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## CURRICULUM VITAE

### Sejal Mehta Barden, Ph.D., NCC, LPC, ACS

Associate Professor  
 University of Central Florida  
 College of Education and Human Performance, ED 322H  
 Department of Child, Family, and Community Sciences  
 PO Box 161250  
 Orlando, FL 32816-1250  
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## EDUCATION

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**Doctorate of Philosophy (Ph.D.) in Counseling and Educational Development** 2011

**Minor:** Educational Research Methodology  
 University of North Carolina at Greensboro (*CACREP Accredited*)

**Dissertation Title:** *International Immersion: An Exploratory Study of Critical Factors, Sustained Impact, and Counselor Development.*

**Specialist in Education** in Marriage and Family Therapy 2007

University of Florida (*CACREP Accredited*)  
 College of Education

**Master of Education** in Marriage and Family Therapy 2007

University of Florida (*CACREP Accredited*)  
 College of Education

**Bachelor of Science** in Psychology, Cum Laude 2004

University of Florida  
 College of Liberal Arts and Sciences

## ACADEMIC POSITIONS

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**Associate Professor**  
 (2017-present)

**University of Central Florida**  
**Counselor Education & School Psychology Program**  
 Department of Child, Family, and Community Sciences

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College of Education and Human Performance  
Orlando, Florida 32816-1250

Responsibilities include teaching masters and doctoral level courses (3/3 teaching load); aligning family counseling curricula and experiences to CACREP accreditation standards; advising master's and doctoral students; serving on and chairing dissertation committees; maintaining active research agenda and scholarly publications; securing external funding; and participating in professional, university, college, departmental, and programmatic related service.

**Assistant Professor**  
(2011-2017)

**University of Central Florida**  
**Counselor Education & School Psychology Program**  
Department of Child, Family, and Community Sciences  
College of Education and Human Performance  
Orlando, Florida 32816-1250

Responsibilities include teaching graduate and doctoral level courses (3/3 teaching load); aligning family counseling curricula and experiences to CACREP accreditation standards; advising master's and doctoral students; serving on and chairing dissertation committees; maintaining active research agenda and scholarly publications; securing external funding; and participating in professional, university, college, departmental, and programmatic related service.

**Executive Director**  
(2015-present)

**Marriage and Family Research Institute (MFRI)**  
**University of Central Florida**

Responsibilities include oversight of sponsored research, securing external funding, disseminating research, establishing and maintaining community partnerships.

## LICENSURE AND CERTIFICATIONS

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Approved Clinical Supervisor (ACS01113)	2011-present
Licensed Professional Counselor (7964)	2010-present
National Certified Counselor (225360)	2007-present

## HONORS/AWARDS

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2017	University of Central Florida, <i>Reach for the Stars Award</i> Award from the President's office based on exemplary early career achievement.
2016	Association for Assessment and Research in Counseling, <i>Exemplary Practice Award</i> Award based on outstanding service and practice in assessment which have significance for the counseling profession.

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- 2016 University of Central Florida, *Teaching Incentive Portfolio*  
Award based on teaching and creativity activity over the past five years.
- 2016 University of Central Florida, *Scholarship of Teaching and Learning Award*  
Award based on innovation and impact of scholarship on teaching and learning practices over past five years.
- 2016 University of Central Florida, *Research Incentive Award*  
Award based on innovation and impact of research over past five years.
- 2016 Association for Specialists in Group Work *Best Group Research Article*  
Article selected based on innovation and methodological approaches.
- 2014 Southern Association for Counselor Education and Supervision (SACES),  
*Outstanding Pre-Tenure Counselor Education Award*  
Award is to acknowledge individual faculty members who are showing exceptional progress in the early stages of their academic career.
- 2013 Association for Counselor Education and Supervision, *Presidential Fellow*  
Fellows program is an initiative sponsored by the ACES President to support nominated emergent leaders and educators in the counseling profession.
- 2013 *National Cancer Institute/National Institute of Health*  
Selected Attendee for Summer Program in Cancer Prevention and Cancer Control
- 2012 University of Central Florida, College of Education and Human Performance,  
*Major Grants Development Stimulus Award*  
Award is for reassigned course time and travel to develop NIH Grant proposal
- 2012 Southern Association for Counselor Education and Supervision *Research Award*  
Award is designed to fund innovative research studies related to counselor education
- 2012 Chi Sigma Iota, Upsilon Nu Chi, *Outstanding Research Award*  
Award recognizes those who have recently completed research investigations that show promise for outstanding contributions to the counseling profession
- 2011 Association for Multicultural Counseling and Development, *Dr. Daya & Mrs. Usha K. Sandhu Student Research Award*  
Award recognizes students who have embarked on quality research in the area of multicultural counseling

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- 2010 Southern Association for Counselor Education and Supervision *Research Award*  
Award is designed to fund innovative research studies related to counselor education
- 2010 Southern Association for Counselor Education and Supervision *Emerging Leaders Fellow*  
Recipients are selected based on their commitment to the profession and their leadership experience and potential
- 2010 University of North Carolina at Greensboro, *Outstanding Doctoral Student*,  
Award recognizes one doctoral student who has demonstrated outstanding ability to represent the Counseling and Educational Development Department.

