

Research Digest

A quarterly e-newsletter highlighting the School of Human Services Research Faculty
 Volume 1, Issue 1 March 2017

Featured Program: Counseling

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Welcome to the inaugural issue of the School of Human Services *Research Digest*, our new e-newsletter designed to bring you exciting research-related news in the School of Human Services!

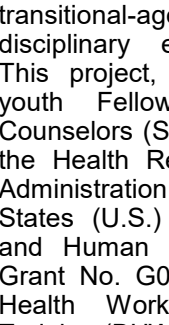
The purpose of this publication is to share and highlight recent research and achievements among research faculty in each program in the School of Human Services. Each quarter, we will feature one of our programs to inform you of the latest research, grants, community partnerships, publications, and program and faculty awards. We have a lot of exciting work going on in our school, and we want to get the word out to our faculty, students, and community partners!

Additionally, we want to hear from you! Tell us what you enjoy about this first issue, featuring the Counseling Program, and share with us ideas for informing and inspiring you in future issues.

We hope you enjoy this first issue of the *Research Digest*!

Grants and Awards

Assistant Professor Receives ACA Award

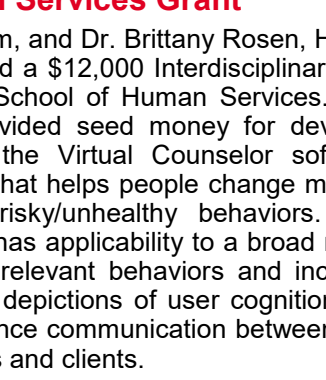


Dr. Mandy La Guardia, Assistant Professor in Counseling, is a recent recipient of the Best Practices Researcher Award from the American Counseling Association (ACA). The ACA nationally recognizes members who have contributed high quality, original research in areas of interest to the counseling profession and which results in usable findings and recommendations for the field.

The Awards ceremony will be held at the 65th Annual ACA Conference in San Francisco on Saturday, March 18.

Counseling Program Awarded Federal Training Grant

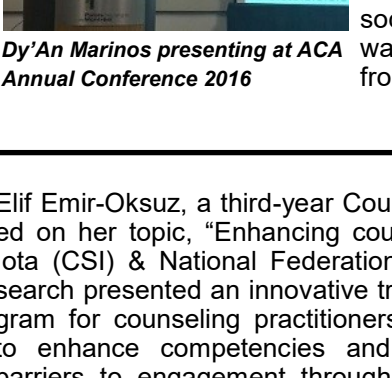
The Counseling Program at the University of Cincinnati was recently awarded a grant to train 16 Mental Health Counselors to address the mental health needs of children, adolescents, and transitional-aged youth from an interdisciplinary ecological perspective. This project, called Serving At-risk youth Fellowship Experience for Counselors (SAFE-C) is supported by the Health Resources and Services Administration (HRSA) of the United States (U.S.) Department of Health and Human Services (HHS) under Grant No. G02HP30588, "Behavioral Health Workforce Education and Training (BHWET) for Paraprofessionals and Professionals," in the amount of \$229,167.



The Counseling Program is one of 34 newly funded behavioral health programs from across the U.S. to receive this award. Visit the [U. S. Department of Health & Human Services website](http://www.hhs.gov) to learn more about this award.

Research Faculty Awarded Human Services Grant

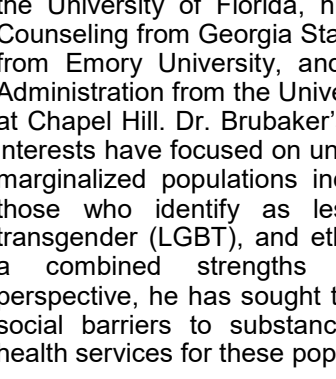
Dr. George Richardson, Counseling Program, and Dr. Brittany Rosen, Health Promotion and Education Program, received a \$12,000 Interdisciplinary Research and Development Grant from the School of Human Services. This grant provided seed money for development of the Virtual Counselor software program that helps people change motivation for risky/unhealthy behaviors. This software has applicability to a broad range of health-relevant behaviors and includes graphical depictions of user cognition that can enhance communication between professionals and clients.



