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EDUCATION

- 2016-2017 **Georgetown University**, Washington, D.C.
Institute for Transformational Leadership
International Coaching Federation Certification in Leadership Coaching
- 1997 - 2001 **University of Maryland**, College Park, MD
Ph.D., Counseling Psychology
Dissertation: Clinical Outcomes of Working with Dreams in Psychotherapy
Advisor: Dr. Clara Hill
- 1995 - 1997 **Arizona State University**, Tempe, AZ
M.C. (Master of Counseling)
Thesis: Meaning, Purpose, and Religiosity; The Interaction of Anxiety and Spirituality in At-Risk Adolescents
Advisor: Dr. Barbara Kerr
- 1985 - 1989 **Indiana University**, Bloomington, IN
B.A., double major in Journalism and History
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TEACHING EXPERIENCE

- 2019 – present **Associate Professor – Batten School of Leadership & Public Policy, University of Virginia**
Develop innovative leadership courses that blend scientifically supported methods to building personal resilience with creative approaches to leadership development. Enrollment in one of those courses, LPPL 2100 (“The Resilient Student; Transition, Thriving, & Leadership”), has increased 1,400% since the course was first offered in 2018. LPPL 3450 (“Resilient Leadership for Teams & Teammates”), focuses on how leaders extend personal resilience competencies into team and organizational environments. LPPL 4225 (“Leadership in Practice; Bringing Out the Best in Others”) is a course on how leaders develop talent and develop potential in others. Support the Batten School and the broader UVA community through talks, workshops, and consultations to students, parents, staff and faculty. Among these engagement activities are leading the UVA Athletics Leadership Academy, which is the primary leadership develop curriculum in the UVA Athletic Department, and providing keynote talks to all parents of incoming first-year students as part of the official UVA summer orientation program.
- 2017 – 2019 **Adjunct Faculty – Batten School of Leadership & Public Policy, University of Virginia**
Courses taught: Resilient Leadership for Teams (LPPL 3450) and The Resilient Student (LPPL 2100).

- 2016 – 2017 **Adjunct Faculty – College of Arts & Sciences, University of Virginia**
 Taught Resilient Leadership (COLA 1500).
- 2005 – 2009 **Adjunct Faculty -- Indiana University College of Education.**
Received the 2009 IU College of Education's Outstanding Adjunct Faculty Award.
 Graduate courses taught: Group Counseling (G532), Psychopathology & Advanced
 Diagnosis (G615), Introduction to Sex Therapy (G672), Supervision Practicum (G550).
- 2003 – 2005 **Adjunct Faculty -- University of Dayton College of Education and
 Psychology Department**
 Graduate courses taught: Group Psychotherapy (PSY 558), Psychological Assessment
 (EDC 630), Working with Dreams in Psychotherapy (EDC 602), and Abnormal
 Psychology (PSY 363).
- 1997 – 2000 **Instructor – University of Maryland**
 Courses taught: Research Practicum (PSY 479), Learning Skills (EDCP 108L), Adjusting
 to Living in a New Culture (for international students; EDCP 108X).
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LEADERSHIP & ADMINISTRATIVE EXPERIENCE

