

## CURRICULUM VITAE

**Rebecca L. Koltz, Ph.D, LCPC, NCC**

220 Herrick Hall

Bozeman, MT 59717

[rebecca.koltz@montana.edu](mailto:rebecca.koltz@montana.edu)

Website: <https://peakspress.weebly.com/>

## CURRENT RANK AND POSITION

Associate Professor	2015-present
Assistant Professor	2009-2015

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## EDUCATION

**Ph.D.**, Counselor Education & Counseling, Idaho State University (CACREP accredited)

**Dissertation:** *The Experiences of Live Supervision during Pre-practicum.*

**M.S.**, Mental Health Counseling, University of Wisconsin, Stout

**B.A.**, Social Work, University of Wisconsin, Whitewater

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## LICENSURE & CERTIFICATIONS

<b>Licensed Professional Counselor, Idaho</b> #LPC 3753	February 2007-2010
<b>Licensed Clinical Professional Counselor, Montana</b> #1481-LCPC	February 2010
<b>National Certified Counselor</b>	December 2008

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## ADMINISTRATIVE EXPERIENCE

<b>Department Head- Health &amp; Human Development</b>	May 15, 2019- present
<b>Graduate Coordinator- Counseling Program</b>	January 2010-May 2018
<b>Marriage, Couples &amp; Family Program Leader</b>	September 2012-May 2019
<b>Accreditation Site Team Chair; CACREP</b> (Council for the Accreditation of Counseling and Related Educational Programs)	May 2016- present
<b>GP IDEA Human Sciences Board of Directors</b>	June 2019- present

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## LEADERSHIP DEVELOPMENT

HERS (Higher Education Resource Services) Leadership Training; Bryn Mawr College	July 2018
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*The HERS Institute is a competitively selected leadership development institute for women in Higher Education. The curriculum covers general leadership principles, higher education*

*trends, change management, budgets and financial statements, legal issues, inclusive excellence and fundraising. Participants complete a capstone leadership project.*

DEAL (Developing Excellence in Academic Leadership) Institute; Montana State University

Sep 2013-May 2014

Peter Bregman Leadership Coach Workshop  
- 32 CEU's

Sept 2019

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## ACADEMIC EXPERIENCE

### Research/Scholarship

#### Research Appointment

.20 FTE from 2009-SP 2012

.40 FTE from FA2012 - current

#### Presentations

##### International Presentations

- **Koltz, R.**, Tarabochia, D., Koltz, D., & Wathen, C. (2016) *Living Well in Later Years: A psychoeducational support group for aging adults*. American Counseling Association, Montreal, QC, Canada.
- Wathen, C. & **Koltz, R.** (2014) *Cross Cultural Perspectives: An Online Learning Environment*, British Association of Counseling and Psychotherapy (BACP), London, GB.
- Tarabochia, D. & **Koltz, R.** (2013) *Playful Aging*, Play Therapy Italy Institute, Regello, IT.
- **Koltz, R.** & Tarabochia, D. (2013) *Playful Relationships: Integrating Play Therapy in Family Systems Counseling*, Play Therapy Italy Institute, Regello, IT.
- **Koltz, R.** & Thorngren, J. (2011) *Using Play to Promote Couple and Family Cohesiveness*, Play Therapy Italy Institute, Reggello, IT.
- Christensen, T., Thorngren, J., & **Koltz, R.** (2011) *Utilizing the Therapeutic Power of Play in Family Counseling*, Play Therapy Italy Institute, Reggello, IT.

##### National Presentations (\* Denotes presentation with a graduate student)

- \***Koltz, R.**, Wathen, C., Hensen, B., Forney, L. Franklin, K. (2017) *An exploration of Practicum Student Wellness* ACES, Chicago, IL
- **Koltz, R.**, Koltz, D., & Tarabochia, D. (2017) *Intergenerational Relationships between Counselors in Training and the Aging Population*. ACES, Chicago, IL
- Tarabochia, D., **Koltz, R.**, Wathen, C., Koltz, D. (2016) *The Development and Impact of a Well-being Group for Older Adults Living in an Assisted Living Community: An Intergenerational, Community Based Project*.

