitted). Military reintegration: The professional school counselor's role in helping military families successfully reunite after deployment.
- Alston, L., **Cowan, R.**, Neal, C. & Mahon, M. (submitted). Licensed therapists' work with sexual minority victims of intimate partner violence: A generic qualitative study.
- Frazier, D., & **Cowan, R.** (2020). The correlation between attachment style, self-esteem, and the psychological well-being of fatherless women ages 25-55. *Adultspan Journal*.
- Cowan, R.**, Cole, R., Craigen, L. (2019). School based sexual abuse prevention: Implications for professional school counselors. *The Professional Counselor, 9*(3), 200-210.
- Cowan, R.** (2019). Reflections of a deployed counselor: Responding to the Las Vegas mass shooting part 2. *Therapeutic Speakeasy Quarterly, 3*(1), 6-7.
- Cowan, R.** (2018). Reflections of a deployed counselor: Responding to the Las Vegas mass shooting. *Therapeutic Speakeasy Quarterly, 2*(1), 6-7.
- Margolies, S., **Cowan, R.**, Reh fuss, 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.
- Cole, R., **Cowan, R.**, & Craigen, L. (2015). Building partnerships with low-income families of students with Attention Deficit Hyperactivity Disorder: Implications for professional school counselors. *Journal of Children and Poverty, 21*(1), 1-12.
- Cowan, R.** & Cole, R. (2014). Awareness, recognition, and action: Meeting the needs of geriatric clients. *The Journal of Human Services, 34*(1), 121-125.
- Cole, R., Craigen, L., & **Cowan, R.** (2014). Compassion fatigue in human service practitioners. *The Journal of Human Services, 34*(1), 117-120.
- Craigen, L., Cole, R., & **Cowan, R.** (2013). Online relationships and the role of the human service practitioner. *Journal of Human Services, 33*(1), 29-42.
- Craigen, L., Cole, R., & **McBride-Cowan, R.** (2013). The college counseling experiences of young women who self-injure: A qualitative study. *Human Services Today*.
- McBride, R. G.**, & Hays, D. G. (2012). Counselor demographics, ageism attitudes, and multicultural counseling competence among counselors and counselor trainees. *ADULTSPAN Journal, 11*(2), 77-88.

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

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

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

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

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

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

Books

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

Book Reviews

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

Book Contributions

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

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

OTHER PUBLICATIONS

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

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

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

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

MANUSCRIPTS AND RESEARCH PROJECTS IN PROGRESS

Cowan, R., Blum, C., Szirony, G. M., & Cicchetti, R. (In progress). Supporting Survivors of Mass Shootings: Implications for Professional Counselors

Cowan, R. & (In progress). Trends in Ethical Violations and Resulting Disciplinary Actions by the Virginia Board of Counseling, 1999-2019.

PRESS AND MEDIA

How to Talk to Your Kids About Moving. December 31, 2019.

<https://www.forsalebyowner.com/blog/how-to-talk-to-your-kids-about-moving/>

Should Influencers Talk About Their Anxiety? December 30, 2019.

<https://www.styletomes.com/lifestyle/influencer-anxiety-posts/>

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

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

Avoid Doing These 9 Things on Social Media, According to Relationship Experts. December 16, 2019.

<https://hellogiggles.com/lifestyle/how-to-get-over-a-breakup-social-media-breakup/>

How to Be Alone in a New City for the Holidays. *Bustle*. December 11, 2019.

<https://www.bustle.com/p/how-to-be-alone-in-a-new-city-for-the-holidays-19441459>

How to Deal with Sadness Around the Holidays, According to Experts. *Bustle*. December 9, 2019.

<https://www.bustle.com/p/how-to-deal-with-sadness-around-the-holidays-according-to-experts-19434055>

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

WAVY-TV 10 News Channel 10, "Chesapeake Counselor Travels to Florida to Help Victims of School Shooting." Interview regarding the Parkland school shooting. Norfolk, VA. February 2018.

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

EDITORIAL EXPERIENCE

<i>Ad Hoc Reviewer</i> , Journal of Mental Health Counseling (JMHC)	2019-Present
<i>Reviewer</i> , Virginia Counselors Journal	2019-Present
<i>Reviewer</i> , ADULTSPAN Journal	2014-Present
<i>Reviewer</i> , Journal of Counseling and Development (JCD)	2013-Present
<i>Reviewer</i> , EC Psychology and Psychiatry	2017-2018
<i>Editorial Board</i> , The Professional Counselor (TPC)	2013-2018
<i>Reviewer</i> , Journal of Human Services (NOHS)	2010-2018
<i>Reviewer</i> , Family Medicine	2013-2016
<i>Assistant Editor</i> , Journal of Human Services (NOHS)	2008-2010

REFEREED PRESENTATIONS

National

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.

