



Murray State University, Murray, KY August 2010 – June 2014  
 Department of Educational Studies, Leadership, and Counseling  
Clinical Mental Health Counseling Program Coordinator, Assistant Professor

- Responded to inquiries regarding the clinical mental health counseling program
- Taught a 3/3 course load of graduate-level counselor education courses
- Advised counselor education master students
- Supervised student interns and practicum students
- Participated in university related service commitments

University of Central Florida, Orlando, FL July 2007 – May 2009  
 Department of Educational Research, Technology, and Leadership  
Research Assistant

- Conducted literature reviews for various statistical procedures
- Assisted in the editing process of manuscripts and book chapters
- Spearheaded effort to research, obtain approval, and develop an assessment that measured counselor perspectives regarding the impact of sex offender resistance in the counseling process

University of Central Florida, Orlando, FL August 2007 – July 2008  
 Department of Child, Family, and Community Sciences  
Instructor/Doctoral Teaching Intern

- Prepared curricula and developed lesson plans for foundational counseling courses
- Taught and co-taught various graduate level counseling courses
- Supervised master's level practicum students

University of Central Florida, Orlando, FL June 2001 – December 2003  
 Department of Child, Family, and Community Sciences  
Graduate Assistant

- Provided valuable information in a timely manner to prospective students interested in Counselor Education
- Streamlined the application process for prospective counseling-students
- Helped plan and organize applicant interviews and other admission related functions
- Worked as a liaison for the new applicants within the Counselor Education graduate program

## **SCHOLARLY PRODUCTIVITY**

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\* *Denotes student collaboration on scholarly projects*

### **Publications in Refereed Journals**

9. **Patel, S. H., & Choate, L. H.** (2014). Conducting child custody evaluations: Best practices for professional counselors who are court-appointed as child custody evaluators. *Journal of Mental Health Counseling, 36*, 18-30. (30% acceptance rate per Cabell's Directories, 2013)

8. Burt, I., **Patel S. H.**, Butler, S. K., & Gonzalez, T. (2013). Integrating leadership skills into anger management groups to reduce aggressive behaviors: The LIT Model. *Journal of Mental Health Counseling*, 35, 124-141. (30% acceptance rate per Cabell's Directories, 2013)
7. **Patel, S. H.**, Hagedorn, W. B., & Bai, H. (2013). An investigation of counselor educators' attitudes towards evidence-based practices. *Counselor Education and Supervision*, 52, 96-108. (11-15% acceptance rate per Cabell's Directories, 2012)
6. Shillingford-Butler, M. A., **Patel, S. H.**, & Ngazimbi, E. E. (2012). The role of the professional school counselor in reducing teacher anxiety. In G. R. Walz, J. C. Bleuer, & R. K. Yep (Eds.), *Ideas and research you can use: VISTAS 2012* (pp. 1-10). Retrieved from [http://www.counseling.org/resources/library/vistas/vistas12/Article\\_58.pdf](http://www.counseling.org/resources/library/vistas/vistas12/Article_58.pdf) (64% acceptance rate per Counseling Outfitters, 2012)
5. Burt, I., **Patel, S. H.**, & Lewis, S. V. (2012). Anger management leadership groups: A creative intervention for increasing relational and social competencies with aggressive youth. *Journal of Creativity in Mental Health*, 7, 249-261. (30% acceptance rate per editor, 2012)
4. Burt, I., Lewis, S. V., Beverly, M. G., & **Patel, S. H.** (2010). Does high educational attainment limit the availability of romantic partners? *The Family Journal: Counseling and Therapy for Couples and Family*, 18(4), 448-454.
3. Burt, I., Lewis, S. V., & **Patel, S. H.** (2010). Increasing accountability in school-led anger management groups: A push for equity. *VISTAS*. Retrieved from [http://counselingoutfitters.com/vistas/vistas10/Article\\_56.pdf](http://counselingoutfitters.com/vistas/vistas10/Article_56.pdf)
2. **Patel, S. H.**, Lambie, G. W., & Glover, M. M. (2008). Motivational counseling: Implications for counseling male juvenile sex offenders. *Journal of Addictions & Offender Counseling*, 28(2), 86-100.
1. **Patel, S. H.**, & Jones, K. D. (2008). Assessment of family custody issues using mental health evaluations: Implications for mental health counselors. *Journal of Mental Health Counseling*, 30(3), 189-199.

#### **Articles Submitted for Publication in Refereed Journals**

3. Shillingford-Butler, M. A., Ngazimbi, E. E., & **Patel, S. H.** (In review). The role of mentorship for counselor educators of color. *Journal of Counseling & Development*.
2. Wu, E., & **Patel, S. H.** (In review). Blended learning strategies in teaching mixed research methods: A case in Hong Kong. *The Journal of Educational Enquiry*.