AGHE, Long Beach, CA

- **Koltz, R.**, Odegard, M. & Wathen, C. (2015) *Wellness Strategies to Thrive during the Pre-tenure Experience*. Association of Counselor Education and Supervision conference October 2015, Philadelphia, PA.
- Odegard, M. & **Koltz, R.** (2015) *The Aftermath: Faculty Voices and Recommendations Following a CACREP Site Visit*. Association of Counselor Education and Supervision conference October, 2015, Philadelphia, PA.
- Lux, C., **Koltz, R.**, Franklin, K. (2014). *Emotional Wellbeing and School Readiness*. National Institute for Education of Young Children (NAEYC), Professional Development Institute, Minneapolis, MN.
- **Koltz, R.** (2013) *Academic Collaboration: Utilizing Qualitative Research to Bridge Disciplines*, Association of Counselor Education and Supervision Conference, October 2013, Denver, CO.
- **Koltz, R.**, Franklin, K., Smith, A., Nelson, M. & Thorngren, J. (2013) *Supervision Strategies for the Millennial Generation of Counseling Supervisees*, Association of Counselor Education and Supervision Conference, October 2013, Denver, CO.
- **Koltz, R.**, Feit, S. & Nelson, M. (2011) *Isomorphism and Parallel Process: Unraveling the Supervision Mystery*, Association of Counselor Education and Supervision Conference October 2011, Nashville, TN.
- **Koltz, R.** & Odegard, M. (2011) *Shaping the Future: Pedagogical Implications for Integrating Expressive Arts into Group Curriculum*. Association of Counselor Education and Supervision Conference October 2011, Nashville, TN.
- Odegard, M. & **Koltz, R.** (2011) *Disaster Mental Health: Integrating Counseling Intervention and Prevention Measures in Communities and Schools* American Counseling Association Conference March 2011, New Orleans, LA.
- **Koltz, R.** & Stephen S. Feit (2009) *A Phenomenological Study: The Experiences of Live Supervision during Pre-practicum*. Association of Counselor Education and Supervision Conference, October 2009, San Diego, CA
- **Koltz, R.** (2009) *Integrating Creativity into Supervision using Bernard's Discrimination Model*, Association of Counselor Education and Supervision Conference October 2009, San Diego, CA
- **Koltz, R.** & Odegard, M. (2009) *Qualitative research: Tools for social justice*. American Counseling Association, Charlotte, NC.
- Odegard, M. & **Koltz, R.** (2008) *Members' perceptions of using expressive arts in group*. American Counseling Association, Honolulu, HI
- Feit, S., **Koltz, R.**, Odegard, M., Smith, T. & Provost, K. (2007) *Parallel process and isomorphism: A model for decision making in the supervisory triad*. Association of Counselor Education and Supervision, Columbus,

OH

### Regional Presentations

- \*Whittecar, W., Finch, K., Vaterlaus, J., & **Koltz, R.**, (2018) Book clubs in undergraduate diversity education: A qualitative evaluation, Rocky Mountain Psychological Association Convention, Denver, CO.
- \*Wathen, C., **Koltz, R.** & McKinley, H. (2014) *The Montana Cowboy and the British Stiff Upper Lip: Comparing and Contrasting Counselor Identity Globally*. Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY.
- Smith, A., Bartkowiak, A, **Koltz, R.**, & Christopher, J. (2012) *The process of personal and clinical growth for counseling students*. Rocky Mountain Association for Counselor Education and Supervision, Park City, UT
- **Koltz, R.**, Nelson, M., & Thorngren, J. (2012) *Fostering transformative experiences utilizing experiential learning activities*. Rocky Mountain Association for Counselor Education and Supervision, Park City UT.
- Tarabochia, D. & **Koltz, R.** (2012) *Developing and maintaining an active healthy mind across the lifespan*. 2012 SWD-American Alliance for Health, Physical Education, Recreation and Dance (AHPRD) Convention, Hawaii.
- **Koltz, R.** & Smith, A. (2010) *Supervision challenges: Where is the manual for the Millennial Generation?* Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY.
- **Koltz, R.** & Bolton, H. (2010) *Integrating creativity into teaching using Bernard's Discrimination Model*. Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY.
- **Koltz, R.**; Odegard, M.; Provost, K. & Smith, T. (2008) *Picture Perfect: Understanding the Doctoral Comprehensive Exam using Photo-voice*. Rocky Mountain Association for Counselor Education and Supervision, Breckenridge, CO
- Odegard, M. & **Koltz, R.** (2008) *Expressive Arts in Group: Pedagogical Implications for Facilitating the Small Group Process Experience for Master's Students in a Counselor Education Program*. Rocky Mountain Association for Counselor Education and Supervision, Breckenridge, CO

### State Presentations

- Koltz, D. & Koltz, R. (2019) *DLSM: Dependent Living Success Model*, Montana Gerontology Society, Helena, MT.
- **Koltz, R.** & Tarabochia, D. (2018) *Community Based Action Research with Men in Residential Living: What Motivates them?* Montana Gerontology Society, Bozeman, MT.
- Tarabochia, D. & **Koltz, R.** (2016) Living well in later years: A

psychoeducational support group for aging adults. Keynote address for Montana Academy of Nutrition and Dietetics, Bozeman, MT.

