

Ramona I. Grad, Ph.D., LPC (GA, MI, TX)

Department of Psychology and Counseling, HPR 213

The University of Texas at Tyler

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EDUCATION

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

Georgia State University, Atlanta, GA

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

Associate Professor

(2025 – Present)

The University of Texas at Tyler

Department of Psychology and Counseling

College of Education and Psychology

Tyler, Texas

Assistant Professor

(2019 – 2025)

The University of Texas at Tyler

Department of Psychology and Counseling

College of Education and Psychology

Tyler, Texas

Assistant Department Chair

(2023– present)

The University of Texas at Tyler

Department of Psychology and Counseling

College of Education and Psychology

Tyler, Texas

RESEARCH AGENDA

- The Impact of Trauma and Adverse Experiences on Mental Health and Development
- Integration of Multicultural Frameworks in Counseling and Counseling Training

PROFESSIONAL LICENSE(S) AND CERTIFICATIONS

- Licensed Professional Counselor – GA (#LPC011263), MI (LPC#6401225055), TX (#LPC95909)
- 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 REVIEW

1. **Grad, R. I.**, Zeligman, M, & Coleman, J. Posttraumatic Growth in College Students: The Role of Social Reactions and Social Support. *The Journal of College Student Mental Health*

MANUSCRIPTS IN PREPARATION

*denotes student collaboration on scholarly publications

7. **Grad, R. I.** & Thomas, C., Sass, S., Zolkoski, S., Risner*, M., Pena-Borunda*, E. *The Intergenerational Impact of Parental Religious Trauma on Parenting Practices, Spiritual Teachings, and Children's Wellbeing*
6. **Grad, R. I.**, Thomas, C., Sass, S., Zolkoski, S., Risner*, M., Pena-Borunda*, E. *Children's Spirituality: The Role of the Risk for PTSD, and Emotional Intelligence*
5. **Grad, R.I.**, Coleman, J., Cloughlin, A., Lee, Y.... *Exploring the Relationships between ACEs, Perfectionism, Stress, Substance Use, Meaning Making*
4. Zhu, P. & **Grad, R. I.** *Cohesiveness-focused Experiential Growth Groups in Counselor Education: A Single-case Experimental Design*
3. **Grad, R. I.**, & Folkens*, K. *Breathing Techniques for Affect Regulation in Adult Survivors of Interpersonal Trauma.*
2. Thomas, C. & **Grad, R. I.** *Investigating the Relationships between Personality Dimensions, Trauma History, Cultural Factors, and Academic Success*
1. **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.*

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

Associate Professor/Instructor of Record

- **COUN5380: Study Abroad Wounds That Last: Holocaust Trauma and Its Intergenerational Impact in Poland:** SU25, SU26
- **COUN5393: Practicum** SP25
- **COUN5308: Diagnosis and Treatment Planning** *New course development.* SU21, SP22, SU22, SP23, SU23, SP24, SU24, SP25, SU25, SU26
- **COUN5312: Counseling Theories and Applications** *New course development.* F20, SP21, SU21, F21, SP22, F22, SP23, F23, SP24, F24, SP25, F25, SP26
- **COUN5313: Family Therapy:** *New course development* SU23, SU24, SU25
- **COUN5345: Group Counseling: Theory and Practice** *New course development.* F19, SP20, F20, SP21, SU21, F21, SP22, F22, SP23, F23, SP24, F24, SP25, F25, SP26

- **COUN5370: Trauma-Informed Counseling** *New course development. SU20, F20, SU21, F21, SU22, F22, SU23, F23, SU24, F24, SU25, F25, SU26*
- **COUN5392: Helping Relationships and Clinical Interviewing** *F19, SP20, F20, SP21, F21, SP22, F22, SP23*

GEORGIA STATE UNIVERSITY

Instructor of Record

- **CPS6010: Professional Identity and Ethics in Mental Health Counseling** *Spring 2019*
- **CPS3400: Career and Lifespan Development – Online Course** *Summer 2018*