1. \*Martin, C., Dunham, M., **Patel, S. H.**, & Contreras-Bloomdahl, S. (In review). Anchoring ADHD symptoms to mental age. *Psychology in the Schools*.

### **Manuscripts in Preparation to be submitted for Publication in Refereed Journals**

2. \*Sanford, L. R., & **Patel, S. H.**, & Pender, R. (In preparation). Utilizing Gestalt process within populations of the People(s).
1. Ieva, K., Lambie, G. W., & **Patel, S. H.** (In preparation). The contribution of professional school counselors' levels of social-cognitive development to ethical and legal knowledge and locus of control.

### **Book Chapter in Preparation**

- Pender, R. L., **Patel, S. H.**, & Portrie-Bethke, T. (In preparation). Introduction to strategic family therapy and Milan communications. *Introduction to marriage, couples, and family counseling: Applied practices*. Sage.

### **Articles Published in Non-Refereed Publications/Newsletters**

- Patel, S. H.** (2008, December). To attend or not to attend. *Counselor Ed Chronicles*, 1(3), 6.

### **Grant Writing**

5. Bakes, A., & **Patel, S. H.** (\$2,980 Funded). *Assessing counseling conceptualization and micro-counseling skill training using Scripted Skill Development*. Committee on Institutional Studies and Research, Murray State University, 2015.
4. Pleban, F. T., & **Patel, S. H.** (\$2,662 Funded). *Assessing health behaviors of international college students – A cross-sectional design*. Committee on Institutional Studies and Research, Regional Impact Grant, Murray State University, 2014.
3. **Patel, S. H.** (\$625 Funded). *Utilizing the Outcome Questionnaire to assess client functioning during counseling students' clinical work*. College of Education Faculty Incentive Grant, Murray State University, 2013.
2. Burt, I., **Patel, S. H.**, Lewis, S. V., Johnson, J., & Butler, S. K. (\$400 Funded). *Group leadership training for angry adolescents*. Association for Specialists in Group Work Research Grant, University of Central Florida, 2010.
1. **Patel, S. H.** *Pathway to the future: Home Depot building healthy communities grant*. (\$2500). A Registered 501(c)(3) nonprofit organization grant, Intervention Services, Inc., 2009.

**National and International Refereed Presentations**

30. **Patel, S. H.**, Bakes, A., & \*Mitchell, J. (2016, April). *Scripted Skill Development: An innovative approach to teach case conceptualization*. Program presented at the national conference of the American Counseling Association, Montreal, QC, Canada.
29. Bourke, B., & **Patel, S. H.** (2016, March). *Supporting students engaged in social activism*. Program presented at the national conference of the National Association of Student Personnel Administrators, Indianapolis, IN.
28. **Patel, S. H.**, Pleban, F. T., \*Davies, E. L., & Pender, R. (2015, October). *Measuring the effect of health and wellness of international college students on academic success*. Program presented at the national conference of the Association for Counselor Education and Supervision, Philadelphia, PA.
27. Wu, E. H., & **Patel, S. H.** (2015, May). *Blended learning strategies in teaching mixed method research to student teachers*. Paper presented at the national conference of Understanding Interventions on Translating Research & Impacting Practice, San Diego, CA.
26. **Patel, S. H.**, Bakes, A., Contreras-Bloomdahl, S. (2013, October). *Assessing counseling-students' counseling skills: An experiential approach*. Program presented at the national conference of the Association for Counselor Education and Supervision, Denver, CO.
25. Bakes, A., **Patel, S. H.**, & Pender, R. (2013, October). *Strategies for teaching effective conceptualization skills*. Program presented at the national conference of the Association for Counselor Education and Supervision, Denver, CO.
24. Shillingford-Butler, M. A., Ngazimbi, E. E., **Patel, S. H.**, & Brooks, M. (2013, October). *Wellness through a diversified lens*. Program presented at the national conference of the Association for Counselor Education and Supervision, Denver, CO.
23. Ieva, K., Kendrick, E. L., & **Patel, S. H.** (2013, March). *Group leaders: How do they develop session by session?* Program presented at the national conference of the American Counseling Association, Cincinnati, OH.
22. **Patel, S. H.**, & Bakes, A. (2012, September). *Evaluating counseling-students' counseling skills: An experiential approach*. Program presented at the national conference of the Association for Assessment in Counseling and Education, Orlando, FL.
21. **Patel, S. H.**, Burt, I., & Contreras-Bloomdahl, S. (2012, March). *Counselor educators' attitudes towards evidence-based practices*. Program presented at the national conference of the American Counseling Association, San Francisco, CA.