- **Koltz, R.**, Smith, A., Franklin, K., Gidley, A., McKinley, H., Coyle, P., & Link, K. (2014) *School Counseling Students' Growth and Well-being*, Montana School Counselors Association Conference, Bozeman, MT.
- **Koltz, R.** & Franklin, K. (April 2012) *Supervision Theories and Methods to use with Counseling Interns*. Montana School Counselors Association Conference, Bozeman, MT.
- **Koltz, R.** (June 2011) *Navigating the Boundary Challenges: Setting Boundaries with your Adult Child*. Grandparents Raising Grandchildren Conference, Billings, MT.
- Bolton, H. & **Koltz, R.** (Submitted, 2010) *Supervising School Counseling Interns: A Conceptual and Developmental Framework for On-site Supervision*. Montana School Counseling Association Conference. Bozeman, MT.
- **Koltz, R.** & Binkley, E. (2008) *Back to Basics: Addressing Client Wellness using the Indivisible Self Wellness Model*. Idaho Counseling Association Conference. Boise, ID.
- **Koltz, R.**, Odegard, M., Duwall, R., Lobello, H., Rauh, C. & Zierke, J. (2008) *Thinking Hats: Addressing Client Issues through a Creative Metaphor*. Idaho Counseling Association Conference. Boise, ID.
- Odegard, M. & **Koltz, R.** (2008) *Express Yourself: Using Person-centered Expressive Arts in Group Counseling*. Idaho Counseling Association Conference. Boise, ID.
- **Koltz, R.** & Odegard, M. (2007) *A Person-centered Approach and Creative Arts*. Idaho Counseling Association Conference. Pocatello, ID
- **Koltz, R.** & Provost, K. (2007) The Magic of "I" in Group Work. Idaho Counseling Association Conference. Pocatello, ID.

## University

- **Koltz, R.**, & Lux, C. (2014) *Research collaboration: The key to balance in the academic world*. College of Education and Health and Human Development
- **Koltz, R.**, Smith, A., & Lux, C. (2012) *Perceived impact of an 8 week well-being group with pre-school children*. Department of Health and Human Development Research Seminars, Montana State University, Bozeman, MT.
- **Koltz, R.** & Feit, S. (2009) *The experience of live supervision*. Health Professions Campus Research Day, Idaho State University, Pocatello, ID
- **Koltz, R.** & Odegard, M. (2008) *Members' perceptions of using expressive arts in group*. Health Professions Campus Research Day, Idaho State University, Pocatello, ID
- **Koltz, R.** & Odegard, M. (Spring 2007) *APA Writing*. Campus workshop

sponsored through Chi Sigma Iota

- **Koltz, R.** & Odegard, M. (Fall 2007) *APA Writing*. Campus workshop sponsored through Chi Sigma Iota

#### **Invited Presentations International**

- Wathen, C. & **Koltz, R.** (May 2014) *Well-being and Wellness*; University of Leeds, Psychotherapy and Counselling Program, Leeds, UK

#### **Invited Regional Presentations**

- **Koltz, R.** (April 2017) *Boundaries with Adult Children, Grandparents Raising Grandchildren*, Bozeman, MT

#### **Invited Professional Development Workshops**

- **Koltz, R.** (May 2010) *Professional Ethics*. Idaho State University Department of Counseling Professional Development Workshop. Coeur d'Alene, ID.
- **Koltz, R.** (July 2010) *Clinical Supervision*. Idaho State University Department of Counseling Professional Development Workshop. Coeur d'Alene, ID.
- **Koltz, R.** (January 2009) *Clinical Supervision for Counselors*. Idaho Counseling Associations Pre-conference Workshop
- **Koltz, R.** & Odegard, M. (August 2008) *Clinical Supervision for Counselors*. Department of Counseling Professional Development Workshop. Coeur d'Alene, ID

## **Publications and Research**

### **Peer-Reviewed Publications** (\*denotes publication with a graduate student)

\*Vaterlaus, M., Whitecar, W., **Koltz, R.** & Stanley, J. (In Press); A qualitative evaluation of the use of book clubs within an undergraduate diversity course, *Family Science Review*.