- 2021 – 2023 **Director of Leadership Coaching & Executive Development – Lifelong Learning &
 Executive Development (BattenX) – Batten School of Leadership & Public Policy,
 University of Virginia**
 Designed and delivered curriculum for short courses, custom client workshops and
 leadership retreats. Offered leadership coaching programs for public and private sector
 executives. Specialized in the provision of executive team coaching, which focuses on
 the development of the team-level leadership competencies that drive organizational
 results.
- 2016 – 2019 **Executive Director – Resilience and Leadership Development, University of Virginia**
 Designed and implemented programs that strengthened U.Va.'s mission to develop
 world-class citizen leaders. Developed strategy for promoting leadership development,
 scholarly success, and professional growth among students, faculty and staff. Provided
 individual and team coaching with the objective of fostering emotional-social intelligence
 and leadership effectiveness throughout the university. Taught courses on leadership,
 resilience and personal development.
- 2013 – 2016 **Director – University of Virginia Counseling & Psychological Services Department**
 Led 30+ staff in providing mental health support to U.Va.'s 24,000 students. Provided
 coaching and supervision to multidisciplinary staff of psychologists, psychiatrists, social
 workers, counselors, doctoral interns and support personnel. Developed data-driven
 strategy for the long-term growth of mental health services at U.Va. Facilitated close
 interdepartmental collaboration with key partners including U.Va.'s 11 schools and
 colleges, Department of Psychiatry, Emergency Department, and the Office of the Dean
 of Students. Provided consultation U.Va.'s Threat Assessment Team and the Deans &
 Directors' Leadership group.
- Specific examples of leadership at U.Va.
- Department was formally recognized by the Seven Society as “engendering
 meaningful social change” at U.Va. This recognition included a \$77,777
 departmental award.
 - Developed a 5-year strategy (“20/20 Plan”) for growth and presented the strategic
 plan to the U.Va. Board of Visitors.
 - Worked directly with state legislators to shape critical mental health legislation.

- Collaborated with university administration to expand clinical staff by 30% in response to unprecedented demand for services and programs.
- Conceptualized and implemented a new embedded psychologist position at U.Va.'s individual schools

2009 – 2013

**Director of Clinical Services -- University of Michigan
Counseling & Psychological Services**

Provided clinical and administrative leadership to the 48 permanent and temporary staff. Supervised multidisciplinary staff of psychologists, psychiatrists, and social workers. As Chairperson of the Clinical Services Committee, provided primary consultation to staff on high-risk clients. Participated in critical incident management as part of U-M's system for managing students of concern. Coordinated data management systems and used the information to evaluate short- and long-term service delivery goals. Provided threat assessment consultation to the campus community through participation on U-M's Behavioral Intervention Team.

Specific examples of leadership at U-M

- Participated on the Division of Student Affairs' Organizational Culture Assessment Team which introduced programs to improve the Division's culture and organizational effectiveness.
- Designed new client referral systems to facilitate more collaborative treatment between CAPS and key partners including University Health Service and Psychiatric Emergency Service.
- Integrated new uses of technology into clinical services programs, e.g. electronic data collection for monitoring student's clinical severity.

2005 – 2009

**Psychologist and Coordinator of Groups & Workshops – Indiana University
Counseling and Psychological Services**

Developed strategies for building organizational capacity and increasing CAPS' presence on campus. Collaborated with other Student Affairs departments to cross-promote and integrate services. Created new programming to diversify the agency's clinical service offerings. Provided training and supervision to clinical staff. Chief liaison to the IU Athletic Department. Developed a comprehensive clinical program that more than doubled group therapy visits.

2001 – 2005

**Psychologist and Coordinator of Groups & Workshops – University of Dayton
Counseling Center**

Specific examples of leadership at UD:

- Initiated a successful effort with the Dean/VP of the Graduate School to expand counseling services to graduate students.
- Implemented a new program that tripled enrollment in counseling groups.

**COACHING, CONSULTING, AND
OTHER MANAGEMENT EXPERIENCES**

2011-current

Executive Coach and Owner – Leading Influence Consulting, Charlottesville, VA.

Blend my diverse experiences as an organizational leader, clinical psychologist, and group/team facilitator to provide a dynamic approach to consulting, executive coaching and team coaching. Clients include international trade group organizations, health care start-ups, governmental agencies, entrepreneurs, higher education institutions, and other clients from across the financial and technology sectors.