## RESEARCH AND SCHOLARSHIP ACTIVITIES

### Research Interest and Foci

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- Outcome research with couples and families
- Counselor development and supervision

*Please note: In counseling, psychology, and education, the primary author is listed first.*

**\* Denotes student collaboration on scholarly publications**

\*\*\*Name was changed in 2012 from Mehta to Barden

### External/Internal Research Grants

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#### External Funding

**Barden, S. M., Principal Investigator**, Taylor, D., Co-Investigator & Young, M.E., Co-Investigator (2015-2020). *Project Harmony (90FM0078-01-00)*. Department of Health and Human Services: Office of Family Assistance. **\$9,627,622.00**

Lambie, G. W., Principal Investigator & **Barden, S. M., Co-Principal Investigator** (2015-2016). *Development and Validation of the Educator Inspire Scale*. Denny Sanford Foundation, **\$39,861.00**

Myers, J. M., Principal Investigator, Shannonhouse, L., Co-Investigator, **Barden, S. M., Co-Investigator**, Clarke, P., Co-Investigator, & Forti, A. Co-Investigator. (2010). *The effectiveness of a wellness-oriented psychoeducational support group on the holistic*

*wellness, health locus of control, and future perspectives of cancer survivors.* Community Based Research Grant, **\$4,500.00**

### **Internal Funding**

**Barden, S. M., Principal Investigator** (2013-2014). *Understanding the influence of breast cancer on Latina couples: An exploratory qualitative grounded theory research design.* University of Central Florida, Office of Research and Commercialization, **\$7,500.00**

### **Textbook/Book Chapters**

#### *Book Chapters*

1. \* Wood, A. W., \*Gonzalez, J., & **Barden, S. M.** (2016). Mindfulness-based cognitive therapy for caregivers of cancer survivors. In S. J. Eisendrath (Ed.), *Mindfulness-based cognitive therapy* (pp. 215-227). CA: Springer International.
2. **Barden, S. M.**, Shannonhouse, L., & Mobley, K. (2015). *International cultural immersion: Assessing the influence of a group intervention on intercultural sensitivity for counselor trainees.* In A. Puig, B. Skudrzyk, J. Monteiro-Leitner, & A. M. Hutchins, (Eds.). Reprinted from a refereed article.
3. **Barden, S. M.**, & Hagedorn, W. B. (2014). Arab-Americans and substance abuse. In Lee, T. (Eds.), *Embracing diversity: Treatment and care in addiction counseling* (pp. 79-91). CA: Cognella Academic Publishing.

### **Publications in Refereed Journals**

#### *Publications in National & International Refereed Journals*

35. Johnson, J.M., **Barden, S.M.**, & Sherrell, R. (in press). Examining the relationships between multicultural competence, multicultural self-efficacy, and ethnic identity development of practicing counselors. *The Journal of Mental Health Counseling.*
34. **Barden, S. M.**, \*Gutierrez, D., \*Gonzalez, J., & \*Ali, S. (in press). Calidad de Vida: An exploratory investigation of Latina breast cancer survivors and intimate partners. *Journal of Health Disparities Research and Practice.*
33. Saliba, Y. & **Barden, S.M.** (in press). Counselors and workplace wellness: A conceptual model. *The Professional Counselor.*
32. Wood, A. W., **Barden, S. M.**, Terk, M., & Cesaretti, J. (in press). The influence of stigma on the quality of life for prostate cancer survivors. *Journal of Psychosocial Oncology.*

31. Shannonhouse, L., **Barden, S.M.**, & McDonald, P. (2017). Mixed methodology in group research: Lessons learned. *Journal for Specialists in Group Work*, 42, 87-107.
30. Zeligman, M., Hagedorn, W. B., & **Barden, S. M.** (in press). The role of stigma on trauma following an HIV diagnosis. *The Journal of Mental Health Counseling*.
29. Crunk, E. & **Barden, S.M.** (2017). The common factors discrimination model: An integrated approach to counselor supervision. *The Professional Counselor*, 7, 15-32.
28. **Barden, S. M.**, Sherrell, R., & Matthews, J. M. (2017). A national survey on multicultural competence for professional counselors: A replication study. *Journal of Counseling and Development*, 95(2), 203-212. <http://dx.doi.org/10.1002/jcad.12132>
27. **Barden, S. M.**, \*Gutierrez, D., \*Gonzalez, J., & \*Ali, S. (2016). Healing faith: A qualitative exploration of Latina breast cancer survivors. *Counseling and Values*, 61(2), 142-158. <http://dx.doi.org/10.1002/cvj.12034>
26. \*Gutierrez, D., **Barden, S. M.**, \*Gonzalez, J., \*Ali, S., Cruz-Ortega, L.G. (2016). Perspectiva masculina: An exploration of intimate partners of Latina breast cancer survivors. *The Family Journal*, 24, 222-229. <http://dx.doi.org/10.1177/1066480716648690>
25. \*Solomon, C., & **Barden, S. M.** (2016). A self-compassion mentorship framework for mothers in Counselor Education. *Counselor Education and Supervision*, 55(2), 137-149. <http://dx.doi.org/10.1002/ceas.12038>
24. \*Zeligman, M., **Barden, S. M.**, & Hagedorn, W. B. (2016). Posttraumatic growth and HIV: A study on associations of stigma and social support. *Journal of Counseling & Development*, 94(2), 141-149 <http://dx.doi.org/10.1002/jcad.12071>
23. Shannonhouse, L., **Barden, S. M.**, Jones, E., Gonzalez, L., & Murphy, A. (2016). Secondary traumatic stress for trauma research teams: A mixed methods research design. *Journal of Mental Health Counseling*, 38(3), 201-216. DOI:10.774/mehc.38.3.02
22. Limberg, D., Ohrt, J. H., **Barden, S. M.**, Ha, Y., Hundley, G., & Wood, A. W. (2015). A cross-cultural exploration of perceptions of altruism of counselors-in-training. *Counseling and Values*, 60(2), 201-217. <http://dx.doi.org/10.1002/cvj.12014>
21. Shannonhouse, L., **Barden, S. M.**, & Mobley, K. (2015). Qualitative outcomes of a home-stay immersion with critical reflection. *Counselor Education and Supervision*, 54, 303-319. <http://dx.doi.org/10.1002/ceas.12028>
20. \*Zeligman, M., & **Barden, S. M.** (2015). A narrative approach to supporting clients living with HIV. *Journal of Constructivist Psychology*, 28, 67-82. DOI: [10.1080/10720537.2013.854185](http://dx.doi.org/10.1080/10720537.2013.854185)

