

Ramona I. Grad, Ph.D., LPC, NCC

Assistant Professor

The University of Texas at Tyler

Department of Psychology and Counseling, HPR 239

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EDUCATION

Doctor of Philosophy (Ph.D.) Counselor Education and Practice (CACREP accredited), 2019

Georgia State University, Atlanta, GA

Dissertation Title: Therapeutic Alliance among Individuals who Experienced Childhood Interpersonal trauma: The Role of Cultural Humility, Therapeutic Presence, and Attachment Style

Master of Science (M.S.) Mental Health Counseling (CACREP accredited), 2015

Georgia State University, Atlanta, GA

Bachelor of Science (B.S.), Psychology, 2005

University of Babes-Bolyai, Cluj Napoca, Romania

ACADEMIC POSITIONS

Assistant Professor

(2019 – Present)

The University of Texas at Tyler

Department of Psychology and Counseling

College of Education and Psychology

Tyler, Texas

Assistant Department Chair

(August 2023– Present)

The University of Texas at Tyler

Department of Psychology and Counseling

College of Education and Psychology

Tyler, Texas

RESEARCH AGENDA

- Childhood Interpersonal trauma and posttraumatic growth
- Therapeutic relationship and diversity in counseling, counseling training and supervision
- Wellness in counseling, counseling training and supervision

CERTIFICATION AND LICENSURE

- Licensed Professional Counselor – Georgia (#LPC011263)
- National Certified Counselor, National Board for Certified Counselors, Inc. (#632620)
- Adlerian Psychotherapist, Institute for Adlerian Psychology (#1308)
- Licensed Psychologist, Unique Register of the Licensed Psychologists, Romania (#02922)
- Practice Certificate - Psychology of Work and Organizational Psychology, Romania (#506)
- Practice Certificate - Psychology of Defense, Public Order and National Security, Romania (#508)
- Practice Certificate - Clinical Psychology and Psychotherapy, Romania (#2151)

SCHOLARSHIP

PUBLICATIONS IN REFEREED JOURNALS

* denotes student collaboration on scholarly publications

13. **Grad, R. I.**, Thomas, C. L., & Gordy, D*. (2023). Adverse Childhood Experiences, Multidimensional Perfectionism, and Stress in Young Adults: A Person-Centered Perspective. *Journal of Mental Health Counseling* 45(2), 166–183. doi: <https://doi.org/10.17744/mehc.45.2.05>
12. Adams, C. R., **Grad, R. I.**, & Nice, M. L. (2023). An Ecological Perspective of Intergenerational Trauma: Clinical Implications. *Journal of Counseling Research and Practice*, 8(1). DOI: <https://doi.org/10.56731/2688-3996.1065>
11. Mason, E., Dispenza, F., Placeres V., **Grad, R. I.**, Ray M., Robertson, A., Dosal-Terminel, D., & Metzler, M. (2022). Student Engagement and Counseling Self-Efficacy: Comparing Flipped and Lecture Formats. *Counselor Education and Supervision* <https://doi.org/10.1002/ceas.12243>
10. **Grad, R. I.** (2021). Therapeutic alliance and childhood interpersonal trauma: The role of attachment, cultural humility, and therapeutic presence. *Journal of Counseling & Development*, 00, 1– 12. <https://doi.org/10.1002/jcad.12423>
9. Sharma, J., McDonald, C. P., Bledsoe, K., **Grad, R. I.**, Jenkins, K. D., Moran, D., O’Hara, C., Pester, D. (2021). Intersectionality in research: Call for Inclusive, Decolonized, and Culturally Sensitive Research Designs in Counselor Education. *Counseling Outcome Research and Evaluation*, <https://doi.org/10.1080/21501378.2021.1922075>
8. Gordy*, D., & **Grad, R. I.** (2020). SHARE and Positive Psychology: A Group Program for Female Inmates with Trauma. *Romanian Journal of Counseling* 7(1), 26-49.
7. **Grad, R. I.**, Jain, S., Lindinger-Sternart, S., & Jackson, B. (2020). Development of professional counseling in Romania. *Journal of Community Psychology*
6. Jansel, A., **Grad, R. I.**, & Szilagyi, A. (2019). Therapeutic Alliance and Treatment Outcome: A Review of Current Conceptual and Empirical Findings. *Romanian Journal of Counseling* 5(2), 3-29
5. **Grad, R. I.** & Breedlove Mize, M. (2018). WEB – A Group Program for Professional Counselors. In Jansel, E.A., & Szilagyi, A. (Eds.) *Counselors’ Role in the Local and Global Community*. Bucharest, Romania: Editura Universitara
4. Zeligman, M.; Varney, M.; **Grad, R.** & Huffstead, M. (2018). Posttraumatic Growth in Individuals with Chronic Illness: The Role of Social Support and Meaning Making. *Journal of Counseling and Development* 96(1), 53-63. <https://doi.org/10.1002/jcad.12177>
3. **Grad, R. I.** & Zeligman, M. (2017). Predictors of Posttraumatic Growth: The Role of Social Interest and Meaning in Life. *The Journal of Individual Psychology* 73(3), 190-207. <https://doi.org/10.1353/jip.2017.0016>

2. Tolleson, A., **Grad, R. I.**, Zaybek, F. & Zeligman, M. (2017). Teaching helping skills courses: Creative activities to reduce anxiety. *Journal of Creativity in Mental Health* 12(4), 428-439. <https://doi.org/10.1080/15401383.2017.1281186>
1. **Grad, R. I.** (2016). The Relationship between Perfectionism and Academic Performance: A Review. *Romanian Journal of Counseling*, 2(2), 140-159.