- 2008 – 2011 **Organizational Consultant and Business Team Facilitator – Business of People, Columbus, OH.**
 Consulted, coached, and facilitated group training sessions with executives from a broad spectrum of industries. Assisted leadership clients in building emotional intelligence and organizational effectiveness.
- 2004 – 2010 **Postgraduate Program in Organizational Development and Leadership, Gestalt Institute – Columbus, OH.**
 Training emphasized helping clients to develop interpersonal leadership skills, create effective organizational strategy, develop personnel, manage change, and build effective business teams.
- 1989 - 1995 **THE PROCTER & GAMBLE COMPANY**
- 1994 -- 1995 **Account Manager -- Phoenix, AZ**
 Managed P&G health and beauty care business at several corporate accounts in the Southwest and Western regions. *Earned the P&G Silver Club Award for Outstanding Achievement and Leadership.*
- 1989 -- 1993 **Supervisor – Market Knowledge & Research, Cincinnati, OH and Shelton, CT**
 Responsible for all consumer research on several national health and beauty care brands. Supervised P&G and supplier personnel. Responsibilities included methodology design, supervision of data collection, data analysis, and presentation of findings to upper management.
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OTHER CLINICAL EXPERIENCES

- 2004 – 2007 **Postgraduate Program in Interpersonal and Gestalt Psychotherapy – Gestalt Institute, Columbus, OH.**
 Completed four-year training program. Emphases included: working with personality disorders, couples work, managing client resistance, and interpersonal diagnosis.
- 2001 – 2002 **Postdoctoral Resident – University of Dayton Counseling Center**
 Provided individual and group psychotherapy, emergency/walk-in services, and consultation to students, faculty, and staff.
- 2000 – 2001 **Pre-Doctoral Intern – Veterans’ Affairs Maryland Healthcare System – Baltimore**
 Provided mental health services in the In-Patient Psychiatry Unit, Behavioral Medicine Department, Addiction Day Treatment Program, and the Out-Patient Clinic.
- 1997 – 2000 **Graduate Assistant: University of Maryland Counseling Center**
 Developed and conducted psycho-educational outreach programs to promote utilization of the Counseling Center. Supervised undergraduate teaching assistants.
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SELECTED TALKS, WORKSHIPS, and PROGRAMS

- 2025 **The Mental Health Crisis on College Campuses; Implications for Student Flourishing Efforts.** Keynote address delivered at the opening of the University of Virginia Contemplative Commons. Charlottesville, VA.

- 2024 – present **Batten – UVA Athletics Leadership Academy.** Teach a program of leadership modules to UVA student athletes nominated by their head coaches for this leadership development experience. Upon successful completion, the academy culminates in a “Batten – UVA Athletics Leadership Academy certificate” for the student athletes.
- 2024 – present **Executive Leadership Team Development.** Securities Industry and Financial Markets Association, New York, NY and Washington, DC.
- 2024 **Resilient Leadership.** Keynote address delivered to the John Krueger Foundation. Virginia Beach, VA.
- 2023 – present **Resilient Leadership in the Public Arena.** Program conducted annually to the Rodel Leadership Institute (a leadership development program designed to promote bipartisan leadership in state and locally elected officials). Santa Monica, CA.
- 2023 **The Resilient Leader.** Talk given to the Government Finance Officers Association (GFOA). Chicago, Ill
- 2022 **Resilient Leadership – On and Off the Playing Field.** Talk given at the annual meeting of the Virginia Association of Governmental Procurement. Charlottesville, VA.
- 2022 – 2023 **Leadership Development Workshop Series.** This series of programs anchored the Meriwether Lewis Institute’s five-week summer leadership development program. Topics included: building effective teams; fostering intrinsic motivation; managing conflict and difference; and neuro-guidance for leaders. Charlottesville, VA.
- 2022 **Resilient Leadership – On and Off the Playing Field.** Talk given to The Shenandoah Club. Roanoke, VA.
- 2021 **Executive Leadership Team Development offsite.** Institute of International Finance. Washington, DC
- 2021 **Building Resilience in Aspiring Leaders.** Talk given to the Leadership Development Forum of the U.S. Government Accountability Office. Washington, DC.
- 2020 **Fostering Fortitude as People and Leaders.** All-day workshop conducted for the City of Virginia Beach Human Services Division.
- 2020 **Motivating Student Athletes Workshop Series.** Four-day workshop series conducted for UVA Athletics Coaches. Charlottesville, VA
- 2019 **Resilient Leadership.** Talk given to National Defense Intelligence Agency, Charlottesville, VA.
- 2019 **Resilient Leadership.** Keynote address given to Hewlett Packard Enterprise’s annual Corporate Partners’ Summit meeting, Tyson’s Corner, VA.
- 2019 **Resilient Leadership.** Keynote address given to Sterling Computer’s annual meeting, Sioux City, IA.
- 2018 **Leading Organizational Change.** Workshop conducted with Futures Industry Association. Saint Michaels, MD.
- 2018 – 2020 **Leading Change:** This program examines the primary organizational and emotional hurdles that inhibit organizational change efforts and offers strategies for successful change initiatives. Various audiences.