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19. **Barden, S. M.**, Carlson, R., Daire, A., \*Finnell, L., \*Christopher, K., & \*Young, E. (2015). Investigating the influence of relationship education on parental attitudes. *Marriage and Family Review, 51*(3), 246-263. <http://dx.doi.org/10.1080/01494929.2015.1031422>
  18. \*Ali, S., & **Barden, S. M.** (2015). Sexual minority identity development: Considering the cycle of coming-out. *Professional Counselor: Research & Practice, 5*(4), 501-515. DOI:10.15241/sa.5.4.501
  17. **Barden, S. M.**, & \*Greene, J. (2015). An investigation of multicultural counseling self-efficacy and multicultural counseling competence for counselors-in-training. *International Journal for the Advancement of Counselling, 37*, 47-53. <http://dx.doi.org/10.1007/s10447-014-9224-1>
  16. \*Wood, A., \*Gonzalez, J., & **Barden, S. M.** (2015). Mindful caring: Using mindfulness-based cognitive therapy with caregivers of cancer survivors. *Journal of Psychosocial Oncology, 33*, 66-84. DOI: [10.1080/07347332.2014.977418](https://doi.org/10.1080/07347332.2014.977418)
  15. **Barden, S. M.**, Conley, A. H., & Young, M. E. (2015). Integrating health and wellness in mental health counseling: Clinical, educational and policy implications. *Journal of Mental Health Counseling, 37*(2), 152-163. DOI: <http://dx.doi.org/10.17744/mehc.37.2.1868134772854247>
  14. **Barden, S. M.**, Shannonhouse, L., & Mobley, K. (2015). International cultural immersion: Assessing the influence of a group intervention on intercultural sensitivity for counselor trainees. Special Issue: International Perspectives on Group Work. *Journal for Specialists in Group Work, 40*(1). DOI: [10.1080/01933922.2014.992505](https://doi.org/10.1080/01933922.2014.992505)  
**National Research Award: Association for Specialists in Group Work Best Group Research Article of the Year (2015)**
  13. **Barden, S. M.**, Mobley, K., & Shannonhouse, L. (2014). Cultural immersion in counselor education in the United States: A quasi experimental study. *Journal for International Counselor Education, 6*, 46-60. <http://digitalscholarship.unlv.edu/jice/vol6/iss1/3/>
  12. \*Hall, K., **Barden, S. M.**, & Conley, A. H. (2014). A relational cultural framework: Emphasizing relational dynamics and multicultural skill development. *The Professional Counselor, 4*, 71-83. DOI: [10.15241/kg.4.1.71](https://doi.org/10.15241/kg.4.1.71)
  11. Carlson, R., **Barden, S. M.**, Daire, A., & \*Schwartz, M. (2014). Examining parental alliance for low-income participants who attended relationship education with or without a partner. *Journal of Couple and Relationship Therapy, 13*(2), 153-170. DOI: [10.1080/15332691.2013.871615](https://doi.org/10.1080/15332691.2013.871615)
  10. \*Greene, J. H., **Barden, S. M.**, Richardson, E. D., & \*Hall, K. G. (2014). The influence of film and experiential pedagogy on multicultural counseling self-efficacy and multicultural counseling competence. *Journal of the Scholarship of Teaching and Learning, 14*(5), 62-78. DOI: [10.14434/josotlv14i5.12656](https://doi.org/10.14434/josotlv14i5.12656)

9. Shannonhouse, L., Myers, J. M, **Barden, S. M.**, & Clarke, P., \*Weimann, R., Forti, A., Moore-Painter, T., Knutson, T., & Porter, M. (2014). Finding your new normal: Outcomes of a wellness-oriented psychoeducational support group for cancer survivors. *Journal for Specialists in Group Work*, 39, 3-14. [DOI: 10.1080/01933922.2013.863257](https://doi.org/10.1080/01933922.2013.863257)
8. Daire, A., Carlson, R., **Barden, S. M.**, & \*Jacobson, L. (2014). An intimate partner violence (IPV) protocol readiness model. *The Family Journal*, 22(2), 170-178. [DOI: 10.1177/1066480713513708](https://doi.org/10.1177/1066480713513708)
7. \*Gonzalez, J., & **Barden, S. M.** (2014). Existential counseling as a vehicle to support Latina breast cancer survivors. *Counseling and Values*, 59, 49-64. [DOI: 10.1002/j.2161-007X.2014.00041.x](https://doi.org/10.1002/j.2161-007X.2014.00041.x)
6. Carlson, R., **Barden, S. M.**, Daire., A., & \*Greene, J. (2014). Effects of relationship education on relationship satisfaction for low-income married couples with children. *Journal of Counseling and Development*, 92(4), 418-427. [DOI: 10.1002/j.1556-6676.2014.00168.x](https://doi.org/10.1002/j.1556-6676.2014.00168.x)
5. **Barden, S. M.**, & Cashwell, C. (2014). International immersion in counselor education: A consensual qualitative research investigation. *Journal of Multicultural Counseling and Development*, 42, 42-60. [DOI: 10.1002/j.2161-1912.2014.00043.x](https://doi.org/10.1002/j.2161-1912.2014.00043.x)
4. \*Gutierrez., D., **Barden, S. M.**, & Tobey, M.H. (2014). Mejorando matrimonios: Relationship education as a vehicle to overcome barriers for Hispanic couples. *The Family Journal*, 22(2), 148-158. [DOI: 10.1177/1066480713513550](https://doi.org/10.1177/1066480713513550)
3. **Barden, S. M.**, & Cashwell, C. (2013). Critical factors in cultural immersion: A synthesis of relevant literature. *International Journal for the Advancement of Counselling*, 35 (4), 286-297. [DOI 10.1007/s10447-013-9183-y](https://doi.org/10.1007/s10447-013-9183-y)
2. West-Olatunji, C., Goodman, R. D., **Mehta, S.**, & Templeton, L. (2011). Creating cultural competence: An outreach immersion experience in southern Africa. *International Journal for the Advancement of Counselling*, 33, 335-346. [DOI 10.1007/s10447-011-9138-0](https://doi.org/10.1007/s10447-011-9138-0)
1. West-Olatunji, C., Sanders, T., **Mehta, S.**, & Behar-Horenstein, L. (2010). Parenting practices among low-income parents/guardians of academically successful fifth grade African American children. *Multicultural Perspectives*, 12(3), 138- 144. [DOI:10.1080/15210960.2010.504475](https://doi.org/10.1080/15210960.2010.504475)