MANUSCRIPTS SUBMITTED FOR PUBLICATION

*denotes student collaboration on scholarly publications

Grad, R. I., & Folkens*, K. Breathing Techniques for Affect Regulation in Adult Survivors of Interpersonal Trauma. *Journal of Creativity in Mental Health*

MANUSCRIPTS IN PREPARATION

*denotes student collaboration on scholarly publications

Thomas, C. & **Grad, R. I.** *Investigating the Relationships between Personality Dimensions, Trauma History, Cultural Factors, and Academic Success*

Placeres, V., Szilagy, A., **Grad, R. I.** & Grenier, C. *Creative Teaching Strategies and Clinical Techniques to Enhance Career Counseling*

Grad, R. I., Castleberry, J., Afroze Shaikh, Ashlei R. Petion, Daun Kwag, Maria Salazar Istre, Mary Chase Breedlove Mize, Laura R. Shannonhouse: An Experiential Crisis Counseling Course for Counselor Education Programs. *Journal of Counseling and Development*

Grad, R. I., Zhu, P., Tomoum*, R, & Johnson*, H. *Perceptions of dating violence and associated correlates: An intervention study of college students*

Grad, R. I., Castleberry J., Tolleson, A., Zeligman, M., Gheesling*, S., & Ajetomobi*, R. *Posttraumatic Growth Among College Students: The Role of Social Reactions and Social Support*

Kennedy*, B. R., Maitra*, A., & **Grad, R. I.** *Relationship Between Traumatic Stress and COVID-19: A Systematic Review*

OTHER PUBLICATIONS

Grad, R. I., Thomas, C., Zolkoski, S., & Sass, S. (2022). *Building Trauma-Informed Schools: A Practice Brief for Anyone who Interacts with Students in Schools*. (Practice Brief, Vol 3, No. 2). American Psychological Association Division 15 Educational Psychology.

RESEARCH GRANTS - AWARDED

Grad, R.I. (PI), Thomas, C., Zolkoski, S., Sass, S. (Co-Investigators). Funding source: Lilly Endowment via Children's Spirituality Research & Innovation Hub at Union Presbyterian Seminary, 2023-2024. Project title: *Children's Spirituality: The Role of the Risk for PTSD, and Emotional Intelligence*. Total Award Amount: **\$57,817**.

Zolkoski, S. (PI), Sass, S., **Grad, R. I.**, Thomas, C. (Co-Investigators) (2020). Funding source: University of Texas at Tyler, 2020-2021. Project Title: *Social and Emotional Learning Within East Texas School District*. Total Award Amount: **\$7,500**

Zeligman, M. (PI) & **Grad, R. I.** (Co-Investigator) (2016). *The Use of Mindfulness/Meditation in Skills Development for Counselors in Training*. SACES Research and Best Practices Award (**Awarded \$500 – maximum funding**)

Elston, N. (PI), **Grad R. I. (Co-Investigator)**, & Whisenhunt, J. (Co-PI) (2016). *Professional Identity and Counselor Wellness: Intersectionality and Implications*. Chi Epsilon and Gamma Zeta Statewide/Regional Networking Grant (**Awarded \$400 – maximum funding**)

RESEARCH GRANTS – NOT AWARDED

Grad, R. I. (PI) (2018). *Therapeutic Alliance among Individuals who Experienced Childhood Interpersonal Trauma: The Role of Therapeutic Presence, Cultural Humility, and Attachment Style*. Dissertation Grant, Georgia State University (grant not awarded)

Grad, R. I. (PI) & Zeligman, M (Co-PI). (2018). *Therapeutic Alliance among Individuals who Exoerenced Interpersonal Trauma: The Role of Cultural Humility, Therapeutic Presence and Attachment Style*. SACES Research and Best Practices Award (grant not awarded)

Grad, R. I. (2016). *The effect of Social Interest on Posttratmatic Growth: The Role of Meaning in Life*. Developmental Counseling Research Grant (grant not awarded)

TEACHING EXPERIENCE

THE UNIVERSITY OF TEXAS AT TYLER

COUN5313: Family Therapy

New course development. Responsible for 100% of course delivery and was developed to be provided in an online format. This course introduces students to theoretical approaches and interventions in family therapy, grounded in human systems theory. Includes the process of conducting family therapy and special aspects of family therapy.

SU23

COUN5308: Diagnosis and Treatment Planning

New course development. Responsible for 100% of course delivery. This course was developed to be provided in face-to-face and online formats. This course assists graduate students in the recognition and

categorization of psychological and behavioral dysfunctional patterns (syndromes). Additionally, students are learning case conceptualization and treatment planning strategies using best practices and evidenced-based treatment approaches and models.