**Koltz, R.** & Koltz, D. (2019) DLSP: A theoretical based model to help families and loved one's transition from independent to dependent living facilities. *The Family Journal*. <https://doi.org/10.1177/1066480719832519>

\*Hensen B., & **Koltz, R.** (2018), Counseling Older Men: Best Practices for Group Counseling. *Adultspan Journal*. doi:10.1002/adsp.12063

**Koltz, R.**, Smith, A. & Tarabochia, D. (2017) Pedagogical Framework for counselor educators working with millennial students. *Journal of Counselor Preparation and Supervision*, 9(1), [doi.org/10.7729/91.1150](https://doi.org/10.7729/91.1150).

Hutchinson, B., Odegard, M. & **Koltz, R.** (2016) Intentional work group experiences: A pedagogical tool for counselor educators. *Journal of Counselor Preparation and Supervision*. 8(1). Retrieved from <http://repository.wcsu.edu/jcps/>

- \***Koltz, R.**, Tarabochia, D., Wathen, C., Koltz, D., Cuyle, N., Foote, A., & Volkman, A. (2016), *Living well into later years: A psychoeducational support group*. *VISTAS* 1(15). Retrieved from <https://www.counseling.org/knowledge-center/vistas>
- Meekums, B., Wathen, C., & **Koltz, R.** (2016) Technology as a bridge: Developing intercultural understanding through a counseling student video conference. *British Journal of Guidance & Counselling* doi: 10.1080/03069885.2015.1135875
- Nelson, M., Tarabochia, D., & **Koltz, R.** (2015) PACES: A model of student well-being. *Journal of School Counseling* 13(19). Retrieved from <http://jsc.montana.edu/articles/v13n19.pdf>
- Smith, A. & **Koltz, R.** (2015). Supervision of School Counseling Students A Focus on Personal Growth, Wellness and Development. *The Journal of School Counseling* 13(2). Retrieved from <http://jsc.montana.edu/articles/v13n2.pdf>
- Koltz, R.**, Lux, C., Tarabochia, D., & Smith, A. (2014) Perceived effectiveness of a well-being group with pre-school children. *VISTAS 2014*, 1(60). Retrieved from [http://www.counseling.org/docs/defaultsource/vistas/article\\_60.pdf?sfvrsn=6](http://www.counseling.org/docs/defaultsource/vistas/article_60.pdf?sfvrsn=6)
- Koltz, R.** & Tarabochia, D. (2014) Technology: Using it as a means to creatively connect with adolescents. *Journal of Creativity in Mental Health* 9(3), 380-398. doi: 10.1080/15401383.2014.899481
- Thorngren, J., Nelson, M. Baker, L., Zuck, B., & **Koltz, R.** (2013) On track: A university retention model utilizing school counseling program interns, *The Journal of School Counseling* 11(16). Retrieved from <http://jsc.montana.edu/articles/v11n16.pdf>
- Koltz, R.**, Melissa Odegard, Feit, S., Provost, K. & Smith, T. (2012) Parallel process and isomorphism: A model for decision-making in the supervisory triad, *The Family Journal*, 20(3), 233-238.
- Koltz, R.** & Odegard, M. (2012) Creative art in group: Pedagogical implications for facilitation in a group counseling class. *VISTAS 2012*, 1(38). Retrieved from [http://counselingoutfitters.com/vistas/vistas12/Article\\_38.pdf](http://counselingoutfitters.com/vistas/vistas12/Article_38.pdf).
- Koltz, R.** & Feit S. (2012) A phenomenological case study: The experience of live supervision during pre-practicum. *The Qualitative Report*, 17(Art. 80), 1-24. Retrieved from <http://www.nova.edu/ssss/QR/QR17/koltz.pdf>.
- Smith, A. & **Koltz, R.** (2012) Supervision challenges: Where is the manual for the millennial generation? *Professional Issues in Counseling*, 19(5) Retrieved from <http://www.shsu.edu/piic/Summer2012.htm>
- Koltz, R.**; Odegard, M.; Provost, K.; & Smith, T. (2010) Picture perfect: Using photo-voice to explore four doctoral students' comprehensive examination experience. *Journal of Creativity in Mental Health*, 5(4), 389-411.
- Koltz, R.**, & Champe, J. (2010) A phenomenological case study: Mental health interns as they transition from students to professionals. *VISTAS 2010*,1(31). Retrieved from [http://counselingoutfitters.com/vistas/vistas10/Article\\_31.pdf](http://counselingoutfitters.com/vistas/vistas10/Article_31.pdf).
- Koltz, R.** (2008) Integrating creativity into supervision using Bernard's Discrimination Model. *Journal of Creativity in Mental Health*, 3(4), 416-428.
- Koltz, R.** (2008) Movie Review: Open water 2: Adrift. *Journal of Creativity in Mental*

*Health*, 3(2), 175-178.