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Student Presentations

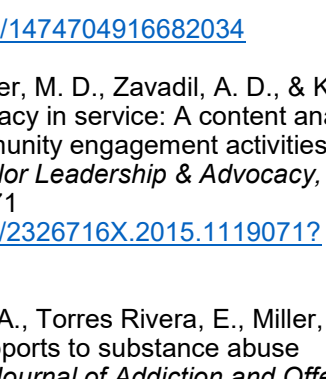
Dy'an Marinos, a doctoral candidate in the Counseling Program, led a research project entitled "An Ecological Approach to Creating a Culturally Sensitive Learning Environment." Sponsored by the CECH Office of the Dean and the CECH Diversity Board, this study examined the impact of a diversity simulation training. Results were promising in demonstrating that the training positively impacted cultural sensitivity in participants.



Dy'An Marinos presenting at ACA Annual Conference 2016

Dy'an and the research team presented these findings on April 1, 2016 at the Annual Conference of the American Counseling Association in Montreal, Canada. Dy'an's travel was supported by a research travel grant from the School of Human Services.

Elif Emir-Oksuz, a third-year Counselor Education doctoral student presented on her topic, "Enhancing counseling competencies through Chi Sigma Iota (CSI) & National Federation of the Blind chapter dialogue." This research presented an innovative training program for counseling practitioners designed to enhance competencies and decrease barriers to engagement through an active panel discussion with members of the local chapter of the National Federation of the Blind. Participants gained valuable actionable insights about the individual differences of people with disabilities, intersectionality with other identities, and specific counseling needs of clients who are blind.

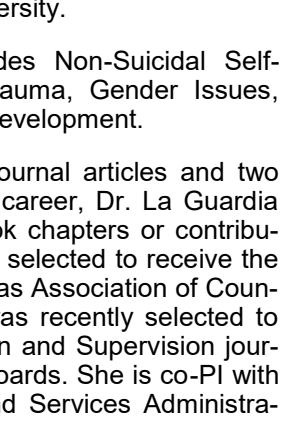


Elif Emir-Oksuz presenting at ACA Annual Conference 2016

Meet the Research Faculty

Michael D. Brubaker, PhD, NCC, LICDC-CS

Michael D. Brubaker is an Associate Professor and Coordinator of the Counseling Program. He received his PhD in Mental Health Counseling from the University of Florida, his MS in Professional Counseling from Georgia State University, his MDiv from Emory University, and his BS in Business Administration from the University of North Carolina at Chapel Hill. Dr. Brubaker's clinical and research interests have focused on underserved and socially marginalized populations including the homeless, those who identify as lesbian, gay, bisexual, transgender (LGBT), and ethnic minorities. Taking a combined strengths and social justice perspective, he has sought to address clinical and social barriers to substance abuse and mental health services for these populations.



Dr. Michael Brubaker

Since 2003, Dr. Brubaker has presented in various international, national, and regional conferences. He is also the senior author of the book, *Advancing Your Career: Getting and Making the Most of Your Doctorate*. In addition to numerous appointments to counseling journal editorial boards, he is the current president of Chi Sigma Iota (CSI), Counseling Academic and Professional Honor Society for Counselors International. CSI is the third largest counseling organization in the world, with over 387 chapters chartered and 110,000 members inducted since 1985.

In 2016, Dr. Brubaker secured a grant from the U.S. Department of Health and Human Services in the amount of \$229,167 to fund training and stipends for 16 Mental Health Counselors to address the mental health needs of children, adolescents, and transitional-aged youth from an interdisciplinary ecological perspective.