*Manuscripts Submitted for Publication in Refereed Journals*

Wheeler, N.J., Daire, A., **Barden, S.M.**, & Carlson, R. (under review). Relationship distress as

a mediator of adverse childhood experiences and health: Implications for clinical practice and policy. *Family Process*.

## PAPERS PRESENTED AT REFEREED PROFESSIONAL CONFERENCES

\* *Denotes student collaboration on scholarly presentations*

<i>International/ National</i>
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34. **Barden, S.M.**, Dillman-Taylor, D., & Carlson, R. (2017, November). *Investigating the impact of relationship education for ethnically diverse couples*. Paper presented at National Council for Family Relations, Orlando, FL.
33. **Barden, S. M.**, Dillman Taylor, D., & Carlson, R. (2017, October). *Investigating the impact of relationship education for couples: A randomized controlled trial*. Paper presented at Association for Counselor Education and Supervision Conference, Chicago, IL.
32. Wood, A. W., **Barden, S. M.**, Terk, M., & Cesaretti, J. (2017, September). *Prostate cancer stigma's influence on quality of life and relationship satisfaction for survivors and their partners: A dyadic study*. Paper presented at the Association for Assessment and Research in Counseling Annual Conference, Tempe, AZ.
31. Crunk, E., **Barden, S.M.**, Gonzalez, J., Bai, H., Harris, S., Belser, C., & Oh, S. (2017, April). *A longitudinal investigation of multicultural competence in Counselor Education*. Paper presented at the American Education Research Association Conference, San Antonio, TX.
30. Saliba, Y., **Barden, S.M.**, Heard, N., & Mitchell, M. (2017, March). *The missing piece: Counselors and workplace wellness programs*. Paper presented at the American Counseling Association Conference, San Francisco, CA.
29. \*Gonzalez, J. & **Barden, S.M.** (2016, September). *Predictors of client outcome: Multicultural competence and the working alliance*. Paper presented at the American Association for Research and Counseling, Ft.Lauderdale, FL.
28. **Barden, S. M.** (2016, September). *Does relationship education influence parental alliance?* Paper presented at the American Association for Research and Counseling, Ft.Lauderdale, FL.
27. Ohrt, J. H., Gonzales, S., & **Barden, S. M.** (2016, April). *Adolescents' expectations of school counselors*. Paper presented at the American Counseling Association Conference, Montreal, CA.
26. **Barden, S. M.** (2015, April). *International immersion: Developing intercultural sensitivity*

- for counselors*. Paper presented at the American Educational Research Association, Chicago, IL.
25. Conley, A. H., **Barden, S. M.**, & Taylor, J. (2015, March). *Power-based personal violence (PBPV): A 20 year content analysis of ACA journals to inform practice*. Paper presented at the American Counseling Association Annual Conference, Orlando, FL.
  24. **Barden, S.M.** (2015, March). *Breast cancer and Latina couples: A consensual qualitative research design*. Paper presented at the American Counseling Association Annual Conference, Orlando, FL.
  23. \*Gutierrez, D., \*Gonzalez, J., & **Barden, S. M.** (2014, September). *Understanding the influence of breast cancer on Latina couples: A dyadic qualitative research design*. Paper presented at the Association for Assessment and Research in Counseling National Conference, Moline, IL.
  22. Carlson, R. G., **Barden, S. M.**, & Daire, A. P. (October, 2013). *Relationship education with low income, ethnically diverse couples: Challenges and Successes*. Paper presented at the Association for Counselor Education and Supervision, Denver, CO.
  21. Conley, A. H., Van Horn, S., & **Barden, S. M.** (October, 2013). *Helping students cope with crisis: Tips for school counselors and educators following school and community violence*. Paper presented at the Association for Counselor Education and Supervision, Denver, CO.
  20. \*Gonzalez, J., & **Barden, S. M.** (October, 2013). *Existential counseling as a vehicle to support Latina breast cancer survivors*. Paper presented at the Association for Counselor Education and Supervision, Denver, CO.
  19. \*Zeligman, M., & **Barden, S. M.** (October, 2013). *A narrative approach to supporting clients living with HIV*. Paper presented at the Association for Counselor Education and Supervision, Denver, CO.
  18. \*Limberg, D., Robinson, E. H., **Barden, S. M.**, & Hundley, G. H. (2013, March). *Cross cultural examination of counseling students altruism*. Paper presented at the American Counseling Association Annual Conference, Cincinnati, OH.
  17. \*Zeligman, M., **Barden, S. M.**, \*Prescod, D. J., & \*Gonzalez, J. (2013, March) *Are you there God? It's me, client: Using narrative therapy with clients with spiritual concerns*. Paper presented at the American Counseling Association Annual Conference, Cincinnati, OH.
  16. **Barden, S. M.**, Carlson, R., & Daire, A. (2012, November). *Establishing Domestic Violence Protocols for Couples Counseling in Military Settings*. Paper presented at the European Branch-American Counseling Association, Wiesloch, Germany.