Co-instructor/Teaching Assistant

- **CPS8340: Advanced Multicultural Strategies and Interventions – Doctoral Level Course** *SP 2018*
- **CPS8380: Family Systems and Interventions** *SP 2019*
- **CPS8370: Crisis Intervention** *SP 2019*
- **CPS6450: Group Counseling Systems** *Fall 2018*
- **CPS7300: Career Theory, Assessment, and Intervention – Flipped Format** *SP 2018*
- **CPS6410: Basic Counseling Skills** *SP 2017, Fall 2017, Fall 2018*
- **CPS7680: Mental Health Counseling Internship II** *SP 2017, SP 2018*
- **CPS7680: Mental Health Counseling Internship I** *Fall 2016, Fall 2017*
- **CPS7660: Mental Health Counseling Applied Practice** *Fall 2016, Fall 2017*
- **CPS7260: Counseling Systems and Interventions** *Fall 2017*
- **CPS7550: Consultation in School Counseling** *Fall 2016*
- **CPS7681: School Counseling Internship II** *SP 2016*
- **CPS7681: School Counseling Internship I** *Fall 2015*
- **CPS7661: School Counseling Applied Practice** *Fall 2015*

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, Romania

NATIONAL

*denotes student collaboration on scholarly publications

Grad, R. I., Coleman, McLaughlin, A., Tarziers, K., & Davis, D (2025, October). *Integrating Deliberate Practice in Multicultural Counseling Training: A Skills Based Approach*. ACES Conference, Philadelphia, PN

Coleman, J., McLaughlin, A., **Grad, R. I., Tarziers, K., & Davis, D.** (2025, October). *Fostering Cultural Humility in Addiction Counseling: A Skills-Based Multicultural Framework for Counselor Education*. ACES Conference, Philadelphia, PN

- Coleman, J., McLaughlin, A., **Grad, R. I.**, Tarziers, K., & Davis, D. (2025, October). *Fostering Cultural Humility in Addiction Counseling: A Skills-Based Multicultural Framework for Counselor Education*. ACES Conference, Philadelphia, PN
- Grad, R.I.**, Coleman, J. (2025, September). *Bridging the Gap: Supporting Early Career Counselor Educators in Scholarship and Grant Writing.*, AARC Conference, Daytona, FL
- Coleman, J., **Grad, R. I.**, & Tarziers, K. (2025, September). *Innovative Community-Engaged Research Strategies: Bridging Theory and Practice in Counseling*. AARC Conference, Daytona, FL
- Coleman, J., **Grad, R. I.**, & Tarziers, K. (2025, September). *Experimental Research in Counselor Education: Outcomes from an Analogue Study on Counselor Bias*. AARC Conference, Daytona, FL
- Grad, R. I.** (2025, April). *Flourishing in the Fire: Sustainable Counselor Training Programs*. MSTAR Mini Conference, Atlanta, GA
- Grad, R. I.**, & Zhu, P. (2024, September). *Collaborative Research in Group Work Research: A Case Example*. AARC Conference, Pittsburg, PA
- 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.
- 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

Grad, R. I. (2026, November). *Beyond Trauma: Rethinking Children's Spiritual Development Through Emotional Intelligence*. SACES Conference, Louisville, Kentucky

Coleman, J, & **Grad, R. I.** (2024, November). *Bridging the Gap: A Trainee-Driven Approach to Multicultural Competencies in Counselor Education*. SACES Conference, Dallas, TX

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

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 SPEAKER/PRESENTER

INTERNATIONAL

Grad, R.I. (2023, December). *Trauma-Informed Care in Counseling.* **Keynote Speaker,** ACROM Conference, Bucharest, Romania

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

NATIONAL

Grad, R. I., Coleman, J., Lee, Y., Li, J., McLaughlin, A., Davis, D. (2026, February). *Integrating Positive Psychology and Social Justice: Perspectives Based on the Life Worth Living Pedagogy Network – Panelist Member –* Division 17

STATE

Grad, R. I. (2024, October). *Reconnecting for Healing: The Role of Therapeutic Relationship and Therapeutic Ruptures.* Piece of Mind Conference, Tyler TX

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

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

PROFESSIONAL EXPERIENCE

Peer Consultation

August 2025 – present

MOSAIC Lab, University of Tennessee at Knoxville

- Serve as a consultant in an interdisciplinary group working on identifying and creating ways to support Early Career Professionals in Academia

The Life Worth Living Network – Faculty Course Development Fellowship **Yale Center for Faith and Culture, Yale University**

June 2025

- Selected as a fellow in a diverse community of educators committed to developing courses that engage students in exploring philosophical, religious, and cultural perspectives on meaning and purpose. Collaborates on curriculum design that fosters critical inquiry and dialogue about what constitutes a fulfilling life.

The Good Life Research Network Fellowship

May 2024 – May 2025

- Serve as a consultant in an interdisciplinary group working on identifying and creating ways to integrate concepts from the Life Worth Living course offered by Yale University into the training of mental health practitioners.