20. Contreras-Bloomdahl, S., & **Patel, S. H.** (2012, March). *Student leadership in a residential college: From dysfunction to effective collaboration*. Program presented at the national conference of the American Counseling Association, San Francisco, CA.
19. **Patel, S. H.**, & Ngazimbi, E. E. (2011, October). *An investigation of counselor educators' attitudes towards evidence-based practices*. Program presented at the national conference of the Association for Counselor Education and Supervision, Nashville, TN.
18. Burt, I., **Patel S. H.**, Gonzalez, T., & Young, T. L. (2011, March). *Redefining anger management with underserved populations: A leadership-driven anger management group with Latino youth*. Program presented at the national conference of the American Counseling Association, New Orleans, LA.
17. **Patel, S. H.**, & Ohrt, J. H. (2011, March). *Motivational interviewing principles: Are they viewed by counselor educators as being important to the therapeutic alliance?* Program presented at the national conference of the American Counseling Association, New Orleans, LA.
16. Ngazimbi, E. E., Daire, A. P., & **Patel, S. H.** (2010, March). *Exploring the relationship between marital expectations and marital satisfaction for African Immigrants and U.S.-born couples*. Program presented at the national conference of the American Counseling Association, Pittsburgh, PA.
15. Hagedorn, W. B., & **Patel, S. H.** (2010, March). *When talking won't work: Implementing experiential activities with resistant and addicted clients*. Program presented at the national conference of the American Counseling Association, Pittsburgh, PA.
14. **Patel, S. H.**, Ngazimbi, E. E., Shillingford, M. A., & Edwards, N. N. (2009, October). *Motivational interviewing in counselor education*. Program presented at the national conference of the Association for Counselor Education and Supervision, San Diego, CA.
13. Ngazimbi, E. E., & **Patel, S. H.** (2009, October). *Using experiential activities to teach multicultural competencies and social justice*. Program presented at the national conference of the Association for Counselor Education and Supervision, San Diego, CA.
12. Swank, J., Robinson, E. H., **Patel, S. H.**, & Shillingford, M. A. (2009, March). *The relationship between learning styles and confidence level in using play therapy techniques in counseling: A classroom experience*. Program presented at the national conference of the American Counseling Association, Charlotte, NC.
11. Edwards, N. N., Daire, A. P., Ngazimbi, E. E., & **Patel, S. H.** (2009, March). *African-American marriage: Status, quality and clarification*. Program presented at the national conference of the American Counseling Association, Charlotte, NC.

10. **Patel, S. H.**, Shillingford, M. A., & Ngazimbi, E. E. (2009, February). *Reducing teacher anxiety to close the achievement gap*. Program presented at the national conference of the Holmes Partnership, Jacksonville, FL.
9. **Patel, S. H.** (2008, November). *Motivational counseling: Implications for improving treatment outcomes for male juvenile sex offenders*. Program presented at the international conference of the European Branch of the American Counseling Association, Wiesbaden-Niedernhausen, Germany.
8. Hagedorn, W. B., **Patel, S. H.**, & Young, T. (2008, November). *When talking won't work: Implementing experiential activities with addicted clients*. Program presented at the international conference of the European Branch of the American Counseling Association, Wiesbaden-Niedernhausen, Germany.
7. Hagedorn, W. B., Cooper, J., Temme, M., Hughes-Brand, N. S., Brand, C. E., Hirshhorn, M., & **Patel, S. H.** (2008, March). *When talking won't work: Implementing experiential activities with addicted clients*. Program presented at the national conference of the American Counseling Association, Honolulu, HI.
6. Edwards, N. N., **Patel, S. H.**, & Young, T. L. (2008, March). *Using person centered therapy to treat women with a history of childhood sexual abuse*. Program presented at the national conference of the American Counseling Association Conference, Honolulu, HI.
5. Ngazimbi, E. E., Shillingford, M. A., & **Patel, S. H.**, (2008, March). *Using narrative therapy with clients diagnosed with bipolar disorder*. Program presented at the national conference of the American Counseling Association, Honolulu, HI.
4. Edwards, N. N., Ngazimbi, E. E., **Patel, S. H.**, & Shillingford, M. A. (2008, February). *Collaboration between teachers and counselors in reducing teacher anxiety and burnout*. Program presented at the national conference of the American Association of Colleges for Teacher Education, New Orleans, LA.
3. Blackman, O., Crawford, F., Edwards, N. N., Riley, K., **Patel, S. H.**, & Shillingford, M. A. (2008, February). *Is teacher professional development being over-used in the attempts to bring about large scale reform*. Program presented at the national conference of the Holmes Partnership, Orlando, FL.
2. Glover, M. M., **Patel, S. H.**, & Ngazimbi, E. E. (2007, October). *Factors promoting success in Ph.D. degree programs in counselor education*. Program presented at the national conference of the Association for Counselor Education and Supervision, Columbus, OH.
1. Walter, S. M., **Patel, S. H.**, Ngazimbi, E. E., Shillingford, M. A., & Glover, M. M. (2007, October). *Reflections of a first year doctoral cohort*. Program presented at the national conference of the Association for Counselor Education and Supervision, Columbus, OH.