- 2018 – 2019 **Strategies for First-Year Thriving**: This talk is given annually to 4,000 incoming first-year students at the University of Virginia.
- 2018 **TED x UVA Talk – “Courageous Thinking”**: This talk focused on common cognitive biases and discussed strategies for achieving objectivity and clarity of thought. Charlottesville, VA.
- 2017-present **Raising a Resilient College Student in Thirty Days or Less**: This talk is given annually to the estimated 4,000 parents and family members of incoming first-year students who attend summer orientation at the University of Virginia. Charlottesville, VA.
- 2017 – 2021 **Executive Leadership Development Program** – Futures Industry Association. Programs included team development, change management, conflict management, motivation and organizational engagement. Washington, DC.
- 2017-2020 **Increasing Organizational Engagement**: This workshop focuses on how to increase team member/employee engagement. Various audiences.
- 2017-present **Building Effective Teams**: Participants are introduced to a model that builds team-level competencies for establishing cohesion, interdependence, and sustained effectiveness. Various audiences.
- 2017-2020 **Ten Team Connection Skills**: This program describes a framework for effective team-level dialog and building productive relationships with teammates. Various audiences.
- 2016-2020 **Emotionally Intelligent Leadership**: Using an empirically validated measure of emotional-social intelligence (the Emotional and Social Competencies Inventory), participants increase self-awareness, clarify strengths and weaknesses with regard to EQ, and set personal goals for development as leaders. Various audiences.
- 2016-2020 **Strengths-Based Leadership**: Participants are introduced of the evidence that supports the idea of pursuing change from the perspective of building upon assets rather than focusing on deficits. Various audiences.
- 2016-present **Resilience-Building Series**: The objective of this 10-session training is to develop the emotional resilience skills that help leaders perform effectively during difficult times. The training integrates neurological, behavioral, cognitive, and emotional aspects of resilience. Various audiences.
- 2010-present **Conflict Management**. This program started as part of the daily “Common Concerns” series of workshops at the University of Michigan and is now a regular talk in many venues at the University of Virginia and elsewhere.
- 2010-present **Having Difficult Conversations**. This program started as part of the daily “Common Concerns” series of workshops at the University of Michigan and is now a regular talk in many venues at the University of Virginia and elsewhere.
- 2009-10 **Down the Stretch**. Designed this workshop to help students manage end-of-semester stress. Borrowed from cognitive/learning theory to assist students in developing effective study practices. Ann Arbor, MI.

- 2008 **Developing Successful Personal Relationships**. This workshop is part of the “Student Success Seminar” series. Developed the idea for this seven-part series of counseling center-sponsored events. Collaborated with five other IU student services agencies to offer the series. Bloomington, IN.
- 2008 **Successful Emotional Coping**. Conducted this workshop as part of the “Student Success Seminar” Series. Bloomington, IN.
- 2008 **Coping Skills for College Students**. Developed the concept of the “four cornerstones of coping” on which this rotating four-week series is based. Each month offered the following four workshops to the campus community: “Stinkin’ Thinkin’”, “Improving Self-Esteem”, “Assertiveness”, and “Mindfulness – Finding Peace Through Acceptance”. Bloomington, IN.
- 2008 **Introduction to Interpersonal-Gestalt Psychotherapy**. Seminar delivered to APA Interns at Indiana University Counseling & Psychological Services.
- 2001-2004 **Using the 16PF and MBTI to Help You Advance Your Career**. Annual presentation and workshop to selected Intelligence Specialists at the National Air & Space Intelligence Center – Wright-Patterson Air Force Base, Dayton OH
- 2003 **The Dangers of Diagnosis**. Guest lecture on the drawbacks and benefits of psychological diagnosis given at Cincinnati State College, Cincinnati, OH
- 2002 **Using Clients’ Dreams to Enhance Your Clinical Practice**. Workshop conducted for clinical staff at the University of Dayton Counseling Center, Dayton, OH
- 2000 **Cognitive-Experiential Dream Work**. Training conducted for doctoral psychology students at the University of Maryland, College Park, MD.