Multicultural Orientation Videos – Stetson Project

April 2023

- Recorded mock counseling session videos to create a database for educators to use in training

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

The Flourishing Collective – Group Private Practice

June 2025 – present

Licensed Professional Counselor

- Provides individual mental health counseling services

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 training on topics including suicide, sexual assault awareness, addictions, and emotional wellness.
- Led psycho-educational workshops on emotional balance, learning skills, and healthy habits.

CLINICAL PSYCHOLOGIST

Private Practice, Self-Employed Psychologist and Psychotherapist, Romania

March 2008 – May 2013

- Provide individual, couples, group, and family psychotherapy.

- 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
- Developed and led parenting groups “Parent’s Academy,” process groups “Emotions – A Way of Self-Discovery.”
- Planned, promoted, and recruited parents to join parenting and process groups.

Satu Mare County Hospital, Satu Mare Romania Jan. 2008 – Dec. 2009
Mental Health Counselor, Acute Psychiatric Ward

- Provided in-patient services, individual therapy, and 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 psychological palliative care

SERVICE

UNIVERSITY SERVICE (THE UNIVERSITY OF TEXAS AT TYLER)

UT Tyler Career Success Advisory Council 2026-2028
Member representative of the School of Health Professions

University Graduate Council 2024-2026
Member representative of the College of Education and Psychology

Faculty Senate 2023 – 2025
Faculty representative of the College of Education and Psychology

Digital Skills Badge Committee 2023 – ongoing
Member representative of the College of Education and Psychology

Life After Graduation Panel – Presenter SP 2023

Faculty Development Leave Applications Reviewer SU 2022, SU 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 2020 – 2023
Member representative of the College of Education and Psychology

May 2026

COLLEGE SERVICE (THE UNIVERSITY OF TEXAS AT TYLER)

Search Committee Chair <i>College of Education and Psychology Assessment Coordinator</i>	Spring 2025
Curriculum and Assessment Committee <i>College of Education and Psychology</i>	2024 - 2026
Diversity Committee – Member <i>College of Education and Psychology</i>	2022 - 2024
CEPG 1000: Thriving in CEP – Guest Speaker	Fall 2023, Fall 2024

DEPARTMENTAL SERVICE (THE UNIVERSITY OF TEXAS AT TYLER)

Search Committee Member <i>CMHC Assistant Professor in Counseling</i>	April 2026
Search Committee Member <i>Assistant Professor of Psychology</i>	2025 – 2026
Search Committee Member <i>Assistant Professor of Psychology – Statistics specialty</i>	2025 – 2026
Search Committee Member <i>Clinical Psychology/Professor of Practice</i>	2024 – 2025
Open House – Meet & Greet UT Tyler Main Campus and UT Health Coordinator	November 21, 2024
Search Committee Member <i>Clinical Psychology/Professor of Practice</i>	2024 – 2025
New Faculty – On Boarding Coordinator	Fall 2023 - ongoing
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

RAMONA I. GRAD 13

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 - 2024
Chapter Faculty Advisor <i>Chi Sigma Iota – Upsilon Tau Theta Chapter</i>	2021 - ongoing
Faculty Advisor <i>Ongoing Load of 20 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
Candidacy Interviews <i>Clinical Mental Health Counseling Program</i>	2019 – ongoing
Admissions Committee <i>Clinical Mental Health Counseling Program</i>	2019 - ongoing

STUDENT MENTORING (THE UNIVERSITY OF TEXAS AT TYLER)

Student Research Team <i>S.P.R.I.N.G. Research Lab</i>	2021 – ongoing
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MEDIA FEATURES

Counseling Today – The Breaking Point <i>Interviewed for the article on healing therapeutic alliance ruptures</i>	March 2024
I Am a Stalker – Netflix Documentary Series. <i>Expert opinion in the psychology of stalking crime case.</i> (I couldn't honor the invitation because I was out of the country)	January 2022
The Faculty Meeting Podcast – The PodTalk Network <i>Guest – International Students in the US</i>	December 2018

DEPARTMENTAL SERVICE (GEORGIA STATE UNIVERSITY)