### **Regional Refereed Presentations**

6. Shillingford-Butler, M. A., & **Patel, S. H.** (2014, October). *Redefining professional support for faculty of color*. Program presented at the biannual conference of the Southern Association for Counselor Education and Supervision, Birmingham, AL.
5. **Patel, S. H.**, Pleban, F. T., & \*Davies, E. L., (2014, October). *Assessing health behaviors of international college students*. Program presented at the biannual conference of the Southern Association for Counselor Education and Supervision, Birmingham, AL.
4. Ngazimbi, E. E., **Patel, S. H.**, & Shillingford, M. A. (2010, October). *Imparting wellness skills to counselors-in-training: A precursor to help reduce teacher anxiety*. Program presented at the biannual conference of the Southern Association for Counselor Education and Supervision, Williamsburg, VA.
3. **Patel, S. H.**, Shillingford, M. A., & Ngazimbi, E. E. (2008, October). *Motivational interviewing: Implications for counseling male juvenile sex offenders*. Program presented at the biannual conference of the Southern Association for Counselor Education and Supervision, Houston, TX.
2. Shillingford, M. A., **Patel, S. H.**, Ngazimbi, E. E., & Edwards, N. N. (2008, October). *Parallel process: Initial practicum supervision experience of doctoral students*. Program presented at the biannual conference of the Southern Association for Counselor Education and Supervision, Houston, TX.
1. Ngazimbi, E. E., Shillingford, M. A., **Patel, S. H.**, & Edwards, N. N. (2008, October). *Multi-modal approach to supervision*. Program presented at the biannual conference of the Southern Association for Counselor Education and Supervision, Houston, TX.

### **State and Local Refereed Presentations**

13. Pleban, F. T., & **Patel, S. H.** (2016, April). *Measuring health and wellness of international college students: Initial construction of a multicultural, cross-sectional instrument*. Program presented at Tennessee State University Research Symposium, Nashville, TN.
12. \*Davies, E. L., **Patel, S. H.**, & Pleban, F. T., (2014, November). *Holistic wellness of international college students: Qualitative findings*. Program presented at the Murray State University's annual International Education Week, Murray, KY.
11. \*Riggs, N., \*Crick, S., & **Patel, S. H.** (2014, November). *Counseling the culturally diverse: Arab-Americans*. Program presented at the state conference of the Kentucky Counseling Association, Louisville, KY.
10. \*Young, J., & **Patel, S. H.**, & Douglas, K. (2014, November). *LGBT culture in adolescents*. Program presented at the state conference of the Kentucky Counseling Association, Louisville, KY.



9. \*Coleman, S. M., & **Patel, S. H.** (2011, October). *Motivational interviewing and readiness to change*. Program presented at the state conference of the Kentucky Counseling Association, Louisville, KY.
8. Bakes, A. S., **Patel, S. H.**, Contreras-Bloomdahl, S., & Gitonga, S. K. (2010, October ). *Developing your own theoretical framework*. Program presented at the state conference of the Kentucky Counseling Association, Louisville, KY.
7. Burt, I., **Patel, S. H.**, Lewis, S. V., & Johnson, J. (2010, March). *Increasing accountability in school-led anger management groups: A push for equity*. Program presented at the University of Central Florida Graduate Research Forum, Orlando, FL.
6. Burt, I., **Patel, S. H.**, Lewis, S. V., & Johnson, J. (2010, February). *Increasing accountability in school-led anger management groups*. Program presented at the University of Central Florida's Annual Counseling Conference, Orlando, FL.
5. Burt, I., Lewis, S. V., & **Patel, S. H.** (2010, February). *Does high educational attainment increase romantic hardships*. Program presented at the University of Central Florida's Annual Counseling Conference, Orlando, FL.
4. Hagedorn, W. B., Hughes-Brand, N. S., Brand, C. E., Hirshhorn, M., **Patel, S. H.**, & Young, T. L. (2008, November). *When talking won't work: Implementing experiential activities with addicted clients*. Program presented at the state conference of the Florida Counseling Association, Daytona Beach, FL.
3. Shillingford, M. A., **Patel, S. H.**, & Ngazimbi, E. E. (2007, November). *A cognitive behavioral systems approach with ADHD children*. Program presented at the state conference of the Florida Counseling Association, Daytona Beach, FL.
2. Ngazimbi, E. E., Shillingford, M. A., & **Patel, S. H.** (2007, November). *Using narrative therapy with clients diagnosed with bipolar disorder*. Program presented at the state conference of the Florida Counseling Association, Daytona Beach, FL.
1. Shillingford, M. A., Ngazimibi, E. E., & **Patel, S. H.** (2007, January). *Retaining minority students in Ph.D. programs*. Program presented at the state conference of the Florida Holmes Partnership, Orlando, FL.