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15. **Barden, S. M.,** \*Limberg, D., & \*Super, J. (2012, November). *Living life more fully: Infusing wellness and preventing burnout in our professional and personal lives.* Paper presented at the European Branch-American Counseling Association, Wiesloch, Germany.
  14. **Barden, S. M.,** & \*Greene, J. (2012, September). *Experiential activities in multicultural counseling as a vehicle for increasing competence and self-efficacy.* Paper presented at the Association for Assessment and Research in Counseling, Orlando, FL.
  13. Carlson, R., **Barden, S. M.,** & Daire, A. (2012, September). *Measuring outcomes in relationship interventions: Challenges and strategies for success.* Paper presented at the Association for Assessment and Research in Counseling, Orlando, FL.
  12. Daire, A., Carlson, R., & **Barden, S. M.** (2012, September). *Developing and sustaining a research institute in a university environment.* Presented at the Association for Assessment and Research in Counseling, Orlando, FL.
  11. **Mehta, S.** (2011, October). *International immersion: An exploratory study of critical factors, sustained impact and counselor development.* Paper presented at the European Branch-American Counseling Association, Bad Herrenalb, Germany.
  10. \*Limberg, D., \*Super, J., & **Mehta, S.** (2011, October). *Enhancing counseling skills through reflective practice.* Paper presented at the European Branch- American Counseling Association, Bad Herrenalb, Germany.
  9. **Mehta, S.** (2011, October). *International immersion: An exploratory study of critical factors, sustained impact and counselor development.* Paper presented at the Association for Counselor Education and Supervision, Nashville, TN.
  8. Mobley, K., **Mehta, S.,** Shannonhouse, L., & Reese, R. (2011, October). *Global perspectives: A comparative study of the impact of international immersion for counselor trainees.* Paper presented at the Association for Counselor Education and Supervision, Nashville, TN.
  7. Lewis, L., Likis-Werle., **Mehta, S.,** Shannonhouse, L., & Mobley, K. (2011, October). *Perspectives on international cultural immersion and service learning in counselor education.* Paper presented at the Association for Counselor Education and Supervision, Nashville, TN.
  6. **Mehta, S.** (2011, March). *International immersion: Critical factors to create short and long term transformational effects for counselor trainees.* Paper presented at the American Counseling Association, New Orleans, LA.
  5. **Mehta, S.,** & Graves, E. (2009, October). *Innovative interventions when working with survivors of trauma.* Paper presented at the Association for Counselor Education and Supervision, San Diego, CA.

4. Goodman, R. D., West-Olatunji, C. A., & **Mehta, S.** (2008, March). *Advocacy and outreach in Southern Africa: Using critical consciousness to engage in social justice*. Paper presented at the International Psychology Convention, Chicago, IL.
3. **Mehta, S.**, West-Olatunji, C. A., & Sanders, T. (2007, June). *Parenting practices among parents/guardians of academically successful children in high poverty communities*. Paper presented at the Association for Multicultural Counseling and Development and Association for Counselor Education and Supervision International Conference, Johannesburg, South Africa.
2. West- Olatunji, C. A., Sanders, T., & **Mehta, S.** (2007, May). *Parenting practices of academically successful children in high poverty communities*. Paper presented at the National Black Child Development Institute, Chicago, IL.
1. Torres, E.R., **Mehta, S.**, Peace, P., & Tate, K. (2007, March). *Advocating for social justice in the curriculum for counselor trainees*. Paper presented at the American Counseling Association, Detroit, MI.

<b>Regional</b>
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8. Conley, A. H., **Barden, S. M.**, & Young, M. E. (October, 2014). *The integration of biology and wellness: Missing in action in counselor education?* Paper presented at the Southern Association for Counselor Education and Supervision, Birmingham, AL.
7. Gutierrez, D., **Barden, S. M.**, \*Gonzalez, J., & \*Wood, A. (October, 2014). *Cancer related fatigue*. Paper presented at the Southern Association for Counselor Education and Supervision, Birmingham, AL.
6. \*Gonzalez, J., **Barden, S. M.**, & Gutierrez, D. (October, 2014). *Existential counseling as a vehicle to support Latina breast cancer survivors*. Paper presented at the Southern Association for Counselor Education and Supervision, Birmingham, AL.
5. **Barden, S. M.**, Shannonhouse, L., & Clarke, P. (2012, September). *The effectiveness of a wellness-oriented psycho-educational support group for cancer survivors*. Paper presented at the Southern Association for Counselor Education and Supervision, Savannah, GA.
4. **Barden, S. M.**, \*Greene, J., & Richardson, E. (2012, September). *Multicultural self-efficacy and competence: Innovative ideas for counseling professionals*. Paper presented at the Southern Association for Counselor Education and Supervision, Savannah, GA.
3. **Barden, S. M.**, Mobley, K., & Shannonhouse, L. (2012, September). *The impact of cultural immersion for counselor trainees' development: A comparative study*. Paper presented at the Southern Association for Counselor Education and Supervision, Savannah, GA.

2. **Mehta, S.**, & Graves, E. (2010, October). *Facilitating post traumatic growth for trauma survivors*. Paper presented at the Southern Association for Counselor Education and Supervision, Williamsburg, VA.
1. Goodman, R. D., West-Olatunji, C. A., & **Mehta, S.** (2008, October). *Responding to disasters: Training counselors for culturally competent outreach*. Paper presented at the Southern Association for Counselor Education and Supervision, Houston, TX.