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.

- Cowan, R. G.,** & Baumgarten (May, 2014). *Working Together as Interdisciplinary Leaders: MD and PhD Program Directors In a Family Medicine Residency.* Society of Teachers of Family Medicine's Annual Spring Conference, San Antonio, TX.
- Early, M., & **Cowan, R.G.** (May, 2013). *Senior Care Clinic: A Success Story for Integrated Care.* Society of Teachers of Family Medicine's Annual Spring Conference, Baltimore, MD.
- Britton, B., O'Keefe, A., **Cowan, R.,** & Das, P. (May, 2013). *Enhancing Patient Communication: Structuring Simulated Patient Feedback and Evaluation of Family Medicine Clerkship Students.* Society of Teachers of Family Medicine's Annual Spring Conference, Baltimore, MD.
- Cowan, R. G.,** & Bluestein, D. (April, 2013). *Teamwork in Geriatrics: Making it Happen in the Real World.* Virginia Geriatrics Society Annual Conference, Richmond, VA.
- Neukrug, E., **McBride, R. G.,** & Neuer, A. (March, 2010). *Perceptions by ACA members of Ethically Correct Behaviors.* American Counseling Association Conference, Pittsburgh, PA.
- McBride, R.** & Lauka, J. (October, 2009). *Positive and negative aspects of doctoral students supervising master's students in counselor education and supervision programs,* Association for Counselor Education and Supervision Conference, San Diego, CA.
- Remley, T. P., **McBride, R.,** Knight, J., Neuer, A., Richeson, B., (October, 2009). *Are Counselor Educators Over-Zealous in their Role as Gatekeepers for the Counseling Profession?* Association for Counselor Education and Supervision Conference, San Diego, CA.
- Hays, D., **McBride, R.G.,** Earhart, B., Emelianchik, K., Sikes, A., & Walley, C. (October, 2009). *Healthy Relationships.* Association for Counselor Education and Supervision Conference, San Diego, CA.
- McBride, R. G.** & Forman, J. M. (September, 2009). *Survival on the Streets: Experiences of the Homeless Population and Constructive Suggestion for Assistance.* Association for Assessment in Counseling and Education Conference, Norfolk, VA.
- Neukrug, E., Wisinger, S., **McBride, R.,** & Forman, J. (September, 2009). *A Content Analysis of CESNET-L.* Association for Assessment in Counseling and Education Conference, Norfolk, VA.
- McBride, R. G.,** & Forman, J. M. (July, 2009). *Perceptions of Ethical Behaviors of Counselors.* American Mental Health Counselors Association Conference, Washington, D.C.
- Neukrug, E., Richeson, B., **McBride, R. G.,** & Forman, J. M. (March, 2009). *Perceptions of Ethical Behaviors of Counselors: A Survey.* American Counseling Association Conference, Charlotte, NC.

Regional

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

State

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

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

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

OTHER PRESENTATIONS

Cowan, R. (October, 2018). Disaster Mental Health. Thomas University, Thomasville, Georgia.

Cowan, R. (June, 2018). Disaster Mental Health. Adler University, Chicago, Illinois.

Cowan, R. (May, 2018). Disaster Mental Health. School Counseling Internship. Capella University, Minneapolis, MN.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

AWARDS AND HONORS

National Level

Association for Adult Development and Aging-Outstanding Journal Award	2013
National Organization of Human Services President's Award	2010
ACA National Ethics Competition-2 nd Place	2009

Regional Level

Inside Business, Top Forty Under 40	2019
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University Level

Stephen Shank Recognition, Capella University	
Quarter 4	2016
Quarters 3 and 4	2015
Outstanding Faculty, Capella University	2015
Graduate Assistantship Award (stipended), ODU	2008-2010
Doctoral Student Development Award, ODU	2010
CSI Academic Excellence Scholarship Award, ODU	2009
Member, Golden Key National Honor Society	2009-Present
Member, Chi Sigma Iota National Honor Society	2007-Present
Member, Psi Chi National Honor Society (Psychology)	2005-Present

SERVICE

University

Walden University

Course Auditor	2019-Present
Student Outreach Committee	2019-Present
Admissions Panel	2019-Present