Odegard, M. & **Koltz, R.** (2008) Members' Perceptions of using expressive arts in group. *Compelling Counseling Images: The Best of VISTAS 2008*

### **Book Chapter**

Bailey, S. J., Letiecq, B. L., Erickson, M., & **Koltz, R.** (2013). Resilient grandparent caregivers: Pathways to positive adaptation. In B. Hayslip, Jr. & G. C. Smith (Eds.) *Resilient Grandparent Caregivers: A Strengths-Based Perspective*. New York: Routledge Taylor

### **Published Book**

**Koltz, R.** (2015). *Foundational Counseling Skills: A Manual for Beginning Counselors*. Belgrade, Mt: Peaks Press.

[https://peakspress.weebly.com/store/p2/Foundational Counseling Skills%3A A Manual for Beginning Counselors.html](https://peakspress.weebly.com/store/p2/Foundational+Counseling+Skills%3A+A+Manual+for+Beginning+Counselors.html)

### **Other Publications**

Elliott, A, Koltz, R, & McKinley, H. (2019) Creating Community Partnerships: Embracing the Land Grant Mission, *Rocky Mountain Association for Counselor Education and Supervision Newsletter (spring)*. Retrieved from

[file:///C:/Users/r46q854/Downloads/RMACES%20SP%202019%20Newsletter%20\(002\).pdf](file:///C:/Users/r46q854/Downloads/RMACES%20SP%202019%20Newsletter%20(002).pdf)

### *Montana Parent Column (6 Articles)*

- Koltz, R. & Franklin, K. (2013). Goals of Behavior: part VI, *Montana Parent, March*. Bozeman, MT: Media Mavens, LLC
- Franklin, K. & Koltz, R. (2013). Goals of Behavior: Part V, *Montana Parent, February*. Bozeman, MT: Media Mavens, LLC
- Koltz R. & Franklin, K. (2013). Goals of Behavior: Part IV, *Montana Parent, January*. Bozeman, MT: Media Mavens, LLC
- Franklin, K. & Koltz, R. (2012). Goals of Behavior: Part III, *Montana Parent, December*. Bozeman, MT: Media Mavens, LLC
- Koltz R. & Franklin, K. (2012). Goals of Behavior: What you can do to redirect your kid Part II, *Montana Parent, November*. Bozeman, MT: Media Mavens, LLC
- Franklin, K., & **Koltz, R.** (2012). Goals of behavior: What you can do to redirect your kid. *Montana Parent, October*. Bozeman, MT: Media Mavens, LLC

Thorngren, J., **Koltz, R.**, & Feit, S. (2012). Feedback: The cornerstone of academic civility, *The Academic Leader* 9(10), Retrieved from

<http://www.magnapubs.com/newsletter/academic-leader/story/6296/>.

Bailey, S. & **Koltz, R.** (2012) *Understanding grief and loss following death*.

(MT201201HR) MSU Extension Montguide. Retrieved from

<http://store.msuextension.org/publications/HomeHealthandFamily/MT201201HR.pdf>.

**Koltz, R.** (2011) Pebbles in a pond: A termination activity to use with practicum and internship. *Association for Creativity in Counseling Newsletter*, 3, 1-5.

Wilde, B. & **Koltz, R.** (2010) Introducing the Qualitative Research Interest Network *Spectrum*. 70(2), 25. Retrieved from [http://aces.lfchosting.com/wp-content/uploads/spectrum/spectrum\\_2010\\_70\\_2.pdf](http://aces.lfchosting.com/wp-content/uploads/spectrum/spectrum_2010_70_2.pdf).

**Koltz, R.** (2008) Three internship lessons that classes couldn't teach. *Counseling Today*. 50(7), 23.

**Koltz, R.** (2006) Balancing passions. *Counseling Today*. 48(7), 7.

### **Other Creative Activity**

Reviewed a Montguide for S. Bailey; *Helping Children Cope After a Natural Disaster*

### **Manuscripts Submitted**

**Koltz, R.**, Tarabochia, D., Wathen, C. (Revise and Resubmit) A phenomenological exploration: The intergenerational experiences created during a well-being group at an assisted living community, *Specialists in Group Work*.

**Koltz, R.**, Wathen, C. & Elliott, A. (under review); The Experience of Wellness in a Counseling Practicum Course, *The Journal of Counselor Preparation and Supervision*.

Dunbar, E., **Koltz, R.**, Elliott, A., & Hurt-Avila, K. (under review), *Supervising Treatment of Clients with Antisocial Personality Disorder: Practical application of Bernard's Discrimination Model*.