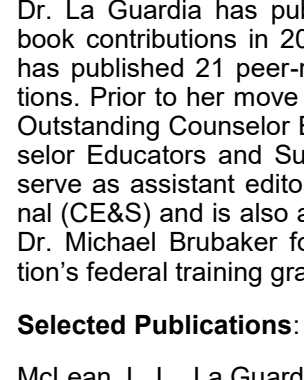
Selected Publications:

Richardson, G. B., Chen, C-C, Dai, C-L, Brubaker, M. D., & Nedelec, J. L. (2017). The psychometrics of the Mini-K: Evidence from two college samples. *Evolutionary Psychology*, 15(1), 1-12. doi:10.1177/1474704916682034 <http://journals.sagepub.com/doi/pdf/10.1177/1474704916682034>

Storlie, C. A., Shannonhouse, L. R., Brubaker, M. D., Zavadii, A. D., & King, J. H. (2016). Exploring dimensions of advocacy in service: A content analysis extending the framework of counselor community engagement activities in Chi Sigma Iota chapters. *Journal of Counselor Leadership & Advocacy*, 3(1), 52-61. doi: 10.1080/2326716X.2015.1119071 <http://www.tandfonline.com/doi/abs/10.1080/2326716X.2015.1119071?journalCode=ucla20>

Brubaker, M. D., Garrett, M. T., Amatea, E. A., Torres Rivera, E., Miller, D. M., & Nabors, L. A. (2013). Barriers and supports to substance abuse service utilization among homeless adults. *Journal of Addiction and Offender Counseling*, 34, 81-98. <http://online.library.wiley.com/doi/10.1002/j.2161-1874.2013.00017.x/full>

Amanda C. La Guardia, PhD, LPCC-S, NCC



Amanda La Guardia, PhD, LPCC-S, NCC is an Assistant Professor of Counseling and Mental Health Counseling Program Coordinator. She received her PhD from Old Dominion University in Norfolk, VA with an emphasis in research and statistics and completed a graduate teaching certificate in Women's Studies. She received her MA from East Tennessee State University in Marriage and Family Counseling and her BS in Biology and Psychology with a minor in Criminal Justice from East Tennessee State University.

Her research focus includes Non-Suicidal Self-Injury, Suicide, Family Trauma, Gender Issues, and Professional Identity Development.

Dr. La Guardia has published four peer-reviewed journal articles and two book contributions in 2016. Over the course of her career, Dr. La Guardia has published 21 peer-reviewed articles and 11 book chapters or contributions. Prior to her move to Ohio, Dr. La Guardia was selected to receive the Outstanding Counselor Educator award from the Texas Association of Counselor Educators and Supervisors. Dr. La Guardia was recently selected to serve as assistant editor for the Counselor Education and Supervision journal (CE&S) and is also a member of other editorial boards. She is co-PI with Dr. Michael Brubaker for the Human Resources and Services Administration's federal training grant awarded in 2016.

Selected Publications:

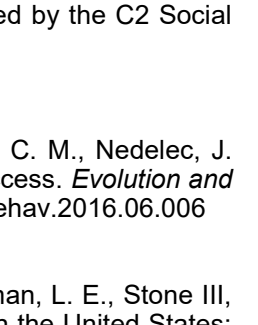
McLean, L. L., La Guardia, A. C., Nelson, J. A., & Watts, R. E. (2016). Incorporating Adlerian and feminist theory to address self-objectification in couple therapy. *The Family Journal*, 24(4). doi: 10.1177/1066480716663500 <http://journals.sagepub.com/doi/full/10.1177/1066480716663500>

Cramer, R. J., Johnson, J. C., Crosby, J. W., Henderson, C. E., La Guardia, A., & Stroud, C. H. (2016). Personality, coping and mental health among lesbian, gay, and bisexual community members. *Personality and Individual Differences*, 96, 272-278. doi: 10.1016/j.paid.2015.10.025 <http://www.sciencedirect.com/science/article/pii/S0191886915006595>

Emelianchik-Key, K., Byrd, R. J., & La Guardia, A. C. (2016). Adolescent non-suicidal self-injury: Demographic analysis of Youth Risk Behavior Survey (YRBS) trends. *The Professional Counselor*, 6(1), 61-75. doi: 10.15241/kk.6.1.61 <http://tcjournal.nbcc.org/adolescent-non-suicidal-self-injury-analysis-of-the-youth-risk-behavior-survey-trends/>

George Richardson, PhD

George Richardson, PhD, is Assistant Professor and Coordinator for the Substance Abuse Counseling Program. He carries out research applying life history theory to substance abuse, examining the roles of religiousness and spirituality in substance abuse etiology and recovery, and evaluating the effects of context-based learning approaches. He also has strong interests in psychometrics and methods for addressing confounding in observational research.