PRESENTATIONS & PUBLICATIONS

PRESENTATIONS

Davis, T.L (November, 2018). Graduating Resilience; Strategies for building emotional perseverance in college students. Virginia Student Services Conference, Wintergreen, Virginia

Heitzmann, D., Davis, T.L., Sevig, T.D., Prieto-Welch, S. (October, 2015). Grand plans; Comprehensive models for high-yield results. Symposium conducted at Association for University and College Counseling Center Directors, Salt Lake City, Utah.

Davis, T, Jay, M. (February, 2014). *Hooking up: A closer look at “sex without strings” on campus*. Symposium conducted at Dialogue at UVA; Sexual Misconduct Among College Students, Charlottesville, VA.

Burns, N., Davis, T.L., (February, 2013). *Collaboration is key - treating suicidal clients*. Symposium conducted at the Big Ten Counseling Center Conference, Iowa City, IA

Davis, T.L., Monschau, L. (February, 2012). *One counseling center’s attempt to answer the question, “How can we be most helpful to students with ADHD?”* Symposium conducted at the Big Ten Counseling Center Conference, Bloomington, IN.

Davis, T. L., Donahue, P., Maltese, A. (February, 2010). *Leading the effort to create multidisciplinary programming on campuses; Our experiences with the student success seminars*. Symposium conducted at the Big Ten Counseling Center Conference, East Lansing, MI.

Kocarek, C, Maltese, A., Davis, T. L., Meno, C. (February, 2010). *What were learning about marketing and diversifying “clinical” services*. Symposium conducted at the Big Ten Counseling Center Conference, East Lansing, MI.

Davis, T. L. & Shea, A. N. (February, 2009). *Using undergraduate process groups to help create healthy campuses: A modified approach to group leadership*. Symposium conducted at the Big Ten Counseling Center Conference, University Park, PA.

Davis, T. L. (June, 2008). *Process-focused assessment: Developing meaningful diagnoses that drive treatment*. Symposium conducted at the Paul Munger Conference, Bloomington, IN

Davis, T. L. (October, 2005). *Into the great wide open: The emotional transition to adulthood on a large college campus*. Symposium conducted at the annual Learning to Establish Academic Priorities (LEAP) Conference – Indiana University, Bloomington, IN.

Davis, T. L., Kerr, B. L., & Robinson Kurpius, S. E. (August, 1999). *Meaning, purpose, and religiosity in at-risk youth*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA

Davis, T. L. (April, 1999). *A side less seen: Spirituality and purpose in at-risk adolescents*. Paper presented at the Graduate Research Interaction Conference, College Park, MD

Davis, T. L. (July, 2000). Spirituality and dreams in psychotherapy. In C. E. Hill (Chair), *Innovations in dream interpretation*. Symposium conducted at the meeting of the Association for the Study of Dreams, Washington, D.C.

Davis, T. L. (August, 2000). Incorporating spirituality into dream interpretation. In C. E. Hill (Chair), *Dream interpretation: new findings and directions*. Symposium conducted at the meeting of the American Psychological Association, Washington, D.C.

Hill, C. E., Davis, T. L., Kellems, I., Kolchakian, M. R., Nakayama, E., & Wonnell, T. L. (May, 2001). *Managing client anger directed toward therapists*. Paper presented to The Association of Practicing Psychologists Montgomery – Price Georges’s Counties (MD), Inc.

