
Valerie Minchala, Ph.D.

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EDUCATION

Ph.D., Counseling Psychology (APA-accredited), December 2009

Ball State University, Muncie, IN

Dissertation: *Heterosexual and lesbian women's domestic violence attributions and myth endorsement behaviors.*

Internship: University of Illinois at Urbana-Champaign (APA-accredited), August 2008-August 2009

M.A., Community Counseling (CACREP-accredited), June 2005

Gonzaga University, Spokane, WA

B.A., Psychology (Spanish minor), May 2002

Boston University, Boston, MA

LICENSURE & CERTIFICATIONS**Licensed Psychologist** California License #24860, Exp. 06/30/2015, Active**Licensed Clinical Psychologist** Illinois License #071008113, Exp 09/30/2012, Inactive**Licensed Psychologist** Kansas License #1942, Exp 06/30/2012, Expired**QPR Certified Trainer****CLINICAL EXPERIENCE****Licensed Psychologist, Outreach Coordinator**

Counseling and Psychological Services, California State University, Fullerton, Fullerton, CA (08/2011-Present)

- **Individual Therapy:**
 - Provide short-term therapy (in English and Spanish) to a diverse student population
 - Conduct comprehensive clinical intake interviews
 - Experience treating clients struggling with: suicidal ideation, current and previous trauma, interpersonal concerns, substance abuse concerns, anxiety, depression, personality disorders, and adjustment and transitional issues
 - Involved in emergency coverage system
 - Participate in multidisciplinary clinical case consultation meetings
- **Group Therapy:**
 - Facilitate a women's general therapy process group

- Conduct group screenings to assess for appropriateness of clients for group
- **Outreach:**
 - Liaison to Office of Disability Support Services (DSS) and College of Humanities and Social Sciences (HSS)
 - Conduct presentations on: stress management and relaxation, healthy relationships, adjustment to college, alcohol use, and CAPS services
 - Take part in university-wide informational events
 - Take part in panel presentations for: 1. new faculty; and 2. the Latina student community
 - Contribute articles to HSS newsletter
- **Other:**
 - Participate in Alcohol and Other Drug Advisory Committee
 - QPR certified trainer
 - Experience using Point and Click computer software to maintain client records

Licensed Clinical Psychologist, Chair of Latina/o Outreach

Counseling Center, University of Illinois at Urbana-Champaign, Champaign, IL (08/2009-08/2011)

Counseling Center

- **Individual Therapy:**
 - Provided short- and long-term individual therapy (in English and Spanish) to diverse student population
 - Conducted comprehensive clinical intake interviews
 - Conducted suicide assessments and therapy with mandated clients
 - Experience treating clients struggling with: suicidal ideation, current and previous trauma, interpersonal concerns, substance abuse concerns, anxiety, depression, PTSD, bipolar disorder, personality disorders, and adjustment and transitional issues
 - Involved in emergency coverage and crisis response services
 - Participated in multidisciplinary clinical case conference meetings
- **Group Therapy:**
 - Co-facilitated women's general therapy process group
 - Co-facilitated co-ed general therapy process group with pre-doctoral intern
 - Conducted group screenings to assess for appropriateness of clients for group
- **Outreach:**
 - Liaison to La Casa Cultural Latina (Latina/o cultural center)
 - Provided walk-in clinical consultations at La Casa and for the Access and Achievement Program (first-generation college students)
 - Presented on: intimate partner violence, AOD issues, suicide, anxiety, depression, healthy sexual behaviors, and LGBT Ally Trainings
 - Took part in university-wide informational events
 - Participated in Latino Family Visit Day
- **Psychological Assessment:**
 - Administered, scored, and interpreted objective psychological assessment instruments, including: Dissociative Experiences Scale (DES), Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), Beck Scale for Suicidal Ideation (BSS), Conners' Adult ADHD Rating Scales, and Epworth Sleepiness Scale (ESS)
 - Provided feedback to clients about assessment results
- **Other:**
 - Member of Alcohol and Other Drug (AOD) and Trauma Treatment Teams

- Trauma Response Team member
- Participated in Center and campus-wide committees
- Experience using Titanium computer software to maintain client records

Alcohol and Other Drug Office

- **Psychodiagnostic Assessment:**
 - Conducted semi-structured AOD evaluations with students referred to the office due to alcohol and other drug related incidents
 - Administered, scored, and interpreted Multidimensional Addictions and Personality Profile (MAPP)
 - Made treatment recommendations, including, but not limited to, psychoeducational classes, individual or group therapy, and intensive outpatient treatment
 - Provided feedback to clients about assessment results
 - Participated in weekly staffing meetings
- **Group Therapy:**
 - Served as process-observer for a non-abstinence based therapy group
 - Engaged in clinical consultations with group facilitators regarding group process and issues raised by group members

Pre-doctoral Psychology Intern

Counseling Center (APA-accredited), University of Illinois at Urbana-Champaign, Champaign, IL (08/2008-08/2009)