### **Manuscripts in Process**

**Koltz R.** (manuscript in process) SUPER: A supervision framework for self-report supervision in the school.

**Koltz, R.** (Manuscript in process) *The Wellness Genogram*

**Koltz, R.** (Manuscript in process) *Adventure based activities with families*

**Koltz, R.** (manuscript in process) *Eco-therapy with the aging*

**Koltz, R.** & Tarabochia, D. (manuscript in process) *Generations apart: A qualitative comparison of preschool and senior adults' experience of well-being*.

### **Research in Process or Complete**

Koltz R., & Tarabochia, D. (2016-present) Living well in later years: An exploration of aging men's well-being.

Koltz, R., Tarabochia, D., & Wathen, C. (2014-2016) Perceived impact of an 8 week well-being with aging adults

Wathen, C., & **Koltz, R.**, & Meekums, B. (2013-2016) Cross cultural perspectives: An online learning environment

**Koltz, R.**, Smith, A., & Lux, C. (2012-2014) Perceived impact of an 8 week well-being group with pre-school children

Odegard, M., Hutchison, B., & **Koltz, R.** (completed in 2013) Work Group Reflections.

Smith, A., Christopher, J., **Koltz, R.**, Barkowitz, A. (2011-present) Counselor

## Development

- Koltz, R.** (2012-present) Perceived impact of assigned wellness during counseling practicum courses.
- Koltz, R.** (Completed 2008-2009) Students' experiences of live supervision during pre-practicum.
- Koltz, R., Odegard, M., Provost, K. & Smith, T.** (Completed 2007-08) Doctoral student's comprehensive exam experience: An auto ethnographic study using photo-voicing.
- Koltz, R., Odegard, M., Provost, K. & Smith, T.** (Completed 2007-08) Counselor Supervisors: Factors that Predict Supervisor Self Efficacy.
- Koltz, R. & Odegard, M.** (Completed 2007-08) Members' perceptions of using expressive arts in the group process.
- Koltz, R.** (Completed 2006) A qualitative study of mental health counseling interns as they transition from students to professionals. *Unpublished Thesis*

## Non-published Scholarship

- Koltz, R.** (2012) Well-being Group Manual for Preschool children

## Grants

**US Department of Education (In Review, 2019)** *Rural Mental Health Preparation/Practice Pathway: An Innovative Partnership to Prepare*  
-Co-Investigator with Anna Elliot PI and Jayne Downey Co-PI; \$2,300,000

**Montana Health Foundation (Funded, 2018)**, *Increasing Mental Health Access to Gallatin County*  
-Co-PI with Anna Elliot. \$72,169.89

**INBRE (Not Funded, 2018)**, *Living well in later years: Exploring resident subjective well-being experiences*  
-Co- PI with Dawn Tarabochia, \$71,914

**Mather Lifeways Institute on Aging (Not Funded, 2018)**, *Living well in later years: Exploring resident subjective well-being*  
-Co PI with Dawn Tarabochia, \$71, 914

**EHHD Community Based Participatory Research Seed Grant (Funded, 2016)**, *Living Well in Later Years: Focusing on Men'*  
-Co-PI with Dawn Tarabochia. \$15,741

**HHD Teaching and Learning Grant (Funded, 2015)**, *Teaching Workshop: Reflecting on and engaging in effective teaching.*  
-Co-investigator with Cristen Wathen and Dawn Tarabochia. \$7500

**Faculty Excellence Innovation Teaching Grant (Not Funded, 2015), *Technology as a Bridge: Developing Intercultural understanding through Student Video Conferencing***  
-Co-principal investigator with Cristen Wathen

**EHHD Seed Fund Grant (Funded, 2013), *Supervision of School Counselors: A focus on growth, wellness, and development.*** \$1500

**Faculty Excellence Innovation Teaching Grant (Not Funded, 2014), *The Montana cowboy and the British stiff upper lip: Exploring counselor identities globally.*** \$2500  
-Co-principal investigator with Cristen Wathen.

**NIH Grant (Not Funded, 2012), *Healthy Habits.*** \$396,000  
-Co-principal Investigator with Sandy Bailey (PI), Jill Martz, and Carrie Benke  
-grant to facilitate cross-age peer mentoring groups on relationships in rural Montana.

**EHHD Internal Grant (Funded, 2011), *Advancing community initiative.*** \$25,000  
-Co-Principal Investigator with Dawn Tarabochia (PI) and Carmen Byker (Co PI)

**Montana Mental Health Settlement (Not Funded, 2010), *Well-being groups with pre-school children,*** \$11,046.00  
-Co-Principal Investigator with Adina Smith

**ACES Research Grant (Funded),** Spring 2009  
-Applied for and received a research grant in the amount of \$729.00

**Rocky Mountain ACES Travel Grant (Funded),** Fall 2007  
-\$500.00 to travel and present research

### **Other Funding**

**MOEBUS (Funded),** Spring 2011  
-With Adina Smith, applied for and received (3) MOEBUS graduate assistantships (3 @ \$4500) to conduct research projects.