SU21, SP22, SU22, SP23, SU23

COUN5370: Trauma-Informed Counseling

New course development. Responsible for 100% of course delivery. This course was developed to be provided in face-to-face and online formats. This course prepares graduate students for working with trauma survivors by presenting types of potentially traumatic events, effects of trauma, assessment and potential outcomes, and common elements in treatment interventions for trauma.

SU20, F20, SU21, F21, SU22, F22, SU23, F23

COUN5312: Counseling Theories and Applications

New course development. Responsible for 100% of course delivery. This course was developed to be provided in face-to-face and online formats. It is designed to help students master the key components of the major counseling theories that are used in practice by professional counselors. The theories outlined in this class are used to increase students' self-understanding.

F20, SP21, SU21, F21, SP22, F22, SP23, F23

COUN5392: Helping Relationships and Clinical Interviewing

This clinical skills course emphasizes the acquisition of therapeutic helping relationship skills and interviewing through role-playing and modeling. This course places an emphasis on the development and maintenance of a therapeutic relationship.

F19, SP20, F20, SP21, F21, SP22, F22, SP23

COUN5345: Group Counseling: Theory and Practice

New course development. Responsible for 100% of course delivery. This course was developed to be provided in face-to-face and online formats. It covers theoretical approaches to counseling groups; basic principles of group dynamics and therapeutic factors, group development models and design, leadership tasks, and member roles.

F19, SP20, F20, SP21, SU21, F21, SP22, F22, SP23, F23

GEORGIA STATE UNIVERSITY

CPS3400: Career and Lifespan Development – Online Course

This course provides an overview of career and lifespan development theories and skills including how personal growth and life stages influence individuals and society.

Summer 2018

CPS6010: Professional Identity and Ethics in Mental Health Counseling

This course provides an introduction and overview of the counseling profession. Students learn about the roles, responsibilities, and identity of a mental health counselor; the history of the counseling profession; the various work settings of counselors (including Telemental Health Counseling); professional organizations and journals; standards of preparation; credentialing and licensure; ethical and legal issues; current trends and issues; and awareness and action.

Spring 2019

CPS6410: Basic Counseling Skills

This course is an introduction to basic counseling skills. It exposes students to the helping skills necessary for effective mental health counseling and school counseling. This course includes both didactic and experiential learning.

Spring 2017, Fall 2017, Fall 2018

CPS6450: Group Counseling Systems

This course provides the opportunity to learn and apply various systems for group counseling, skills related to group leadership, member participation, goals of selected group systems, multicultural diversity issues affecting group systems, research relevant to group leadership and group systems, and ethical and legal issues related to group counseling.

Fall 2018

CPS7260: Counseling Systems and Interventions

This course addresses current theories and emerging positions in counseling with special emphasis on psychological change strategies and the techniques commonly used in implementing those strategies.

Fall 2017

CPS7300: Career Theory, Assessment, and Intervention – Flipped Format

This course is an introductory course in career theory, assessment, and intervention. Course contents include (a) classic and contemporary career development and counseling theories, (b) career assessment, (c) multicultural career issues, and (d) career counseling and intervention.

Spring 2018

CPS7550: Consultation in School Counseling

Students discuss case studies involving consultation techniques with teachers, parents, and others. History, ethical/legal, advocacy, and professional/organizational issues are related to consultation as a form of professional practice.

Fall 2016

CPS7660: Mental Health Counseling Applied Practice

The purpose of this course is to introduce master's students to the practice of professional counseling with actual clients at a site commensurate with the student's professional interests

Fall 2016, Fall 2017

CPS7661: School Counseling Applied Practice

The purpose of this course is to introduce counseling master's students to the practice of school counseling with actual clients at a site commensurate with the student's professional interests

Fall 2015

CPS7680: Mental Health Counseling Internship I

This internship is designed to enable students to practice their mental health counseling skills by assuming the role of a counselor-in-training on their internship sites. Students carry out all the activities and functions performed by employed counselors on site.

Fall 2016, Fall 2017

CPS7680: Mental Health Counseling Internship II

This internship is designed to enable students to practice their mental health counseling skills by assuming the role of a counselor-in-training on their internship sites. Students carry out all the activities and functions performed by employed counselors on site.

Spring 2017, Spring 2018

CPS7681: School Counseling Internship I

This internship is designed to enable students to practice their school counseling skills by assuming the role of school counselor-in-training on their internship sites. Students carry out all of the activities and functions performed by employed school counselors on site.

Fall 2015

CPS 7681: School Counseling Internship II

This internship is designed to enable students to practice their school counseling skills by assuming the role of school counselor-in-training on their internship sites. Students carry out all of the activities and functions performed by employed school counselors on site.

Spring 2016

CPSCPS8370: Crisis Intervention

Students explore crisis intervention models and appropriate techniques for assessing and facilitating crisis situations. Research bases and practical guidelines are discussed and compared.

Spring 2019

CPS8380: Family Systems and Interventions

This course provides an overview of the historical roots of the family movement and the major theoretical orientations including systemic, psychodynamic, and communications orientations. An overview of the role of research/ethics in the development of the family movement is discussed.