Hill, C. E., Kelley, F. A., Davis, T. L., Crook, R. E., Maldonado, L. E., Turkson, M., Wonnell, T. L., Veerasamy, V., Zack, J. S., Rochlen, A. B., Kolchakian, M. R., & Codrington, J. (November, 1999). Effects of client characteristics, type of dream, and waking life vs. parts of self interpretation on session outcome in dream interpretation. In C. E. Hill (Chair), *Dream interpretation*. Symposium conducted at the meeting of the Mid-Atlantic Conference of the Society for Psychotherapy Research, College Park, MD

Kocarek, C., Maltese, A., Davis, T., Meno, C. (February, 2010). What we’re learning about diversifying “clinical” services. Symposium conducted at the Big Ten Counseling Center Conference, East Lansing, MI.

Lent, R.W., Brown, S.D., Chopra, S.B., McPartland, E.B., Davis, T.L., Alexander, M.S., Talleyrand, R., V. Suthakaran, & Chai, C-M. (2000, August). *Perceived barriers and supports to career goal implementation: Two studies*. Paper presented at the meeting of the American Psychological Association, Washington, D.C.

Lent, R. W., Brown, S. D., Veerasamy, V., Talleyrand, R., & Davis, T. L. (August, 1999). *Contextual supports and barriers to math-related career choice behavior*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA

Lent, R. W., Brown, S. D., Veerasamy, V., Talleyrand, R., Chai, C., Davis, T. L., Chopra, S. B., & McPartland E. B (July, 1998). *Perceived supports and barriers to career choice*. Poster session presented at the meeting of the National Career Development Association, Chicago, IL.

PUBLICATIONS

Davis, T. L. (2007, Spring). Proper client preparation: A key to successful group programs. (Society of Counseling Psychology) *Section on College and University Counseling Centers Newsletter*, 3(1), 4-5.

Davis, T. L. (2006, September 26). Lessons Outside the Classroom Are Just as Important. *The Indiana Daily Student*. p. 11.

Davis, T. L., Hill, C. E. (2005). Spiritual and non-spiritual approaches to dream work: Effects on clients' well-being. *Journal of Counseling & Development*, 83 (4), 492-503.

Davis, T.L., & Hill, C.E. (2001). Working with spirituality in the Hill dream interpretation model. In L. VandeCreek (Ed.), *Innovations in clinical practice: A source book*. Sarasota, FL: Professional Resource Press.

Davis, T. L., Kerr, B. A., & Robinson Kurpius, S. E. (2004). Meaning, purpose and religiosity in the lives of at-risk youth: The relationship between spirituality and anxiety. *Journal of Psychology and Theology*, 31 (4), 356-365.

Davis, T. L. (2003). Spirituality and dreams in psychotherapy. In C. E. Hill (Ed.), *Dream work in therapy: Facilitating exploration, insight, and action*. Washington, D.C.: American Psychological Association.

Hill, C. E., Kellems, I., Kolchakian, M. R., Wonnell, T. L., Davis, T. L., & Nakayama, E. (2003). The therapist experience of being the target of hostile versus suspected-unasserted client anger: Factors associated with resolution. *Psychotherapy Research*, 13 (4), 475-491.

Hill, C. E., Kelley, F. A., Davis, T. L., Crook, R. E., Maldonado, L. E., Turkson, M., Wonnell, T. L., Veerasamy, V., Zack, J. S., Rochlen, A. B., Kolchakian, M. R., & Codrington, J. (2001). Predictors of outcomes of dream interpretation sessions: client characteristics, type of dream, and type of interpretation. *Dreaming*, 11 (2), 53-72.

Lent, R.W., Brown, S.D., Talleyrand, R., McPartland, E.B., Chopra, S.B., Davis, T.L., Alexander, M.S., Suthakaran, V., & Chai, C-M. (2002). Career choice barriers, supports, and coping strategies: perceptions of two university samples. *Journal of Vocational Behavior*, 60 (1), 61-72.

Lent, R. W., Brown, S. D., Veerasamy, V., Talleyrand, R., & Davis, T. L. (2001). Contextual supports and barriers to math-related career choice behavior. *Journal of Counseling Psychology*, 48 (4), 474-483.