Old Dominion University

Awards Committee (CSI)	2011-2012
Leadership Essay Reviewer (CSI)	2009-2013
Mentor, PhD in Counseling program	2009-2010
Community Service Chair (CSI)	2009-2010
Community Service Co-Chair (CSI)	2008-2009

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

VOLUNTEER EXPERIENCE

The American Red Cross	2017-Present
Disaster Mental Health Volunteer	
Las Vegas Mass Casualty Incident (Oct 2017; 11 days)	
Staffed the Family Assistance Center for victims and family members of the deceased. Provided outreach and psychological first aid to victims and first responders. Attended memorials and provided support for victims/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.	
Parkland, Florida Stoneman Douglas High School (Feb 2018; 5 days)	
Lead support groups and provided psychological first aid for victims and family members. Attended memorials and provided support for victims/family members of the deceased. Attended school walkouts and protests to provide support for students/victims/family members.	

Virginia Beach, Virginia Mass Casualty Incident (June 2019; 11 days)

Lead support groups and provided psychological first aid for victims and family members. Provided psychological first aid to victims. Attended memorials and provided support for victims/family members of the deceased.

DMH DAT Co-Lead, Hampton Roads, Virginia (September 2019-Present)

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

The Bair Foundation, Norfolk, VA

2016

Therapeutic Foster Parent

Provided therapeutic respite foster care.

Stop Abuse

2015-2017

Virginia Beach, Virginia

Assisted with development of materials on child abuse and neglect for educators and professional school counselors. Met with school administration to advocate for implementation of child abuse prevention program in the local school system. Conducted research and program evaluation on child abuse prevention program. Attended performances and provided therapeutic support for participating children.

From One Hand to Another

2015

Virginia Beach, Virginia

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

Harbour Pointe Nursing Home

2009-2010

Norfolk, Virginia

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

The Big Serve

2009

Norfolk, Virginia

Assisted with serving food to 200+ individuals of the homeless population.

Our Lady of Perpetual Help Nursing Home

2004-2005

Virginia Beach, Virginia

Activity Therapy

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

GRANTS/FUNDING

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

CONTINUING EDUCATION

Conferences

American Counseling Association World Conference, April, 2020 (San Diego, California)

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

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

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

Virginia Geriatrics Society Conference: April, 2014 (Richmond, Virginia)
Society of Teachers in Family Medicine Annual Conference: May, 2013 (Baltimore, Maryland)
Virginia Geriatrics Society Conference: April, 2013 (Richmond, Virginia)
American Counseling Association World Conference, Disaster Mental Health Training: March, 2013 (Columbus, Ohio).
Virginia Conference on Child Abuse Prevention: April, 2011 (Richmond, Virginia)
Virginia Counselor Association (VCA) Conference: November, 2010 (Williamsburg, Virginia)
Southern Association for Counselor Education and Supervision (SACES) Conference: October, 2010 (Williamsburg, Virginia).
American Counseling Association World Conference: March, 2010 (Pittsburgh, Pennsylvania).
Virginia Association for Counselor Education and Supervision (VACES) Graduate Student Conference: February, 2010 (Williamsburg, Virginia).
Association for Counselor Education and Supervision (ACES) Conference: October, 2009 (San Diego, California).
Association for Assessment in Counseling and Education (AACE) Conference: September, 2009 (Norfolk, Virginia).
American Mental Health Counselors Association (AMHCA) Conference: July, 2009 (Washington, D.C.).
American Counseling Association World Conference: March, 2009 (Charlotte, North Carolina).

Workshops/Trainings

Forensics:

Child & Adolescent Development (Interpersonal Approach). National Board of Forensic Counselors: 2019
Fun with Z-Codes: The Clinician's Guide to Diagnosing Non-Disorders. National Board of Forensic Counselors: 2019
Filicide: Does Hidden Hostility at Home Lead to Murder? National Board of Forensic Counselors: 2019
The Psychology of School Shooters. National Board of Forensic Counselors: 2019
Mass Media Crisis Intervention: How Counselors Can Partner with Media to Stabilize People After Community Shootings. National Board of Forensic Counselors: 2019
Mass Violence Response. Office for Victims of Crime Training & Technical Assistance Center and the City of Virginia Beach: 2019
Mass Shooters and Murderers: Motives and Paths. NETCE: 2019
Responding to a Mass Shooting in Your Community: Best Practices for Professional Counselors. Chi Sigma Iota: 2019
Mass Casualty Incident Response Basics. American Red Cross: 2017; 2019