Spring 2019

CPS8340: Advanced Multicultural Strategies and Interventions – Doctoral Level Course

The course is designed to advance students' multicultural counseling knowledge and skills with diverse populations. Students develop an understanding of how the client's cultural, historical, and sociopolitical context may inform accurate assessment, interpretation, and treatment interventions. Culturally-based interventions with the goal of developing purposeful, directional, and culturally relevant approaches to working with diverse clients who present with a range of clinical issues are reviewed. Treatment approaches with attention to the intersections of the client's race, ethnicity, gender, class, acculturation level, and presenting problem are explored.

Spring 2018

PROFESSIONAL PRESENTATIONS

INTERNATIONAL

Grad, R. I. & Elston, N. (2018, June). *Using Images To Discuss White Privilege In Supervisory Relationship: An Adlerian Approach.* NASAP Conference, Toronto, ON

Grad, R. I. & Mize, M. (2018, February). *Wellness in the Counseling Profession: A Group Program.* NBCC Romania International Conference, Bucharest, RO

NATIONAL

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Placeres, V., & **Grad, R. I.** (2023, October). *Let's get Creative with Career: How to Incorporate Experiential Activities into your Career Counseling Course*. ACES Conference. Denver, CO

Grad, R.I., & Thomas, C. L. (2023, September). *Adverse Childhood Experiences, Multidimensional Perfectionism, and Stress in Young Adults: A Person-Centered Perspective*. AARC Conference, Nashville, TN.

Shaikh*, A., Grad, R. I., Shannonhouse, L., Breedlove Mize, M. (2022, November). *Standardized and manualized crisis training: A growth area in counselor education*. SACES Conference. Baltimore, MD.

Nice, M. & **Grad, R. I.** (2022, April). *An Ecological Approach to Understanding Intergenerational Trauma*. ACA Conference, Atlanta, GA.

McDonald, C. P., Jenkins, K., Bledsoe, K., **Grad, R.I.**, O'Hara, C., Pester, D., Sharma, J., & Moran, D. (2021, September). *The AARC Diversity, Social Justice, and Inclusion Committee: Experiences of Service, Advocacy, and Leadership*. AARC National Conference, Cincinnati, OH.

McDonald, C. P., Bledsoe, K., **Grad, R. I.**, O'Hara, C. (2020, September). *The AARC Diversity Committee: Experiences of Service, Advocacy, and Leadership*. AARC Online Conference

McDonald, C. P., Bledsoe, K., **Grad, R. I.**, O'Hara, C. (2020, September). *AARC Diversity Committee: General Interest Session*. AARC Online Conference

Rumsey, A., & **Grad, R. I.** (2019, October). *You are not Alone: Everyone Freaks Out About Research*. ACES Conference, Seattle, WA

Grad, R. I. (2019, September). *Therapeutic Alliance among Individuals who Experienced Childhood Interpersonal Trauma: The Role of Cultural Humility, Therapeutic Presence, and Attachment Style*. AARC Conference, San Antonio, TX

Elston, N., Rumsey, A., **Grad, R. I.**, & Mize M. (2018, September). *Evaluating Self-Reported Counseling Skills Used During the First Fieldwork Experience*. AARC Conference, Richmond, VA

Castleberry, J. & **Grad, R. I.** (2018, September). *Problems in Short Form Development: A Critical Evaluation of the Experiences in Close Relationships Scale Short Form*. AARC Conference, Richmond, VA

Grad, R. I., & Zeligman, M. (2018, April). *Predictors of Posttraumatic Growth: The Role of Social Interest and Meaning in Life*. ACA Conference & Expo, Atlanta, GA.

Mize, M., **Grad, R. I.**, Phofl, W., Brooks, N., Johnson, T., Jones, J. L., Yun, L. H., Boyce Rosen, N., Whisenhunt, J. L., & Shannonhouse, L. (2018, April). *CSI Chapter Collaboration through Counselor Community Engagement: University of Botswana Book Drive*. ACA Conference & Expo, Atlanta, GA

Grad, R. I. & Elston, N. (2018, February). *Self-Care in the Counseling Profession: The Benefit of Connecting with Others*. ASGW Conference, Savannah, GA.

Mize, M.C., **Grad, R. I.**, & Orr, J. (2018, February). *Effective Practices for Group Work in Hospital Crisis Stabilization Units*. ASGW Conference, Savannah, GA.

Grad, R. I. & Elston, N. (2017, October). *Using Image to Discuss White Privilege in Supervisory Relationship*. ACES Conference, Chicago, IL.

Zeligman, M., Gutierrez, D., & **Grad, R. I.** (2017, October). *The Use of Mindfulness in Skill Development and Anxiety Reduction for Counselor-in-Training*. ACES Conference, Chicago, IL.

Elston, N, Castleberry, J., **Grad, R. I.**, & Huffstead, M. (2017, March). *Enhancing Counselor Identity and Community Engagement Through Wellness Leadership*. ACA Conference & Expo, San Francisco, CA.