OTHER MEDIA

Television Interview (2025, September 27). [Students Transitioning to College Can be Stressful for Parents](#). CBS29, Charlottesville, VA.

Article (2023). [Should You Still Push Your Kid to Get a Degree? Yes, Experts say: 'There's not a better substitute for college'](#). CNBC, New York.

Podcast (2022). [Enhancing Student Well-Being, Resilience, and Leadership](#). Psych Mic, New York, NY.

Article (2022). [Hey Parents of New College Students – This Expert Advice is Just for You](#). UVA Today, Charlottesville, VA

Television Interview (2021, August 23). [UVA Clinical Psychologist Offers Advice to Parents Sending Kids to College](#). NBC 29, Charlottesville, VA

Article (2021). [Batten Clinical Psychologist Offers Tips for Parents](#). UVA Today, Charlottesville, VA

Television Interview (2021, July 19). [UVA Coaches Go to Class](#). NBC 29, Charlottesville, VA.

Article (2021). Coaching UVA Coaches. *UVA Today*, Charlottesville, VA. (https://news.virginia.edu/content/coaching-uvas-coaches?utm_source=DailyReport&utm_medium=email&utm_campaign=news).

Webcast (2020). The Essential Role of Resilience in Crisis. *Batten Expert Chat Series*, Charlottesville, VA. (<https://batten.virginia.edu/about/news/essential-role-resilience-during-crisis>)

Article (2020). Faculty, staff address student concerns for coping with COVID-19 stigma and stress. *Cavalier Daily*, Charlottesville, VA. (<https://www.cavalierdaily.com/article/2020/03/faculty-staff-address-student-concerns-for-coping-with-covid-19-stigma-and-stress>)

Article (2019). Students Take to Instagram to Highlight Their Favorite Fall Courses. *UVA Today*, Charlottesville, VA. (https://news.virginia.edu/content/students-take-instagram-highlight-their-favorite-fall-courses?utm_source=DailyReport&utm_medium=email&utm_campaign=news)

Article (2019). How A UVA Course Led to a Warm Holiday Reunion for This Student. *UVA Today*, Charlottesville, VA. (<https://news.virginia.edu/content/how-uva-course-led-warm-holiday-reunion-student>)

Interview (2018, August 21). First Year Students: Treat college like a full-time job and you will be golden. *UVA Today*, Charlottesville, VA. (<https://news.virginia.edu/content/first-year-students-treat-college-full-time-job-and-you-will-be-golden>)

Interview (2017, August 24). In Wake of Unrest, expert offers students advice on ways to cope and thrive. *UVA Today*, Charlottesville, VA. (https://news.virginia.edu/content/wake-unrest-expert-offers-students-advice-ways-cope-and-thrive?utm_source=DailyReport&utm_medium=email&utm_campaign=news)

Newsletter Interview (2017, December 12). Scaling Mt. Everest: Resilience as a Team Exercise. *Batten School of Leadership and Public Policy Newsletter*, Charlottesville, VA. (https://news.virginia.edu/content/wake-unrest-expert-offers-students-advice-ways-cope-and-thrive?utm_source=DailyReport&utm_medium=email&utm_campaign=news)

Magazine Interview (2016, November 16). How One University Is Working to Make Student Leaders More Resilient. *Chronicle of Higher Education*, Washington, DC. (<https://www.chronicle.com/article/How-One-University-Is-Working/238406>)

Radio Interview (2015, April 13). Lessons Learned at Virginia Tech; What went wrong? WVTF-Radio IQ. <https://www.wvtf.org/post/lessons-learned-virginia-tech-what-went-wrong-stream/0>

Interview (2015, March 30). Seven Society Announces Community-Building Gifts to CAPS and Women's Center. *UVA Today*, Charlottesville, VA. <https://news.virginia.edu/content/seven-society-announces-community-building-gifts-caps-women-s-center>

Television Interview (2015, September 11). U.Va. students bring awareness to mental health issues on suicide awareness day. CBS 19, Charlottesville, VA.

Television Interview (2015, September 2). U.Va. offers students help through counseling programs. NBC 29, Charlottesville, VA.