Disaster Mental Health:

Disaster Mental Health Fundamentals Part 2. American Red Cross: 2019
American Red Cross Client Assistance System Training. American Red Cross: 2019
Recovery Fundamentals. American Red Cross: 2019
Psychological First Aid: Helping Others in Time of Stress. American Red Cross: 2019
Shelter Fundamentals. American Red Cross: 2019
Disaster Mental Health Fundamentals Part 1. American Red Cross: 2017
Deployment Fundamentals. American Red Cross: 2017
Disaster Cycle Services: An Overview. American Red Cross: 2017
Integrated Care Condolence Team Fundamentals. American Red Cross: 2018

Ethics:

Counseling in the Digital Age: Ethical Implications. Chi Sigma Iota: 2019
Defending Your Counselor License: Common Legal and Ethical Issues (Part 2). HPSO: 2019
Defending Your Counselor License: Common Legal and Ethical Issues (Part 1). HPSO: 2019
Compliance and Ethics. American Red Cross: 2019
Ethical Principles in the Practice of Virginia Mental Health Professionals, PESI: 2014

Counselor Education and Research:

Trauma Informed Teaching in Counselor Education. ACES: 2019
Be the Change You Wish to See: I Work for Walden—Follow Me. Walden University: 2019
Tips for Writing and Publishing High Quality Qualitative Research in Counseling/Counselor Education Journals. ACES Qualitative Interest Network: 2018
Phenomenological Research in the Counseling Profession. ACES Qualitative Interest Network: 2017
Quality Matters Peer Reviewer Course: 2017
Collaborative Institutional Training Initiative (CITI) Basic Course. CITI Program: 2015
Quality Matters Rubric Training. Capella University: 2015
Quality Matters Orientation. Capella University: 2014
Collaborative Institutional Training Initiative (CITI) Refresher Course. CITI Program: 2013

Nutrition and Integrative Therapies:

Nutrition for Mental Health Disorders: Non-pharmaceutical Treatment Strategies that Work!. PESI: 2019
Nutrition Essentials for Clinicians: Culinary Medicine to Improve Mood, Sleep, Attention and Focus. PESI: 2019
Nutritional and Integrative Interventions for Mental Health Disorders: Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD. PESI: 2019
Certified Mental Health Integrative Medicine Provider (CMHIMP) Training Course: Nutritional and Integrative Medicine for Mental Health Professionals. PESI: 2019
Integrative Therapies Institute (20 hours): July 2017-May 2018 (Norfolk, VA)
College of Health Sciences Interprofessional Education Presentation Day. Old Dominion University: 2017

Mental Health and Crisis/Trauma:

Creating A Meaningful Life in The Aftermath of Trauma. Walden University: 2019
Borderline Personality Disorder: Treatment and Management that Works. PESI: 2019
Distance Credentialed Counselor (DCC) Training Course. Telehealth Certification Institute: 2017
Private Practice continuing education series. Capella University: 2017
Structured Intervention Treatment Foster Care Training: December 2015 (Norfolk, VA)
Trichotillomania: Treatment Guidelines for Effective Therapy, CMI Education Institute: 2014
Play Therapy for Children, Adolescents and Adults Strategies to STOP Talking and Play It Out, PESI: 2014
2013 Billing Code Changes for Mental Health Professionals, CMI Education Institute: 2014
Over 75 Quick, "On-the-Spot" Techniques for Children with Emotional and Behavioral Problems, PESI: 2014
Perinatal Depression and Medication. Finney Psychotherapy Associates: 2013
Breastfeeding and Postpartum Depression: To Treat or Not to Treat. Eastern Virginia Medical School. Family and Community Grand Rounds: 2013
Primary Care of the Future. Eastern Virginia Medical School. Family and Community Grand Rounds: 2013
New Trends in Healthcare: *What is This Push for Interprofessionalism, Doctors of Nursing Practice and Telehealth?* Eastern Virginia Medical School. Family and Community Grand Rounds: 2013
The DSM-5® for Clinicians: Accurate Diagnosis and Effective Treatment Planning. PESI: 2012
Child Welfare Supervision. Virginia Department of Social Services: 2011 (Hampton, Virginia).
Virginia Family Partnership Meeting Facilitator Training. Virginia Department of Social Services: 2011