<b><i>Invited Presentations</i></b>
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7. **Barden, S. M.**, & \*Wheeler, N. (2016). *Skills for working with couples*. Invited presentation at the University of Central Florida Counseling Conference.
6. **Barden, S. M.**, & \*Flasch, P. (2015). *Strategies for international immersion*. Invited presentation at the University of Central Florida Counseling Conference.
5. Conley, A., Walsh, A., Van Horn, S., & **Barden, S. M.** (2013). *Helping children cope with crisis: Tips for school counselors following school and community violence*. Invited presentation at the University of Central Florida Counseling Conference.
4. **Mehta, S.** & Clarke, P. (2010). *Listening Skills*. Invited workshop for Development Officers at the University of North Carolina at Greensboro.
3. **Mehta, S.**, & Hofmeier, S. (2010). *Social networking*. Invited presentation for PanHellenic Council at the University of North Carolina at Greensboro.
2. West-Olatunji, C. A., et al. (2008). *Culture-centered disaster counseling outreach in southern Africa*. Invited presentation for the Chi Sigma Iota Professional Development Day, Gainesville, Florida.
1. West-Olatunji, C. A., et al. (2006). *Engaged scholarship: Post-Katrina disaster response*. Invited presentation at the University of Florida, College of Education Lunch Presentation Series, Gainesville, Florida.

## TEACHING AND SUPERVISION EXPERIENCE

Please note: *Dr. Barden has consistently received scores of "Excellent" on her student teaching evaluations*

### GRADUATE COURSES

University of Central Florida

#### **MHS 5005- Introduction to Counseling**

Provides an overview of the counseling profession.

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*Fall 2015, Fall 2016*

**MHS 7611- Supervision in Counselor Education**

Doctoral seminar focused on examining the process and various theories, approaches, and models of supervision in counselor education.

*Summer 2015, Summer 2017*

**MHS 7311: Professional Issues in Counselor Education**

Doctoral seminar focused on provided an introduction to the basic skills, principles and techniques of successful grant writing.

*Summer 2013, Spring 2015*

**MHS 6440: Couples Counseling**

Provides an overview of theories, techniques and active demonstrations when working with couples.

*Summer 2013, Summer 2014*

**MHS 6430: Family Counseling I**

Provides a foundation of processes and family counseling theories.

*Fall 2012, Fall 2013*

**MHS 6500: Group Procedures and Theories of Counseling**

Provides an overview of theories group counseling, emphasizing processes and application of groups.

*Fall 2012, Spring 2013, Fall 2013, Spring 2014*

**MHS 6420: Foundations of Multicultural Counseling**

Reviews knowledge and research pertaining to multicultural counseling and social justice issues, develops skills and personal awareness, and examines attributes that affect counseling diverse populations.

*Spring 2012, Summer 2012*

**MHS 7901: Advanced Practicum in Counselor Education**

Provides doctoral students an opportunity to learn and demonstrate advanced counseling skills.

*Spring 2012, Spring 2013*

**MHS 6702: Ethical and Legal Issues in Counseling**

Provides an overview of the ethical and legal practices in the field of counseling with specific focus on the professional issues of practice.

*Fall 2011*

**MHS 6803: Practicum I and II**

Supervised application of counseling skills, theories and competencies with clients, emphasizing competence in individual, group and family counseling

*Fall 2011, Summer 2012, Fall 2012, Fall 2013, Spring 2014, Fall 2014, Fall 2015, Spring 2017*

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University of North Carolina at Greensboro

**CED 588: Global Perspectives in Counseling** (Co-instructor)

Studies of global issues in counseling through experiential learning on the social impact of environmental factors on individuals; focus on importance of cultural sensitivity in counseling.

*Summer 2011*

**CED 679: Advanced Counseling Practicum**

Supervised application of counseling skills, theories and multicultural competencies with clients in Departmental Clinic, provided intense/close supervision for counselors in training.

*Spring 2011, Spring 2010*

**CED 605: Counseling Diverse Populations** (Co-instructor)

Review of counseling issues relevant to race/ethnicity, gender, sexual orientation, and other diversity topics.

*Fall 2010*

**CED 610: Helping Relationships**

Instructed course on studies of fundamental principles of providing a helping relationship through counseling and interviewing are integrated in a conceptual framework for subsequent professional studies in helping professions.

*Fall 2010*

**CED 680: Counseling Internship**

Supervised clinical community counseling experiences for counselors in training, conducted site visits, formative and summative evaluations of clinical competencies.

*Fall 2010*

**CED 756: Advanced Counseling Theories and Practice**

Supervised doctoral students focused on one or more in-depth theoretical approaches when counseling diverse populations.

*Fall 2009*

**CED 612: Developmental Counseling**

Supervised counseling sessions and provided feedback to advanced Master's level students learning and implementing developmental theories and processes of diverse individuals, families, and groups.

*Spring 2009*

**CED 641: Counseling Children**

Supervised practicum groups focused on case conceptualization and intervention strategies for working with young children in school and community settings, with an emphasis on play therapy and behavioral interventions.

*Spring 2009*

**CED 687: Diagnosis and Treatment Planning in Counseling**

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Supervised practicum groups focused on skills needed to diagnose accurately and effectively and to develop a comprehensive treatment plans.

*Spring 2009*

**CED 648: Foundations of School Counseling**

Supervised practicum groups focused on the experiences of students in school settings, including their roles and functions of school counselors.

*Fall 2008*

**CED 605: Counseling Diverse Populations**

Supervised practicum groups focused on the experiences of students in service learning projects with diverse populations.

*Fall 2008*

**CED 642: Substance Abuse Counseling**

Supervised practicum groups focused on the experiences of students attending support groups for persons with addictions, focusing on counseling intervention strategies related to prevention, substance use, abuse and dependency.

*Fall 2008*

**CED 669: Career Development and Career Counseling**

Supervised practicum groups focused on the experiences of students counseling clients using traditional and contemporary career development theories.

*Fall 2008*

**UNDERGRADUATE COURSES**

University of North Carolina at Greensboro

**CED 210: Career and Life Planning**

Instructed course on studies of values, interests, abilities, and personality traits and roles they play in career decision-making.