Grad, R. I. & Elston, N. *The Benefits of Self-Care: Connecting with Others and Becoming an Effective Adlerian Professional Counselor*. (2016, May). NASAP Conference, Twin Cities

Grad, R. I., Elston, N., McDonald, C. P., Murphy, T., Tolleson, A., Golubovic, N., & Huffstead, M. (2016, March). *Self-care and professional identity: Cornerstones to wellness promoted within our CSI chapter*, ACA Conference, Montreal, Quebec, Canada.

Orr, J. & **Grad, R. I.** (2016, February). *A Simple Step Towards Better Group Leadership: How to Utilize a Process Observer*. ASGW Conference. Washington, DC.

Elston, N., **Grad, R. I.**, Rumsey, A., Golubovic, N. (2016, February). *Ethical Issues in Advance Group Training*. ASGW Conference. Washington, DC.

Grad, R. I. & Elston, N. (2016, February). *Promoting Self-Care – a Way to Connect with Others and Become an Effective Professional Counselor*. ASGW Conference. Washington, DC.

Zeligman, M. R., **Grad, R. I.**, Tolleson, A. (2015, October). *Medical Trauma: Assessing the Traumatic Impact of Receiving an HIV Diagnosis*. ACES Conference. Philadelphia, PA.

Grad, R. I. & Sperry, J. (2015, May). *Encouraging Clients to Consider Change: Incorporating Motivational Interviewing Strategies in Contemporary Adlerian Practice*. NASAP Conference. Philadelphia, PA.

Grad, R. I. (2015, March). *International Students Panel*. ACA National Conference, Orlando, FL.

Bauman, G. & **Grad, R. I.** (2014, May). *The Aim of Ambition: The Useful Side of Perfection*. NASAP Conference. Chicago, IL.

REGIONAL

Suttles, M., Tolleson, A., Placeres, V., & **Grad, R. I.** (2018, October). *Creative Teaching Strategies and Clinical Techniques to Enhance Career Counseling*. SACES Conference, Myrtle Beach, SC

Mason, E., Merlin, C., Harris, P., Finan R., **Grad, R. I.**, Placeres, V., Huguelet., A. (2018, October). *Current Research on Flipped Learning in Counselor Education: Findings from Three Recent Studies*. SACES Conference, Myrtle Beach, SC

Grad, R. I. (2016, October). *A Creative Strategy for Teaching Counseling Skills Using Photography as a Metaphor*. SACES Conference, New Orleans, LA.

Grad, R. I. & Zeligman, M. (2016, October). *The Effect of Social Interest on Posttraumatic Growth: The Role of Meaning in Life*. SACES Conference, New Orleans, LA.

Dispenza, F., Zeligman, M., Chang, C. Y., & **Grad, R. I.** (2016, October). *Evidence based teaching in counselor Education*. SACES Conference, New Orleans, LA.

Grad, R. I. & Sperry, J. (2015, March). *Encouraging Clients to Consider Change: Incorporating Motivational Interviewing Strategies in Contemporary Adlerian Practice*. Florida Adlerian Society Conference. Tampa, FL.

Bauman, G. & **Grad, R. I.** (2013, March). *The Aim of Ambition: The Useful Side of Perfection*. Florida Adlerian Society Annual Conference. Tampa, FL.

Bauman, G. & **Grad, R. I.** (2013, September). *The Aim of Ambition: The Useful Side of Perfection*. South Carolina Adlerian Society Annual Conference. Myrtle Beach, SC.

STATE

*denotes student collaboration on scholarly presentations

Patterson, K. & **Grad, R. I.** (2023, April). *A Manual style guide to navigating Intimate Partner Violence Trauma: A Mini Qualitative Study focused on Counselor Training Implications for Counseling Women who have Experienced Intimate Partner Violence*. Lyceum Conference, University of Texas at Tyler, Tyler, TX

Tomoun*, R., Rawls*, M., & **Grad, R. I.** (2021, April). "A Warning Unheeded: Psychological Intimate Partner Violence Among College Students". Lyceum Conference, University of Texas at Tyler, Tyler, TX

Kennedy*, B., Maitra*, A. & **Grad, R. I.** (2021, April). "Relationship Between Traumatic Stress and the COVID-19 Pandemic". Lyceum Conference, University of Texas at Tyler, TX

Grad, R. I. & Elston, N. (2017, April). *The Benefit of Self-Care: Connecting with Others and Becoming an Effective Counselor*. Practical Strategies to Wellness: Focusing on the Counselor as a Person, Atlanta, GA.

Grad, R. I. (2015, April). *Consent and Respect – Awareness and Education Program on Sexual Harassment on College Campus*, Mercer University, Atlanta, GA.

Staley, K. & **Grad, R. I.** (2014, October). *Return to Balance - Yoga for Emotional Fitness and Wellbeing: 8 weeks length support group for students*. Mercer University, Atlanta, GA.

Grad, R. (2014, October). *Emotional balance three-part series: learn how to acknowledge, read and know your emotions*. Mercer University, Atlanta, GA.

Grad, R. I. (2014, September). *Putting your best foot forward: Improving your studying skills and time management*. Mercer University, Atlanta, GA.