(Hampton, Virginia).
 Sexual Abuse Training. Virginia Department of Social Services: 2011 (Virginia Beach, Virginia).
 Separation and Loss Issues in Human Services Practice. Virginia Department of Social Services: 2010 (Hampton, Virginia).
 The Big Splash. Play Therapy from a Choice Theory/Reality Therapy Perspective. Old Dominion University: 2010 (Norfolk, Virginia).
 The Big Splash. Gender Issues in Counseling. Old Dominion University: 2009 (Norfolk, Virginia).
 Collaborative Institutional Training Initiative (CITI) Basic Course. CITI Program: 2019
 Nonviolent Crisis Intervention (NCI) Training. The Pines Residential Treatment Center: 2006; 2007 (Norfolk, Virginia).
 Mental Health Concepts in Working with Individuals with Traumatic Brain Injury. Virginia Beach Psychiatric Center: 2007 (Virginia Beach, Virginia).
 Factors Influencing Adherence in Chronically Ill Adolescents: Why it Makes Sense when Teenagers Refuse to Take Care of Their Medical Conditions. Virginia Beach Psychiatric Center: 2007 (Virginia Beach, Virginia).
 Finesse vs. Force: Interventions with MR and DD Individuals. The Pines Residential Treatment Center: 2006 (Portsmouth, Virginia).
 Adolescent Development: Psychosexual Issues. The Pines Residential Treatment Center: 2006 (Portsmouth, Virginia).
 Co-occurring Disorders: Clinical Intervention. The Pines Residential Treatment Center: 2006 (Portsmouth, Virginia).

RESEARCH ADVISING

D' La Rotta, C. (2019-present). Committee Member. Walden University
 Means, N. (2019). Committee Member. Capella University
 Stephenson, J. (2019). Chair. Capella University
 Bisette, R. (2019). Chair. Capella University
 Johnson, D. (2019). Committee Member. Capella University
 Ayers, L. (2018-2019). Committee Member. Neumann University
 Allen, R. (2018-2019). Committee Member. Capella University
 Pearson, M. (2017-2018). Chair and Committee Member. Capella University
 Tansley, S. (2017-2019). Chair. Capella University
 Fairley, S. (2017-2019). Committee Member. Capella University
 Maloy, J. (2017-2019). Committee Member. Capella University
 Van Horn, V. (2017-2019). Committee Member. Capella University
 Myers, G. (2017-2019). Committee Member. Capella University
 Cox, A. (2016-2019). Committee Member. Capella University
 Phillips, K. (2015-2019). Committee Member. Capella University
 Luce, C. (2015-2019). Committee Member. Capella University
 Walton, L. (2015-2019). Committee Member. Capella University
 Bernard, P. (2015-2019). Committee Member. Capella University
 Frazier, D. (2015-2019). Chair. Capella University
 Alston, L. (2014-2019). Chair. Capella University
 Bell, K. (2015-2018). Committee Member. Capella University
 Smelt, T. (2017). Chair. Capella University
 Quirk, Z. (2016-2017). Committee Member. Capella University
 Gamble, L. (2016-2017). Chair. Capella University
 Carotti, C. (2016-2017). Chair. Capella University
 Greenlee, J. (2015-2016). Chair. Capella University

Dippold, S. (2015). Committee Member. Capella University
Morales, K. (2014). Chair. Walden University.
Hogue-Vincent, C. (2013-2014). Methodologist. Walden University.
Wood, J. (2013-2014). Methodologist. Walden University.
Hall, A. (2013). Exploring art therapy with children who are homeless (thesis). Eastern Virginia Medical School.

MEMBERSHIP IN SCIENTIFIC OR PROFESSIONAL SOCIETIES

Current

American Counseling Association (ACA) 2006-present
American Mental Health Counseling Association (AMHCA) 2008-2011; 2019-present
Association for Adult Development and Aging (AADA) 2007-present
Association for Counselor Education and Supervision (ACES) 2009-2014; 2019-present
Chi Sigma Iota National Honor Society (CSI) 2007-present
Global Institute of Forensic Research (GIFR) 2020
Golden Key International Honour Society 2006-present
Hampton Roads Counselors Association (HRCA) 2007-present
Homicide Research Working Group 2020
National Board of Forensic Evaluators (NBFEE) 2019-present
Psi Chi International Honor Society in Psychology 2005-present
Southern Association for Counselor Education and Supervision (SACES) 2009-2013; 2019-present
Virginia Association of Counselor Education and Supervision (VACES) 2008-present
Virginia Counselor Association (VCA) 2006-present
Virginia Clinical Counselors Alliance (VCCA) 2017-present

Past

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