**MOEBUS (Funded),** AY 2014/15, 2015/16, 2016/17  
-Graduate Research Fellowship; one each year for \$9000

### **Teaching**

**Montana State University**  
**May 2009- Present**  
**Current Rank: Associate Professor**  
.70 FTE from 2009-SP 2012  
.50 FTE 2012- current

**Graduate Course History:**

- HDCO 571 Practicum
- HDCO 521 Basic Counseling Skills
- HDCO 522 Group Counseling
- HDCO 503 Professional Issues in Counseling
- HDCO 554 Human Development Theory
- HDCO 523 The Theory and Practice of Addictions Counseling

**Current Course Load:**

- HDCO 502 Ethics- Blended Online Course
- HDCO 508 Family Theory- Blended Online Course
- HDCO 565 Marital and Relationship Counseling
- HDCO 598 MCFC Internship
- HDCO 569 Advanced Family Counseling

**Undergraduate Course History:**

- HDCF 371 Research Methods; SP 2010, 11

**Online Course History:**

- AC 506 Group Counseling In Addictions Settings I; FA 2011, 12,13,14,15
- AC 508 Group Counseling In Addictions Settings II; SP 2012,13,14,15

## Other Teaching Activity

**Graduate Advising**

- 2017-18; member of 27 graduate committees
  - Committee Chair of 17 of the above committees
- 2016-17; member of 23 graduate committees
  - Committee Chair of 13 of the above 23 committees
- 2015-16; member of 31 graduate committees
  - Committee Chair of 10 of the above 31 committees
- 2014-2015; member of 30 graduate committees
  - Committee Chair of 15 of the above 30 committees
- 2013-2014; member of 22 Graduate committees
  - Committee Chair of 16 of the above 22 committees
- 2012-2013; member of 30 graduate committees
  - Committee Chair of 14 of the above 30 committees
- 2011-2012; member of 20 graduate committees
- 2010-2011; member of 22 graduate committees
- 2009-2010; member of 21 graduate committees
- Summer 2010; Dissertation Reader for a psychology graduate student at University of Nebraska.

**Guest Lectures**

- Sand tray therapy; SP 2016; Early childhood program

- Art of Mental Healing CAA 310; FA 2015
- Facilitated a lecture on integrating art into mental health counseling
- Research Methods; FA 2013
- Foundations of Community Health; FA 2013, FA 2014
- Counseling Children & Adolescents; SP 2011, SP 2012, SP 2013, SP 2014
- Facilitated a lecture on sand tray counseling
- Facilitated a lecture on play therapy
- Counseling Theory II (Montana State University); Fall 2010; 2012
- Facilitated a lecture on Person-centered Theory
- Massage Therapy Lab (Idaho State University); Spring 2009
- Facilitated two class periods of lab for Massage Therapy students on wellness and ethical decision making.
- Facilitated understanding of the concept of wellness and applied it to their field of study.

## **Supervision Experience**

### **University-Based Supervision: non-class related**

- Individual Supervision; 2015-present; for an intern at Brookdale Assisted Living Center
  - Provided weekly supervision sessions.
- Group Work Supervision, 2010-present
  - Provided supervision sessions with 2 students facilitating a group for the elderly.
- Big Sky Supervisor; FA 2016-SU 2017
  - Contract with WIA (Women in Action) to provide clinical supervision to one intern.

## **Service**

### **Service Assignment**

.10 FTE

#### **National**

- CACREP Site Team Chair; May 2016-present
- Nominated for the Association of Counselor Education and Supervision Secretary; 2015
- CACREP Site Team Member; travel to other CACREP programs to review them for their accreditation; May 2014-May 2016.
- Co-chair Qualitative Research Interest Network (sponsored through ACES); 2009-present
- Co-editor for the *Journal of School Counseling* 2011-2017
- Reviewer for the *Journal of School Counseling*; 2009-2011; 2017-
- Housed at Montana State University

- American Counseling Association (ACA) Conference Program Reviewer; 2009, 2010, 2011
- Co-chair of Graduate Student Committee for Association for Creativity in Counseling (ACC), 2008-2009
- Co-chair for student volunteer program, American Counseling Association (ACA) Conference, 2007
- Assisted in organizing over 100 student volunteers during the conference in Detroit, MI