## **TEACHING EXPERIENCE**

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### **Courses Taught at Murray State University**

#### **CNS 798: Specialty Study**

This course is designed to enable the student, with the supervision of his/her graduate committee, to select a problem directly related to the student's area of concentration, survey the research literature, collect research data and write the research paper.

*Spring 2012*

#### **CNS 795: Internship II**

A continuation of CNS 794, culminating in a minimum of 600 contact hours at the internship setting for the total internship experience and will include the capstone oral defense.

*Fall 2015, 2013, & 2012; Spring 2016, 2015, & 2014*

#### **CNS 794: Internship I**

Designed to provide a minimum of 300 hours of intensive counseling experience conducted in a setting as similar as possible to that in which the intern subsequently intends to seek employment. Weekly supervision requirements will be provided by faculty and on-site professionals, and interns are expected to apply the knowledge and skills previously acquired in their program.

*Fall 2015, 2013 & 2012; Spring 2016, 2015 & 2014*

#### **CNS 790: Practicum**

Closely supervised practice in an appropriate professional setting. See program handbook for criteria for site selection and supervision requirements. Arrangements for the practicum must be made a semester in advance. Also, the student must be admitted to the program. Students must successfully complete CNS 790 with a grade of A or B before being allowed to continue in their program.

*Fall 2013, 2011, & 2010; Spring 2016, 2013, 2012, & 2011*

#### **CNS 734: Marriage and Family Counseling**

A graduate course that provides counselors and other human service workers with an overview of the processes and theories involved with counseling couples and families. The focus of this course is to prepare students to think systemically and to learn about family concepts, dynamics, theories and techniques. This will be accomplished through assigned readings, seminar discussions, small group work, role plays, lectures, case presentations, audiovisual materials, guest speakers, and student assignments.

*Spring 2012*

#### **CNS 694: Advanced Counseling and Supervision**

An advanced study in individual counseling procedures and technique/applications.

*Fall 2015, 2014, 2013, 2012, & 2011; Spring 2016, 2015, 2014, & 2013*

**CNS 684: Problems**

This course is designed for advanced students who want to work on special problems in the student's program of study according to individual needs. Staff supervision should be arranged prior to enrollment. Approval of instructor is required.

*Summer 2011*

**CNS 671: Multicultural Counseling**

The purpose of this course is to focus on the role that cultural environment plays in the lives of people and the implications of that role for the helping professions and the helping process. There will be an overview of the different micro-cultures to which individuals belong and the implications for the delivery of counseling services. It is expected that the counseling student will learn how to use the concept of pluralism in the provision of counseling services to multicultural individuals and populations.

*Spring 2016, 2015, 2013, 2012, 2011, & 2010; Summer 2015, 2014, 2013, 2012, & 2011*

**CNS 635: Human Development**

A detailed study of the life-span development of the individual in terms of human growth and development, foundations and dynamics of human behavior, and personality, and learning theories and their application.

*Fall 2014; Spring 2014 & 2011; Summer 2015, 2014, 2013, & 2012*

**CNS 624: Theories of Counseling**

Critical analysis and evaluation of leading theories of counseling and their implications for practice.

*Fall 2014, 2013, 2012, 2011, & 2010*

**GUI 100: Self Development & Career Exploration**

A study of decision-making as it relates to the student's life experiences. In-class activities teach the concepts of decision-making, time management, career planning, assertiveness and communication skills.

*Fall 2015*

**Courses Taught at University of Central Florida****MHS 6803: Practicum in Counselor Education**

Supervised counseling emphasizing competence in individual counseling, working with groups, tests in educational-career-personal counseling.

*Fall 2007; Spring 2008*

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

This course is designed to give the student an understanding of the role of theories within group counseling as well as the many process applications of groups.

*Spring 2008*

**MHS 6450: Addictions Counseling**

This course is an entry-level graduate course that provides counselors and other human service workers with an overview of the addictive process. Theories of addiction counseling and application of these theories will comprise a significant part of this course, particularly with how they apply to work with individuals, couples, families, and groups. Co-occurring disorders, such as process addictions and mental illnesses will also be addressed. Students will develop conceptual knowledge, practical skills, and self-awareness concerning the etiology of addiction, assessment strategies (including the use of wraparound assessment and intervention services), wellness strategies for facilitating optimal development and preventing clinician burn-out, and diagnosis and treatment planning. This will be accomplished through assigned readings, seminar discussions, videotapes, lectures, case presentations, guest speakers, and student assignments.