Dr. George Richardson

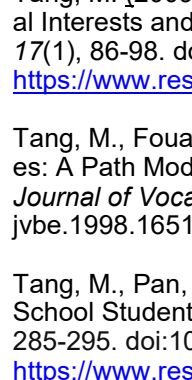
Dr. Richardson serves as Associate Editor at *Evolutionary Psychology* and on the editorial board at *Measurement and Evaluation in Counseling and Development*. He won the Campbell Collaboration (C2) Leonard E. Gibbs Award, "finest systematic review completed and approved by the C2 Social Welfare Coordinating Group in 2012".

Selected Publications:

Richardson, G. B., *Chen, C.-C., *Dai, C.-L., Swoboda, C. M., Nedelec, J. L., & Wen, W.-W. (2016). Substance use and mating success. *Evolution and Human Behavior*, 38 (1), 48-57. doi: 10.1016/j.evolhumbehav.2016.06.006 <https://t.co/4XWwdMYAOC>

Castellano, M., Richardson, G. B., Sundell, K. E., Overman, L. E., Stone III, J. R. (2016). Preparing students for college and career in the United States: The effects of career-themed programs of study on high school performance. *Vocations and Learning*. doi: 10.1007/s12186-016-9162-7 <http://link.springer.com/article/10.1007/s12186-016-9162-7>

Mei Tang, PhD, LPC



Mei Tang, PhD, LPC, is a professor in the Counseling Program. She has been a faculty member at UC and a counselor educator since 1996. Dr. Tang's research focus includes multicultural issues in counseling, career development of minorities, cultural identity and acculturation, counselor education, and application of ecological counseling. Her publications appear in journals such as *Journal of Vocational Behavior*, *Career Development Quarterly*, *Journal of Multicultural Counseling and Development*, *Counselor Education and Supervision*, and *Professional School Counseling*. She currently is the Associate Editor of *Journal of Counseling and Development* and is a long-standing board member of *Career Development Quarterly*. She has served as Vice President-AAP of Association of Multicultural Counseling and Development from 2014-16. Dr. Tang has collaborated with local school and community agencies to provide services to diverse populations in urban settings.

Dr. Tang's research interests focus on applying the ecological counseling perspective to career development, counselor education and assessment. Her current projects include examining the relationship among acculturation, psychological well-being, academic performance and career planning of international students studying in U.S.; investigating the impacts of career intervention based on social cognitive career development theories on career decision-making self-efficacy and skills; and cross-cultural validation of career development instruments. Other research projects include the application of social cognitive learning theory and relational cultural theory to counselor education, specifically in the areas of teaching and supervision.

Selected Publications:

Tang, M. (2009). Examining the Application of Holland's Theory to Vocational Interests and Choices of Chinese College. *Journal of Career Assessment*, 17(1), 86-98. doi:10.1177/1069072708325743 <https://www.researchgate.net/publication/247728239>

Tang, M., Fouad, N. A., Smith, P. L. (1999). Asian Americans' Career Choices: A Path Model to Examine Factors Influencing Their Career Choices. *Journal of Vocational Behavior*, 54(1-54), 142-157. doi: 10.1006/jvbe.1998.1651 <https://www.researchgate.net/publication/223066819>

Tang, M., Pan, W., Newmeyer, M. D. (2008). Factors Influencing High School Students' Career Aspirations. *Professional School Counseling*, 11(5), 285-295. doi:10.5330/PSC.n.2010-11.285 <https://www.researchgate.net/publication/276189107>