#### **State**

- Exhibitor and Sponsor Committee, Idaho Counseling Association (ICA), 2007
- Emerging Leaders Committee, Idaho Counseling Association (ICA), 2008

#### **Regional**

- Rocky Mountain ACES Conference Program Reviewer, 2010
- Volunteer at Rocky Mountain Aces Conference, 2006

#### **Community**

- Board Member; Help Center; Bozeman, MT
  - August 2017
- Focus on the Children; Pocatello, Idaho
- Divorcing Parents' Education Class
- Co-Instructor, 2007- present

#### **University- Montana State University, Department**

- Role & Scope Committee; FA 2017
- Departmental Promotion & Tenure Committee; 2015-16; 2016-17 (Chair)
- Program Leader Marriage & Family Counseling Program, 2012-present
- Role and Scope Committee, SP 2013-present
- Chi Sigma Iota; Chapter Advisor; FA 2012- August 2017
- Started this national counseling honor society chapter with four students in the fall of 2011.
- CACREP liaison, SP 2011 – June 2016
- Graduate Coordinator- Counseling Program; FA 2010- present
- Search Committee Chair; FA 2012
- Search Committees; SP 2011 (Community Health), SP 2012 (Clinic Director Search), FA 2014 (Counseling Faculty)
- Leadership MSU, FA 2011 Facilitated a leadership activity
- Instructional Equipment Committee, 2010-2011, 2011-2012
- Curriculum Review Committee, 2010-2013 (SP)
- Interim Graduate Coordinator for Counseling Program, SP/SU 2010
- Library Advisory Committee; Montana State University, 2009-2010

- Research Methods Steering Committee, 2009
- Graduate Committee for the Department of HHD, 2009-2013
- Teaching Strategic Committee; FA 2013-present

**College and University- Montana State University**

- College Promotion & Tenure Committee; AY 2017-18
- CPC; University Curriculum Committee Representative for EHHD, AY 2015-16

**Department- Idaho State University**

- College of Health Professions Dean’s Student Advisory Board; 2009-2010
- Chi Sigma Iota, Active Member since 2006
- President Elect of Phi Omicron Chi, 2007-08
- President of Phi Omicron Chi, 2008-09

**Awards**

- Awarded a Sabbatical; FA 2018
- Nominated for the Cox Faculty Award for Creative Scholarship and Teaching; FA 2016
- Nominated for the 2015 President’s Excellence in Teaching Award; FA 2014
- Department of Health & Human Development Outstanding Research Award; SP 2013
- Nominated for MSU Excellence in Online Teaching Award; FA 2012
- Department of Health & Human Development Outstanding Teaching; SP 2011

**PROFESSIONAL COUNSELING EXPERIENCE**

Private Practice; Bozeman, MT, 2010-present

Psychological Assessment Specialists; Pocatello, ID 2006-2009

- Independently contracted counselor

Focus on the Children; Pocatello, ID 2007-2009

- Independently contracted to do psycho-educational groups with divorcing parents

Eau Claire Academy; Eau Claire, WI; Jan 2006-August 2006

- Counselor

**CLINICAL DEVELOPMENT**

## **Clinical Development**

- Gottman Method of Couples Training
  - Level 1 Clinical Training; FA 2017
  - Level 2 Clinical Training; SU 2018
  - Level 3 Clinical Training; FA 2018
- Italian Play Therapy Institute – 2011, 2013
  - 60 Continuing Education Hours in Regello, Italy

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## **SCHOLARLY INTERESTS**

### **LEADERSHIP**

- Leadership models and Effective Communication in Higher Education

### **SUPERVISION**

- Supervisory Relationship / Pre-Practicum Techniques/ Live Supervision

### **COUNSELOR DEVELOPMENT**

- Professional Development in Students/ Professional Transition

### **PREVENTION**

- Promoting well-being across the lifespan utilizing group counseling as a preventative method.

### **CREATIVITY**

- Counseling/Teaching/Supervision/Creative Research Methods

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## **PROFESSIONAL ORGANIZATION MEMBERSHIPS**

### **National**

- Association for Counselor Education and Supervision 2006-Present
- American Counseling Association 2005-Present
- International Association of Marriage and Family Counseling 2013
- American Mental Health Counseling Association 2007-2009
- Association for Creativity in Counseling 2007-Present
- Association for Specialists in Group Work 2008-2013
- Chi Sigma Iota (Phi Omicron Chi Chapter) 2006-Present

### **Regional**

- Rocky Mountain Association for Counselor Education and Supervision 2006-Present

**State**

- Idaho Association for Counselor Education and Supervision 2006-2009
- Idaho Counseling Association 2006-2009
- Idaho Mental Health Counseling Association 2006-2009