*Summer 2008*

**MHS 6421: Foundations of Play Therapy and Play Process**

Theories and application of the principles of play in the counseling process with children.

*Summer 2008*

**MHS 6401: Techniques of Counseling**

The nature of counseling and its relationships to theoretical concepts.

*Fall 2007*

**Invited Guest Lecturer****Murray State University**

*Spring 2016*

CNS 635      Human Development  
*Theories across the Lifespan*

**College of William and Mary**

*Summer 2011*

EDUC F09      Human Growth and Development: A Life-Span Perspective  
*Counseling Male Juvenile Sex Offenders*

**University of Central Florida**

*Summer 2009*

MHS 6450      Addictions Counseling  
*Drug Classification Addiction: The Family Disease*

MHS 6421      Foundations of Play Therapy  
*Developmental Aspects of Play Therapy Psychodrama and Sociodrama*

*Spring 2009*

MHS 6450 Addictions Counseling  
*The Intervention/Confrontation Model*

*Summer 2008*

MHS 6401 Techniques of Counseling  
*Assessment and the Initial Interview*

*Fall 2007*

MHS 6401 Techniques of Counseling  
*Motivational Interviewing*

*Summer 2007*

MHS 6465 Counseling Victims and Perpetrators of Family Violence  
*Counseling Male Juvenile Sex Offenders*

**Invited Guest Speaker**

**Patel, S. H.** (2016, April). *Self-exploration: Who am I & how do I connect with others*. Invited speaker by the Muslim Student Organization, Murray State University.

**Patel, S. H.** (2016, March). *The cycle of socialization*. Invited speaker for the 2016 Diversity Lecture Series presented by The Ashland Oil, Inc., Endowed Professorship, Murray State University

**Patel, S. H., & Marrett, C.** (2010, April). *Persevering in the doctorate: Suggestions for first, second, and third year doctoral students*. Invited panel speaker for the Holmes Scholar Program, University of Central Florida.

**PROFESSIONAL SERVICE**

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**Workshops and Consultations**

Patterson, L., Xu, Y., **Patel, S. H.**, & Douglas, K. (2015). Supporting strategies for building numeracy in grades K-3. Conduct internal evaluations and interviews as part of the grant funded by Kentucky Department of Education.

Contreras-Bloomdahl, S., Pender, R., & **Patel, S. H.** (2014). Effective counseling strategies for adolescents. Two-day workshop (10 hours total) presented at the West Kentucky Educational Cooperative, Eddyville, KY.

Bakes, A., & **Patel, S. H.** (2012). Navigating resistance with angry students. Two-day workshop (14 hours total) presented at Hopkins County School District, Madisonville, KY.

Bakes, A., **Patel, S. H.**, Bloomdahl, S. C., & Gitonga, S. K. (2010). *Practical applications of counseling theories*. One-day workshop (3 hours total) presented at the Western Kentucky Counseling Association Fall Meeting, Murray, KY.

### **Master Thesis Committee Chair**

Sloan, M. (2013). *Bridging the gap between economics and counseling*. Murray State University.

### **Master Thesis Committee Member**

Wood, K. (2016). *The relationship between schizotypy, creativity, and behavioral inhibition*.  
Chair: Dr. Patrick Cushen.

Martin, C. (2015). *Anchoring ADHD symptoms to mental age*. Murray State University. Chair:  
Dr. Mardis Dunham.

Clark, M. P. (2014). *Predictors of overachievement in a college sample*. Murray State  
University. Chair: Dr. Jana Hackathorn.

Foutch, K. (2013). *Vocational interest factors in clinically referred adults*. Murray State  
University. Chair: Dr. Mardis Dunham.

Engphaiboon, N. (2011). *Personality traits and burnout among school mental health  
professionals*. Murray State University. Chair: Dr. Mardis Dunham.

Strong, J. (2011). *Coping strategies and life satisfaction among army chaplain spouses during  
deployment*. Murray State University. Chair: Dr. Mardis Dunham.

Rideout, D. (2011). *Norm-referenced comparison of elementary students' time-on-task*. Murray  
State University. Chair: Dr. Mardis Dunham.

King, H. (2011). *A new reality: A transition from incarceration to freedom for substance  
abusers*. Murray State University. Chair: Dr. Mardis Dunham.