Grad, R. I. (2014, September). *Suicide on College Campuses*. Suicide Awareness Week, Mercer University, Atlanta, GA

INVITED TALKS

Grad, R. I. (2023, July). *Irresponsible Answers (Historic/Ongoing)*. Panelist Member – Annual Meeting of the Religious Education Association

Grad, R. I. (2022, January). *Expert opinion in the psychology of stalking crime case*. Netflix Documentary Series – *I Am a Stalker*. (couldn't attend due to being out of the country)

Grad, R. I. (2021, September). *Being a Giver and Burnout: Navigating Trauma in the Wake of a Pandemic*. Keynote speaker East Texas Food Bank Conference

Grad, R. I. (2018, September). *Adlerian Theory – An Introduction*. Georgia State University, Atlanta, GA

Grad, R. I. (2018, February). *Super's Life Span-Life Space Theory of Career Development*. Georgia State University, Atlanta, GA

Grad, R. I., Castleberry, J. (2017, November). *Closure phase/Termination of Support Groups*. Georgia State University, Atlanta, GA

Grad, R. I. (2017, February). *Positive Psychology, Wellness, and Work*. Georgia State University, Atlanta, GA

Grad, R. I. (2016, September). *Confidentiality and Informed Consent*. Georgia State University. Atlanta, GA

Grad, R. I. (2015, November). *Parenting Programs*. Georgia State University, Atlanta, GA

CLINICAL EXPERIENCE

CLINICAL SUPERVISION

University of Texas at Tyler

Aug. 2019 – ongoing

- Provides weekly supervision to CMHC master's-level students that conduct sessions with peer clients, grades video role-play assignments, and provides written feedback for students concerning the progression of clinical skills and their self-awareness.

Georgia State University

Aug. 2015 – May 2018

- Provided individual and group supervision to CMHC and School Counseling Master's students enrolled in practicum and internship courses

PROFESSIONAL COUNSELING

Mercer University, Atlanta, GA

Aug. 2017 – May 2018

Counseling and Psychological Services, Doctoral Intern

- Provided individual and group counseling to graduate students
- Provided training for trauma-informed care
- Facilitated support groups on campus

- Ridgeview Institute, Smyrna, GA** Aug. 2016 – March 2017
Women Center for Trauma and Eating Disorders, Doctoral Intern
- Provided individual and group therapy to individuals in Inpatient, PHP, IOP programs
 - Case Management
- Georgia State University, Atlanta, GA** January – December 2016
Group Facilitator
- Group Counseling – Growth Group Experience Master students
 - Group Supervision – Career Theory, Assessment and Intervention
- Mercer University, Atlanta, GA** August 2014 – June 2015
Counseling Services, Counselor Intern
- Provided individual and group counseling to graduate students
 - Conducted campus outreach activities and trainings on topics including suicide, sexual assault awareness, addictions, emotional wellness
 - Led psycho-educational workshops on emotional balance, learning skills, healthy habits
- Private Practice, Self-Employed Psychologist and Psychotherapist, Romania** March 2008 – May 2013
- Provide individual, couples, group, and family psychotherapy.
 - Developed and lead parenting groups “Parent’s Academy,” process groups “Emotions – A Way of Self-Discovery”
 - Planned, promoted, and recruited parents to join parenting groups and process groups.
 - Conducted psychological testing, interviewing, and evaluations in employee screening, managerial selection, pre-employment decisions, and employment counseling situations.
 - Psychological testing and evaluations for firearm ownership
- Satu Mare County Hospital, Satu Mare Romania** Jan. 2008 – Dec. 2009
Mental Health Counselor, Acute Psychiatric Ward
- Provided in-patient services, individual therapy, clinical assessment
- Private Practice, Employed Psychologist, Satu Mare Romania** July 2004 – March 2008
- Conducted psychological testing, interviewing, and evaluations in employee screening, succession planning, managerial selection, pre-employment decisions, and employment counseling situations
 - Psychological testing and Evaluations for firearm ownership
- Oncology Institute „Ion Chiricuta”, Cluj Napoca, Romania** October 2003 – June 2004
- Provided palliative care

SERVICE

UNIVERSITY SERVICE (THE UNIVERSITY OF TEXAS AT TYLER)

- Faculty Senate** – Member representative of College of Education and Psychology 2023 – 2026
- Life After Graduation Panel** – Presenter SP 2023
- Faculty Development Leave Applications Reviewer** SU 2022, SU 2023
RAMONA I. GRAD 12

July 27, 2023

Grant Proposals Reviewer – Internal Grant Program UT Tyler	SP 2022, SP 2023
Faculty Senate Ad-Hoc Diversity Committee – Member	2020 - 2021
Research Council Committee – Member	2020 – 2023

COLLEGE SERVICE (THE UNIVERSITY OF TEXAS AT TYLER)

Diversity Committee – Member <i>College of Education and Psychology</i>	2022 - 2024
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DEPARTMENTAL SERVICE (THE UNIVERSITY OF TEXAS AT TYLER)