*Fall 2009, Spring 2010*

**RELATED CLINICAL EXPERIENCE**

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**Family Therapist**

2010-2011

*Family Services of the Piedmont*

- Conducted clinical intake assessments and provided therapy for children, adolescents and adults
- Formulated evidenced-based treatment plans and collaborated on therapeutic goals with clients
- Participated in interdisciplinary team to assess client progress and treatment outcomes

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- Co-Facilitator of Cultural Immersion for Graduate Students** 2010-2011  
*University of North Carolina at Greensboro*
- Assisted in planning, development and trainings for international immersion trips to Costa Rica
  - Co-taught courses in Costa Rica, including facilitating reflection groups and service learning projects
  - Conducted research studies on implications of international immersions for counselors
- Guatemala Travel Study: Contemporary Counseling Issues** 2010  
*Winonna State University, Department of Counselor Education*
- Participated in 12-day international immersion experience with faculty and students from the United States
  - Engaged in dialogue with global helping professionals at local universities and counseling agencies
  - Facilitated group process reflections
- Bereavement Counselor** 2009-2010  
*Wesley Long Community Hospital, Greensboro, NC*  
*Regional Cancer Center, Pastoral Care*
- Provided grief counseling for individuals, families and groups coping with medical illness
  - Created and facilitated workshops/groups for cancer patients and caregivers
- Family Counselor/Case Manager** 2007-2008  
*CDS Family and Behavioral Services, Inc.*
- Conducted individual and family counseling to children and adolescents with ungovernable behavior, habitual truancy, runaway, and other school and home related issues
  - Provided agency, school and home- based services to families in need and children in need in Levy County
- South Africa/Botswana Clinical Outreach Experience** 2007  
*University of Florida, Department of Counselor Education*
- Participated in 23-day outreach trip with peer colleagues, professors and clinicians
  - Provided counseling services to community members infected and affected with HIV/AIDS in South Africa and Botswana
  - Engaged in global scholarship by presenting at international conference and roundtable discussions
- Gulf Coast Clinical Outreach Experience** 2006  
*University of Florida, Department of Counselor Education*
- Participated in outreach team comprised of faculty and students to address emotional effects of Hurricane Katrina's devastation
  - Provided counseling services to community members at a New Orleans Charter School

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**DOCTORAL DISSERTATIONS**

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**Chair/Co-Chair****CHAIR**

Saliba, Y. (2017-present). *Playfulness, depression, and subjective age: Influence on quality of life for aging adults*. (Counselor Education, University of Central Florida).

Wheeler, N. (2016-2017). *Exploring relationship quality as a dyadic mediator of adverse childhood experiences and health for economically disadvantaged couples*. (Counselor Education, University of Central Florida).

Wood, A. (2013-2015). *The influence of stigma on quality of life and relationship satisfaction for prostate cancer survivors and their partners*. (Counselor Education, University of Central Florida).

Gonzalez, J. (2013-2015). *Client outcome: An exploratory investigation of multicultural competencies and the working alliance*. (Counselor Education, University of Central Florida).

**CO-CHAIR**

Bierbrauer, S. (2016-2017). *Investigating the relationships between educator inspiration, burnout, and compassion*. Co-Chairs: **Dr. Sejal M. Barden** and Dr. Glenn W. Lambie.

Griffith, C. L. (2012-2014). *The impact of a group counseling intervention on lesbian, gay, bisexual, transgender and queer older adolescents' levels of hope, coping and suicidality*. (Counselor Education, University of Central Florida). Co-Chairs: **Dr. Sejal M. Barden** and Dr. Glenn W. Lambie.

Zeligman, M. (2012-2014). *Exploring the influence of stigma, level of trauma, and social support on the experience of posttraumatic growth in adults living with HIV*. (Counselor Education, University of Central Florida). Co-Chairs: **Dr. Sejal M. Barden** and Dr. Bryce Hagedorn.

**Committee Member**

Holladay, K. (2014-2016). *Cyber-bullying and sexual assault*. (Counselor Education, University of Central Florida). Chair: Dr. Bryce Hagedorn.

Ali, S. (2014-2016). *Intervention on LGBTQ+ young adults coping, social support and coming out growth*. (Counselor Education, University of Central Florida). Chair: Dr. Glenn Lambie.

- Bloom, Z. (2014-2016). *The influence of online dating on emerging adults levels of empathy, objectification of others and quality of romantic relationships*. (Counselor Education, University of Central Florida). Co-chairs: Dr. Glenn Lambie and Dr. Dalena Taylor.
- Hall, K. (2012-2014). *Getting to the source: Understanding the mental health messages of us army ROTC students*. (Counselor Education, University of Central Florida). Co-chairs: Dr. Kent Butler and Dr. Bryce Hagedorn.
- Sherrell, R. (2012-2014). *The contribution of college students' attachment styles and social media practices on their relationship development*. (Counselor Education, University of Central Florida). Chair: Dr. Glenn Lambie.
- Limberg, D. (2012-2013). *School counselors: An analysis of burnout, altruism and wellness*. (Counselor Education, University of Central Florida). Co-Chairs: Dr. Mike Robinson and Dr. Glenn Lambie.
- Myers, H. (2011-present). *Encouraging positive adaptation for new parents: Incorporating fifty years of transitioning data into counseling practice*. (Counselor Education, University of Central Florida). Chair: Dr. Mike Robinson.