Student Admissions Committee <i>Rehabilitation Counseling Master's Program</i>	2018 – 2019
Student Admissions Committee <i>Clinical Mental Health Counseling Master's Program</i>	2015 – 2019
Student Admissions Committee <i>School Counseling Master's Program</i>	2016 – 2017
Past President <i>Chi Epsilon Chapter of Chi Sigma Iota</i>	2018 – 2019
Chair – Awards Committee <i>Chi Epsilon Chapter of Chi Sigma Iota</i>	2018 – 2019
President <i>Chi Epsilon Chapter of Chi Sigma Iota</i>	2017 – 2018
President-elect <i>Chi Epsilon Chapter of Chi Sigma Iota</i>	2016 – 2017
Facilitator Diversity Group <i>Clinical Mental Health Counseling Master's Students</i>	Spring 2017
Facilitator Self Care Group <i>Clinical Mental Health Counseling Master's Students</i>	2016 – 2017
Treasurer <i>Chi Epsilon Chapter of Chi Sigma Iota</i>	2015 – 2016
Facilitator Support Group <i>Clinical Mental Health Counseling Master's Students</i>	2013 – 2014

COMMUNITY SERVICE

Quality Committee Member MOSAIC Counseling Center, Tyler TX	August 2023 - ongoing
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PROFESSIONAL SERVICE – INTERNATIONAL

Associate Editor <i>Romanian Journal of Counseling</i>	2020 – ongoing
Peer Reviewer <i>Violence Against Women International Journal</i>	2020 – ongoing

May 2026

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, 2024
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

Conference Proposal Reviewer 2020, 2022
Southern Association for Counselor Education And Supervision

Peer Reviewer 2018 – 2019
NARACES Graduate Gazette

Peer Reviewer 2017 – ongoing
Romanian Journal of Counseling

Graduate Student Representative – Awards Committee 2018 – 2019
Association for Counselor Education and Supervision

International Chapter Grants Reviewer 2018 – 2019
Chi Sigma Iota International

Counselor Community Engagement Committee - Member 2018 – 2019
Chi Sigma Iota International

May 2026

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 Specialists 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> <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”	April 2019
Leadership Fellow <i>Chi Sigma Iota International, Greensboro, NC</i> <ul style="list-style-type: none">Provides over 50 hours of service to CSI International through participation in committees, Executive Council meetings, and leadership development.	2018 – 2019
ACES Emerging Leader <i>Association for Counselor Education and Supervision</i>	October 2017
North American Society for Adlerian Psychology (NASAP) Scholarship <i>NASAP National Conference, Twin Cities, MN</i>	May 2016
Barbara Gazda Scholarship <i>ASGW National Conference, Alexandria, VA</i>	February 2016
Vicki Bowman Outstanding Graduate Student Award <i>ACA National Conference, Orlando, FL</i>	March 2015

THE UNIVERSITY OF TEXAS AT TYLER

College of Education and Psychology Research Award <i>The University of Texas at Tyler, Tyler, TX</i>	April 2025
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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 Ed. & Practice, in Memory of Mary Jane Phillips April 2019
Counseling & Psychological Services Department, Georgia State University

- *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

- MSTAR Conference, Atlanta, GA, April 24-25, 2026 (16hrs)
- MSTAR Conference, Atlanta, GA, April 24-25, 2025 (16hrs)
- Beyond Self-Care: Holistic Approaches for Preventing Burnout and Promoting Flourishing among Helping Professionals; Boston University, November 1, 2024 (5hrs.)
- 2024 Suicide Prevention Summit, Online, August, 2024 (12hrs.)
- MSTAR Conference, Atlanta, GA, May 2-3, 2024 (16hrs)
- ACROM Conference, Bucharest, Romania, December, 2023 (8 hrs)
- DSM-5 TR – What You Need to Know, June 2022 (2hrs.)

- Neuroscience, Embodiment, and the Restoration of Self – Trauma Research Foundation, May 2022 (35hrs.)
- ACROM Conference, Bucharest, Romania, March, 2021 (8 hrs.)
- 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.)
- Adventure Therapy, May 2016 (40hrs)
- 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 – Feb. 2011(15 hrs.)
- “Aspects of pathology in the process of counseling and psychotherapy”, Gerhard Baumer, Dipl. Psychology and Economics, Psychotherapist. Romania – Nov. 2010 (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.)
- “Lifestyle development in adults and adolescents”, Wes Wingett, Satu Mare, Romania (12hrs.)
- 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
- “Modern psychological research: quantitative vs qualitative research”, Sibiu, Romania, Oct. 2008 (25hrs.)
- “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

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| • 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 – 2023 |

LANGUAGE SKILLS

- English: Fluent
- Romanian: Native Speaker
- Spanish: Intermediate