Search Committee Member <i>CMHC Assistant/Associate Professor in Counseling</i>	2023 – 2024
Search Committee Member <i>School Counseling Assistant Professor</i>	2023 – 2024
Admission Interviews <i>School Counseling Program</i>	SP 2023
CPCE Exam Coordinator <i>Clinical Mental Health Counseling Program</i>	SP 2023 – ongoing
NCE Exam Coordinator <i>Clinical Mental Health Counseling Program</i>	SP 2023 – ongoing
Annual Student Review Committee <i>School Counseling Program</i>	Fall 2022
CACREP Self-Study Committee – Member <i>Clinical Mental Health Counseling Program</i>	2020 - 2022
Chapter Faculty Advisor <i>Chi Sigma Iota – Upsilon Tau Theta Chapter</i>	2021 - ongoing
Faculty Advisor <i>Ongoing Load of 18 CMHC Students</i>	2020 - ongoing
Search Committee Member <i>Undergraduate Lecturer/Assistant Professor of Practice</i>	2021
Search Committee Member <i>CMHC Assistant Professor in Counseling</i>	2019 – 2020

July 27, 2023

Candidacy Interviews 2019 – ongoing
Clinical Mental Health Counseling Program

Admissions Committee 2019 - ongoing
Clinical Mental Health Counseling Program

STUDENT MENTORING (THE UNIVERSITY OF TEXAS AT TYLER)

Student Research Teams 2021 – ongoing
S.P.R.I.N.G. Research Lab

DEPARTMENTAL SERVICE (GEORGIA STATE UNIVERSITY)

Student Admissions Committee 2018 – 2019
Rehabilitation Counseling Master's Program

Student Admissions Committee 2015 – 2019
Clinical Mental Health Counseling Master's Program

Student Admissions Committee 2016 – 2017
School Counseling Master's Program

Past President 2018 – 2019
Chi Epsilon Chapter of Chi Sigma Iota

Chair – Awards Committee 2018 – 2019
Chi Epsilon Chapter of Chi Sigma Iota

President 2017 – 2018
Chi Epsilon Chapter of Chi Sigma Iota

President-elect 2016 – 2017
Chi Epsilon Chapter of Chi Sigma Iota

Facilitator Diversity Group 2017
Clinical Mental Health Counseling Master's Students

Facilitator Self Care Group 2016 – 2017
Clinical Mental Health Counseling Master's Students

Treasurer 2015 – 2016
Chi Epsilon Chapter of Chi Sigma Iota

Facilitator Support Group 2013 – 2014
Clinical Mental Health Counseling Master's Students

COMMUNITY SERVICE

Quality Committee Member August 2023 - present
MOSAIC Counseling Center, Tyler TX

Grad, R. I. (2021, September). *Trauma Informed Care: Honoring and Empowering Our Communities.*
Workshop presented at the MOSAIC Center, Tyler, TX

PROFESSIONAL SERVICE – INTERNATIONAL

Associate Editor 2020 – ongoing
Romanian Journal of Counseling

Peer Reviewer 2020 – ongoing
Violence Against Women International Journal

Committee for dissemination, and conference program development – Member 2017 – 2018
NBCC Romania International Conference

Committee for indexing, adaptation of bilingual articles, dissemination – Member 2017
Romanian Journal of Counseling

PROFESSIONAL SERVICE – NATIONAL

Invited Reviewer – Graduate Psychology Strategic Growth Plan April 2023
Lynn J. Darby School of Psychology & Adolescent Counseling
Brenau University, Gainesville, GA

Peer Reviewer 2019 – ongoing
The Journal of Individual Psychology

AARC Diversity Committee - Member 2019 – ongoing
Association for Assessment and Research in Counseling

Conference Proposals Reviewer 2020, 2022, 2023
Association for Assessment and Research in Counseling

Conference Proposals Reviewer 2021, 2023
Association for Specialists in Group Work

Conference Proposal Reviewer 2021
Association for Counselor Education and Supervision

Research Programs Proposal Reviewer 2020
Association for Assessment and Research in Counseling

July 27, 2023

Conference Proposal Reviewer <i>Southern Association for Counselor Education And Supervision</i>	2020, 2022
The Faculty Meeting Podcast – The PodTalk Network <i>Guest – International Students in the US</i>	December 2018
Peer Reviewer <i>NARACES Graduate Gazette</i>	2018 – 2019
Peer Reviewer <i>Romanian Journal of Counseling</i>	2017 – ongoing
Graduate Student Representative – Awards Committee <i>Association for Counselor Education and Supervision</i>	2018 – 2019
International Chapter Grants Reviewer <i>Chi Sigma Iota International</i>	2018 – 2019
Counselor Community Engagement Committee - Member <i>Chi Sigma Iota International</i>	2018 – 2019
Coordinator of Volunteers <i>Association for Specialists in Group Work Conference</i>	2018
Conference Planner <i>Association for Specialists in Group Work Conference</i>	2015 – 2016
Volunteer <i>Association for Counselor Education and Supervision Conference</i>	2015
Volunteer <i>Association for Specialist in Group Work Conference</i>	2014
Volunteer <i>North American Society of Adlerian Psychology Conference</i>	2012