### **Murray State University Service**

#### ***University***

|                |   |
|----------------|---|
| 2015 – Present | Member – Strategic Planning Committee (appointed by COEHS Dean)                                       |
| 2010 – Present | Member – Committee on Institutional Studies and Research (appointed by COEHS Dean)                    |
| 2014 – 2015    | Member – Laptop Campus Committee (appointed by Associate Provost for Graduate Education and Research) |

|                       |   |
|-----------------------|---|
| 2012 – 2013           | Interim Chair – Committee on Institutional Studies and Research<br>(appointed by Associate Provost for Graduate Education and Research) |
| <b><i>College</i></b> |   |
| 2015 – Present        | Member – CAEP Steering Committee (appointed by Department Chair)  |
| 2015 – Present        | Member – CAEP Writing Team: Standard 3 (appointed by Department Chair)  |
| 2015 – Present        | Co-Chair – Sparks Lecture Committee (appointed by Dean and Department Chair)  |
| 2015 – Present        | Member – COEHS Committee on Committees (appointed by Department Chair)  |
| 2014 – Present        | Member - COEHS Faculty Development (appointed by Department Chair)  |
| 2014 – Present        | Member – COEHS Graduate Council (appointed by Assistant Dean)   |
| 2014 – Present        | Member – COEHS Diversity Committee  |
| 2013 – 2015           | Member – Committee for Admission to Teacher Education   |
| 2011 – 2014           | Co-Chair – Diversity Committee (appointed by Dean)  |
| 2012 – 2013           | Member – Diversity Subcommittee (appointed by Dean)   |
| 2012 – 2013           | Member – Policy and Review Committee  |
| 2010 – 2013           | Member – Grievance Committee  |

***Department***

|                |  |
|----------------|--|
| 2014 – Present | Member – ELC Executive Committee (appointed by Department Chair) |
| 2011 – 2014    | Chair – Curriculum Committee (appointed by Department Chair)     |

**Editorial Board Experience**

|                |   |
|----------------|---|
| 2014 – Present | Associate Editor, <i>Kentucky Counseling Association Journal</i><br>Kentucky Counseling Association (KCA)   |
| 2008 – Present | Editorial Board Member, <i>Journal of Addictions &amp; Offender Counseling</i><br>International Association for Addictions and Offender Counseling<br>(IAAOC) |

**Organizational Service**

|                |  |
|----------------|--|
| 2015 – Present | Coordinator – Holmes Program, College of Education and Human Services (appointed by Assistant Dean)        |
| 2015 – Present | Member – Paducah Police Department Collaboration (appointed by Department Chair)                           |
| 2014 – Present | New Faculty Mentor – MSU College of Education and Human Services (appointed by Department Chair)           |
| 2014 – Present | Coordinator – NextGen Program for MSU School Administration Students                                       |
| 2013 – Present | Faculty Advisor – Chi Sigma Iota, Mu Sigma Chi chapter, Murray State University                            |
| 2014 – 2015    | Past President – Kentucky Association for Counselor Education and Supervision (KACES)                      |
| 2014 – 2015    | Co-developer – College Advising Certificate  |
| 2014 – 2015    | Coordinator – Diwali subcommittee for MSU Indian Student Association                                       |
| 2010 – 2014    | President – Kentucky Association for Counselor Education and Supervision (KACES)                           |
| 2008 – 2009    | Secretary – Counselor Education Doctoral Student Organization (CEDSO), University of Central Florida       |
| 2007 – 2009    | Chair – Past President’s Awards Reception, Association for Multicultural Counseling and Development (AMCD) |
| 2002 – 2003    | Treasurer – Chi Sigma Iota – Upsilon Chi, University of Central Florida                                    |

**Community Service**

|               |  |
|---------------|--|
| 2013 – 2015   | Academic Performance Committee Member – Murray Elementary School                       |
| 2012, October | Mock Interview Volunteer – Kentucky Counseling Association Annual Conference           |
| 2008 – 2010   | Academic Tutor and Mentor – Stonewall Jackson Middle School Students, Orlando, Florida |



### **Professional Memberships and Affiliation**

National Association of Student Personnel Administrators (2015 – Present)  
American Counseling Association (2002 – Present)  
Association for Counselor Education and Supervision (2006 – Present)  
Southern Association for Counselor Education and Supervision (2006 – Present)  
Kentucky Counseling Association (2010 – Present)  
Kentucky Association for Counselor Education and Supervision (2010 – Present)  
Chi Sigma Iota (2002 – Present)  
Murray State University Indian Student Association (2014 – Present)  
Association for Multicultural Counseling and Development (2007 – 2011)  
International Association for Addictions and Offender Counseling (2006 – 2011)  
European Branch of the American Counseling Association (2008)  
The Holmes Partnership (2006 – 2010)  
Florida Counseling Association (2006 – 2010)

### **Conferences Attended**

#### International

ACA-CCPA Joint International Conference, Montreal, Quebec (2016, April)  
EB-ACA International Conference, Wiesbaden-Niedernhausen, Germany (2008, November)