## STUDENT-MENTEE RECIPEINT OF AWARDS

Naomi Wheeler <i>Association for Counselor Educators and Supervisors Dissertation Award</i>	2017
Naomi Wheeler <i>American Counseling Association Glen E. Hubele National Graduate Student Award</i>	2017
Naomi Wheeler <i>Association for Assessment and Research in Counseling, Exemplary Practice: Doctoral Student</i>	2016
Naomi Wheeler <i>University of Central Florida, 1<sup>st</sup> Place Award at Graduate Research Forum</i>	2016
Jessica Gonzalez <i>Association for Multicultural Counseling Graduate Student Award</i>	2015
Daniel Gutierrez <i>Graduate Grant Research Assistance Student Project Award (G<sup>2</sup>RASP)</i>	2013
Jessica Gonzalez <i>Graduate Grant Research Assistance Student Project Award (G<sup>2</sup>RASP)</i>	2013
Krystal Christopher <i>UCF Summer Research Fellowship Recipient</i>	2012

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## PROFESSIONAL SERVICE AND GOVERNANCE

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<i>University Service</i>
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### **University of Central Florida**

#### ***College of Education and Human Performance***

- Faculty Senate At Large- Representative, Alternate (2017-2019)
- Research Committee, Alternate ( 2015-present)
- Associate Dean for Research Search Committee (2015-2016)
- Teaching Incentive Portfolio Selection Committee (2014-2015)
- Teaching Incentive Portfolio Criterion Committee (2013-present)
- Honors in the Major Committee (2014-present)
- Instructor and Lecturer Promotion Committee (2014-present)
- Research Committee (2012—present)
- Undergraduate Standards and Curriculum Committee Member (2012—2013)
- Research Incentive Award Committee (2016-2017; 2012-2013)

#### ***Department of Child, Family and Community Sciences***

- CFCS Faculty Member (2013—present)
- Counselor Education & School Psychology Program (2013—present)
- Academic Advisor for students in the Marriage, Couples and Family Therapy Degree Program (2013—present)
- Track Coordinator for Marriage, Couples and Family Therapy Degree Program (2014-present)
- Institutional Effectiveness Coordinator for Marriage, Couples and Family Therapy Degree Program (2014-present)
- Chair of Faculty Search Committee for Assistant Professor in Counselor Education—Marriage, Couples, and Family Therapy (2014-2015)
- Member of Faculty Search Committee for Assistant Professor in Counselor Education—School Counseling (2014-2015)
- Tele-presence Committee (2014-present)
- Human Service Minor Committee (2014-present)
- On-Site Team Member for Council for Accreditation of Counseling and Related Educational Programs (2013-present)
- Coordinator of Clinical Experiences: Counselor Education Program (2013-2014)

#### ***Department of Education & Human Sciences***

- EHS Faculty Member (2011—2013)
- Counselor Education & School Psychology Program (2011—2013)
- Coordinator of Clinical Experiences: Counselor Education Program (2012—2013)
- Academic Advisor for students in the Marriage and Family Track (2011—2013)

- Council for Accreditation of Counseling and Related Educational Programs Self Study Team (2012-2103)
- New Faculty Search Committee (2013)

<b><i>Professional Service</i></b>
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**National**

<b>Appointed Member, Research and Sustainability Committee</b> <i>American Counseling Association</i>	2016-present
<b>Editorial Board Member</b> <i>Journal for Multicultural Counseling and Development</i>	2014—present
<b>Appointed Member, International Counseling Committee</b> <i>American Counseling Association</i>	2014—present
<b>Faculty Mentor</b> American Counseling Association	2013-present
<b>Ad Hoc Editorial Reviewer</b> <i>Journal for Specialists in Group Work</i>	2012—present
<b>Appointed Member, International Counseling Interest Network</b> <i>American Counseling Association</i>	2012—2015
<b>Graduate Student Faculty Liaison, Executive Committee</b> <i>Association for Counselor Education and Supervision</i>	2011-2012
<b>Community Engagement Committee, Member</b> <i>Chi Sigma Iota International</i>	2010-2013
<b>Graduate Student Representative, Executive Committee</b> <i>Association for Counselor Education and Supervision</i>	2010-2011

**Regional**

<b>Secretary</b> <i>Southern Association for Counselor Education and Supervision</i>	2013- 2015
<b>Research Grant Reviewer</b> <i>Southern Association for Counselor Education and Supervision</i>	2013
<b>Co- Chair, Strategic Planning Committee</b> <i>Southern Association for Counselor Education and Supervision</i>	2012—present

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**Co-Chair, Graduate Student Representative** 2009-2010  
*Southern Association for Counselor Education and Supervision*

*State/Local*

**Member, East Central Florida Cancer Collaborative** 2013-present

**Service Learning Advisory Board** 2009-2011  
*Office of Leadership and Service Learning*  
*University of North Carolina at Greensboro*

**Committee Chair, Advocacy and Service** 2009-2011  
*Chi Sigma Iota Honors Society: Upsilon Nu Chapter*  
*University of North Carolina at Greensboro*

**PROFESSIONAL DEVELOPMENT**

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*National/International*

Dyadic Data Analysis Training 2017

National Institute of Health Regional Seminar Attendee 2013

National Cancer Institute Selected Attendee 2013  
 Summer Program in Cancer Prevention and Cancer Control

*University of Central Florida*

Faculty Center for Teaching and Learning: Summer Faculty Development Conference 2015

Faculty Center for Teaching and Learning: Improving Student Learning by Design Series 2015

Scholarship of Teaching and Learning Retreat: Faculty Center for Teaching and Learning 2013

Faculty Center for Teaching and Learning: Summer Faculty Development Conference 2013

Instructional Design Learning Semester Long Course Development (IDL 6543) 2013

National Institute of Health Faculty Mentoring Group 2012-2013

Faculty Center for Teaching and Learning: Manuscript Development Workshops 2012

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Preventive Relationship Education Program (PREP), Trainer	2012
Faculty Center for Teaching and Learning: Summer Faculty Development Conference	2012
Faculty Center for Teaching and Learning: Winter Faculty Development Conference	2011
Faculty Center for Teaching and Learning: New Faculty Workshops	2011-2012

## **PROFESSIONAL MEMBERSHIPS**

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American Association for Marriage and Family Therapy	2015-present
American Educational Research Association	2014-present
Chi Sigma Iota Honors Society	2009—present
Association for Counselor Educators and Supervisors	2009—present
Southern Association for Counselor Educators and Supervisors	2008—present
Association for Multicultural Counseling and Development	2007—present
American Counseling Association	2006—present