AWARDS AND RECOGNITIONS

NATIONAL

Chi Sigma Iota Outstanding Doctoral Student Award <i>Chi Sigma Iota International</i>	April 2019
<ul style="list-style-type: none">For “excellence in scholarship, extracurricular involvements, service to the chapter, and evidence of excellence and commitment to the profession”	

July 27, 2023

- Leadership Fellow** 2018 – 2019
Chi Sigma Iota International, Greensboro, NC
- Provides over 50 hours of service to CSI International through participation in committees, Executive Council meetings, and leadership development.
- ACES Emerging Leader** October 2017
Association for Counselor Education and Supervision
- North American Society for Adlerian Psychology (NASAP) Scholarship** May 2016
NASAP National Conference, Twin Cities, MN
- Barbara Gazda Scholarship** February 2016
ASGW National Conference, Alexandria, VA
- Vicki Bowman Outstanding Graduate Student Award** March 2015
ACA National Conference, Orlando, FL

GEORGIA STATE UNIVERSITY

- College of Human Education and Development Hayden-Waltz Dissertation Award** April 2019
Georgia State University, Atlanta, GA
- For a dissertation that “exhibits originality, clarity, and effectiveness in the presentation of ideas, quality writing and contributes to the future scholarly productivity in the field.”
- Dean’s Excellence Award in Counselor Education & Practice, in Memory of Mary Jane Phillips**
April 2019
- *Counseling & Psychological Services Department, Georgia State University*
- Chi Epsilon Iota Outstanding Doctoral Student Award** March 2019
Chi Epsilon Chapter of CSI International
- For “excellence in scholarship, service to the chapter, extracurricular involvements, and evidence of excellence and commitment
- Kenneth & Mary Matheny Scholarship** May 2018
Counseling & Psychological Services Department, Georgia State University
- For outstanding accomplishments in the Counselor Education and Practice program
- College of Human Education and Development Doctoral Scholarship.** April 2018
Georgia State University, Atlanta, GA
- For “outstanding accomplishments in the College of Education and Human Development”
- Catherine Chang Outstanding Service to Chapter Award** March 2018
Chi Epsilon Chapter of CSI International
- For “excellence in scholarship, service to the chapter, extracurricular involvements, and evidence of excellence and commitment”

Outstanding Researcher Award

March 2017

Chi Epsilon Chapter of CSI International

- For “completing research investigations that show promise for outstanding contributions to the counseling profession

Outstanding Mental Health Counseling Student Award

April 2015

Georgia State University

- For “recognition of leadership, service, advocacy, scholarship, and mentorship

ADVANCED TRAINING

- DSM-5 TR – What You Need to Know, June 2022 (2hrs.)
- Neuroscience, Embodiment, and the Restoration of Self – Trauma Research Foundation, May 2022 (35hrs.)
- Trauma-Informed Resilient Schools, April 2020 (6hrs.)
- Telehealth for Mental Health Professionals, April 2020 (12hrs.)
- Master Clinician Series: The Adverse Childhood Experiences Study, April 2020 (1hr.)
- Trauma-Focused Skills Intervention with Group Supervision, December 2016 (6hrs.)
- Applied Suicide and Interventions Skills Training (ASIST), March 2016 (16hrs.)
- ICASSI (International Committee of Adlerian Schools and Institutes), Lithuania. July 2012 (40 hrs.)
- ICASSI, Zurich, Switzerland. July 2011 (40 hrs.)
- “Intimacy-a task for two” - Wes Wingett Ph.D., USA, Mar.2011 (10 hrs.)
- “Aspects of pathology in the process of counseling and psychotherapy”, Gerhard Baumer, Dipl. Psychology and Economics, Psychotherapist. Romania – Nov. 2010 (15 hrs.), Feb. 2011(15 hrs.)
- ICASSI, Poiana Brasov, Romania. July 2010 (40 hrs.)
- “Early recollections – a way to reach our unconscious goals”, Gerhard Baumer, Dipl. Psychology and Economics, Psychotherapist. Romania, June 2010 (15 hrs.)
- Training in Adlerian Theory, a program of the Institute of Adlerian Psychology, 3 years program. (Theory - 450 hrs.; Lifestyle Analysis - 150 hrs.) Romania 2009-2012
- “Understanding and working methods with children”, Anda Pacurar, Adlerian Psychotherapist. Romania, Sept. 2008 (10 hrs.)
- Training in Systemic Theory, a program of the Institute of Couple and Family, 3 years program. (Theory - 450 hrs., Personal Growth - 150 hrs.) Romania 2006-2009

PROFESSIONAL MEMBERSHIPS

- AARC (Association for Assessment and Research in Counseling) 2018 – on going
- ACROM (Romanian Association for Counseling) 2017 – on going
- AMCD (Association for Multicultural Counseling and Development) 2015 – 2016
- ACES (Association for Counselor Education and Supervision) 2015 – on going
- CSI (Chi Sigma Iota) 2013 – on going
- ACA (American Counseling Association) 2013 – on going
- ASGW (Association for Specialists in Group Work) 2013 – on going
- NASAP (North American Society of Adlerian Psychology) 2012 – on going