Newspaper Interview – Svrluga, S. (2015, September 1). How to make freshman year look easy. *Washington Post*, Washington, D.C. (<http://www.washingtonpost.com/news/grade-point/wp/2015/09/01/welcome-to-campus-now-make-freshman-year-look-easy/>)

Newspaper Interview (2015, August 25). Experts offer simple solutions to defeat back-to-school stress. *UVA Today*, Charlottesville, VA.

Radio Interview – Hausman, S. (2015, April 15 & April 16). Lessons learned at Virginia Tech: preventing future tragedies. WVTF/Public Radio, Blacksburg, VA.

Newspaper Interview – Liss, J. (2015, March 25). Board of Visitors discusses dramatic increase in CAPS visitors, NCAA scholarship money. *Cavalier Daily*, Charlottesville, VA.

Newspaper Interview – Mezzacappa, H. & Ballington, K. (2015, March 3). University works to reduce suicide risk in what CAPS director calls ‘all out blitz’. *Cavalier Daily*. Charlottesville, VA.

Newspaper Interview – Sachdeva, I. (2015, January 26). CAPS sees uptick in student visits. *Cavalier Daily*. Charlottesville, VA.

Newspaper Interview – Meg Thronberry (2014, August 31). A student’s guide to CAPS. *The Cavalier Daily*. Charlottesville, VA.

Newspaper Interview – Leopold Spohngellert (2014, April 24). Contemplating mental health. *The Cavalier Daily*. Charlottesville, VA.

Television Interview – Ryan R. (2014, February 24). CBS 19 Evening News. Charlottesville, VA.

Newspaper Interview – Nelson, C. (2013, March 14). Mental health services available for college students suffering with depression. *Heritage Media/Ann Arbor Journal*, p. 1C. Ann Arbor, MI.

Newspaper Interview – Glasgow-Rademaker, T. (2012, February 16). Hormone study examines intimacy level. *Michigan Daily*. Ann Arbor, MI.

Newspaper Interview – Jacobs, S. (2011, March 28). Experts mull trend of mental health issues among students. *Michigan Daily*. Ann Arbor, MI.

Newspaper Interview – Rozenberg, A. (2010, November 9). 'U' expands resources to address spike in mental health diagnoses. *Michigan Daily*. Ann Arbor, MI.

Newspaper Interview – Palmer, N. (2008, September 30). CAPS to debut new success seminars. *Indiana Daily Student*, p. 7. Bloomington, IN.

Newspaper Interview – Palmer, N. (2008, September 9). Health center debuts “coping skills” program. *Indiana Daily Student*, p. 12. Bloomington, IN.

Newspaper Interview – Helbich-Detzel, M. (2005, February 7). Major Assistance. *College Connection* (Supplement to *The Cincinnati Enquirer*), p. 8.

HONORS

- 2025 Commendation from **The Society of the Purple Shadows** (University of Virginia). Recognition for “tremendous impact on the countless lives touched and relationships built at the university.”
- 2025 Asked by the **UVA Contemplative Sciences Center** to deliver the featured keynote address at the opening and dedication of the UVA Contemplative Commons.
- 2024 Honored by **The Z Society** (University of Virginia). Recognition for transformative work at UVA as a teacher, leader, mentor, and coach.
- 2024 **The John Krueger Foundation** Annual Lectureship. The honor is accompanied by the delivery of the keynote address to the foundation. Virginia Beach, VA.
- 2015 Recognition by **The Seven Society** (University of Virginia). The \$77,777 award was in recognition of the Counseling & Psychological Services Department (of which I was the Director) for “engendering meaningful social change during a turbulent period” at UVA.
- 2009 Outstanding Adjunct Faculty Award (**Indiana University School of Education**). The recognition was in honor of innovative and transformative teaching in the counseling psychology Ph.D. program at the IU School of Education.
- 2001 Graduate Research Interaction Day (**University of Maryland**) – first place. The award recognized the methodological rigor and applicability of my research.
- 1995 Silver Club Award (**The Procter & Gamble Company**). The recognition was in honor of outstanding achievement and leadership at P&G.