#### National

NASPA National Conference, Indianapolis, IN (2016, March)  
ACES National Conference, Denver, CO (2013, October)  
ACA National Conference, Cincinnati, OH (2013, March)  
AACE National Conference, Orlando, FL (2012, September)  
ACA National Conference, San Francisco, CA (2012, March)  
ACES National Conference, Nashville, TN (2011, October)  
ACA National Conference, New Orleans, LA (2011, March)  
ACA National Conference, Pittsburgh, PA (2010, March)  
ACES National Conference, San Diego, CA (2009, October)  
ACA National Conference, Charlotte, NC (2009, March)  
Holmes Partnership National Conference, Jacksonville, FL (2009, February)  
ACA National Conference, Honolulu, HI (2008, March)  
Holmes Partnership National Conference, Orlando, FL (2008, February)  
ACES National Conference, Columbus, OH (2007, October)  
ACA National Conference, Detroit, MI (2007, March)  
Holmes Partnership National Conference, San Antonio, TX (2007, January)  
ACA National Conference, Anaheim, CA (2003, March)  
ACA National Conference, New Orleans, LA (2002, March)

#### Regional

SACES Conference, Birmingham, AL (2014, October)  
SACES Conference, Williamsburg, VA (2010, October)

SACES Conference, Houston, TX (2008, October)

State

TSU Research Symposium, Nashville, TN (2016, April)  
 MSU Annual International Education Week, Murray, KY (2014, November)  
 Kentucky Counseling Association, Louisville, KY (2014, November)  
 Western Kentucky Counseling Association Meeting, Murray, KY (2014, August)  
 Kentucky Counseling Association, Louisville, KY (2013, October)  
 Kentucky Counseling Association, Louisville, KY (2012, October)  
 Kentucky Counseling Association, Louisville, KY (2011, October)  
 Western Kentucky Counseling Association Meeting, Murray, KY (2011, August)  
 Kentucky Counseling Association, Louisville, KY (2010, October)  
 Western Kentucky Counseling Association Meeting, Murray, KY (2010, August)  
 UCF Annual Research Symposium, Orlando, FL (2010, April)  
 UCF Annual Counseling Conference, Orland, FL (2010, February)  
 FCA Annual Conference, Daytona Beach, FL (2008, November)  
 FCA Annual Conference, Daytona Beach, FL (2007, November)  
 Florida Holmes Partnership Conference, Orlando, FL (2007, January)

**PROFESSIONAL EXPERIENCE – CLINICAL**

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Intervention Services, Inc.  
 Maitland, Florida

May 2009 – May 2010

Mental Health Counselor

- Provided counseling services for children, adolescents, and their families
- Developed treatment plans for a variety of mental health concerns
- Implemented evidence-based practices in an effort to meet client needs and satisfy managed-care requirements

University of Central Florida, Orlando, FL  
 Department of Child, Family, and Community Sciences

August 2006 – July 2007

Graduate Assistant (Social Investigator)

- Offered no-cost Social Investigations to low-income families who were referred by the 9<sup>th</sup> Judicial Circuit Court
- Evaluated safety and quality of the child(ren)'s home environment through assessment of home visits and other collateral sources
- Provided recommendations to the 9<sup>th</sup> Judicial Circuit Court addressing primary residential responsibility, visitation schedule, and any needed mental health treatment

Three Springs, Inc.  
 Daytona Beach, Florida

August 2005 – August 2006

Mental Health Counselor

- Provided juvenile sexual offender specifics treatment to incarcerated adolescent males placed in a high-risk residential facility
- Performed substance abuse prevention groups in addition to individual, group, and family counseling

- Completed individual needs assessment and led multi-disciplinary team during treatment team sessions

The Grove Counseling Center - G.O.A.L.S. Program      July 2003 – August 2005

Sanford, Florida

Mental Health Counselor

- Provided individual, group, and family counseling to incarcerated adolescent males placed in a moderate risk program
- Offered substance abuse, anger management, legal, school, and vocational counseling
- Completed assessments, treatment plans, performance summaries, and billing in a timely manner

**AWARDS AND RECOGNITION**

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**Murray State University**

- Roundabout Murray Newsletter – Office of the Provost Faculty Spotlight (2014)
- Finalist for Emerging Scholar Award (2013)
- Senate Bill 1 Learning Community (2012)

**University of Central Florida**

- College of Education, Dean's Fellowship
- Holmes Scholar
- Graduate Travel Award

**RESEARCH INTERESTS**

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Exploring effects of ethnocentric monoculturalism in underrepresented populations

Assessing effects of holistic health and wellness

Exploring outcome factors of the therapeutic and supervisory working alliance