- **Individual Therapy:**
 - Provided short- and long-term individual therapy (in English and Spanish) to diverse student population
 - Conducted comprehensive clinical intake interviews
 - Conducted suicide assessments and therapy with mandated clients
 - Experience treating clients struggling with: suicidal ideation, current and previous trauma, interpersonal concerns, substance abuse concerns, anxiety, depression, PTSD, bipolar disorder, personality disorders, and adjustment and transitional issues
 - Involved in emergency coverage system; provided crisis response services.
- **Group Therapy:**
 - Co-facilitated a co-ed general therapy process group
 - Conducted group screenings to assess for appropriateness of clients for group
- **Outreach:**
 - Conducted presentations on: healthy relationships, self-esteem, sexual assault, AOD issues, and Transgender Ally Trainings
 - Co-facilitated the First-Generation Latina/o College Students Support Group
 - Co-facilitated parent networking workshops in English and Spanish at Latino Family Visit Day
 - Member of Sexual Orientation Diversity Allies outreach team
 - Took part in university-wide informational events.
- **Psychological Assessment:**
 - Administered, scored, and interpreted objective psychological assessment instruments, including: BDI, BAI, BSS, Conners' Adult ADHD Rating Scales, and ESS
 - Provided feedback to clients about assessment results
- **Other:**
 - Member of AOD and Trauma Treatment Teams, and Trauma Response Team

Advanced Practicum Student

Counseling Center, Ball State University, Muncie, IN (08/2006-05/2008)

- **Individual Therapy:**
 - Conducted short-term individual therapy to diverse student population
 - Conducted comprehensive clinical intake interviews
 - Experience treating clients struggling with: anxiety, depression, personality disorders, and substance abuse/dependence, suicidal ideation, interpersonal concerns, adjustment and transitional issues, and vocational concerns
 - Conducted suicide assessments and therapy with mandated clients
 - Participated in emergency coverage system on an as needed basis.
- **Group Therapy:**
 - Co-facilitated the structured Relationship Enhancement Group for couples
 - Conducted group screenings to assess for appropriateness of couples for group
- **Outreach:**
 - Member of Sexual Assault and Relationships Outreach Team and Stress Outreach Team
 - Conducted presentations on: healthy relationships, sexual assault, healthy relationships, intimate partner violence, stress management, and Counseling Center services.
- **Psychological Assessment:**
 - Administered, scored and interpreted psychological and career assessment instruments, including: Dyadic Adjustment Scale (DAS), Millon Behavioral Health Inventory (MBHI), Outcome Questionnaire-45 (OQ-45), Myers-Briggs Type Indicator (MBTI), Strong Interest Inventory (SII), Campbell Interest and Skill Survey (CISS), and System of Integrated Guidance and Information (SIGI)
 - Provided feedback to clients about assessment results

Advanced Practicum Student

Counseling Practicum Clinic, Ball State University, Muncie, IN (08/2005-05/2008)

- **Individual Therapy:**
 - Provided short- and long-term individual therapy with children, adolescents, and adults
 - Provided short-term couples therapy
 - Provided individual therapy in English and Spanish
 - Experience treating clients struggling with depression, suicidal ideation, interpersonal concerns, grief and loss, and survivors of intimate partner violence and childhood sexual abuse
 - Provided crisis counseling on an as-needed basis
- **Psychological Assessment:**
 - Administered, scored and interpreted DAS and OQ-45
 - Provided feedback to clients about assessment results

Clinic Staff Member (Graduate Assistantship)

Counseling Practicum Clinic, Ball State University, Muncie, IN (08/2005-05/2006)

- **Clinical Assessments:**
 - Conducted initial phone screenings and comprehensive intake assessments
 - Provided crisis assessments
 - Experience diagnosing anxiety, depression, personality disorders, and substance addictions

- **Outreach:**
 - Took part in community informational events
- **Other:**
 - Participated in weekly clinic staffing meetings

Behavioral Health Specialist

Spokane Mental Health Behavioral Health Triage Program, Spokane, WA (06/2004-06/2005)

- **Clinical Assessments:**
 - Conducted initial screening of clients in crisis
 - Experience assessing for depression, suicidality, characterological traits, substance abuse/dependence, and sexual assault
 - Collaborated with other mental health service agencies to facilitate community referrals
 - Developed safety plans with clients
 - Developed and facilitated discharge plans
- **Psychological Assessment:**
 - Administered, scored, and interpreted QPRT, the Suicide Risk Management Inventory
 - Provided feedback to clients about assessment results

Master's Intern and Practicum Student

Spokane Mental Health Child and Family Services, Spokane, WA (01/2004-04/2005)

- **Individual Therapy:**
 - Provided long-term individual therapy to children and adolescents
 - Provided family therapy
 - Performed suicide risk assessments and developed safety plans with clients
- **Group Therapy:**
 - Co-facilitated anger management psychoeducational groups for children
 - Co-facilitated socialization groups for children and adolescents
 - Observed psychoeducational parenting groups
- **Psychological Assessment:**
 - Administered, scored, and interpreted QPRT-P, the Pediatric Suicide Risk Management Inventory
 - Provided feedback about assessment results

Crisis Respite Worker

Spokane Mental Health Crisis Response Services, Spokane, WA (01/2004-06/2004)

- **Clinical Assessment:**
 - Monitored and provided crisis services for clients struggling with active suicidal ideation
 - Implemented crisis intervention strategies to facilitate clients' clinical improvement
 - Monitored behavioral activities, including medication intake, of clients
 - Established and maintained positive working relationships with staff, clients, and other mental health service agencies

Summer Intern

Specialized Social Services of Madrid, Madrid Spain (05/2001-07/2001)

- **Clinical Assessment:**
 - Monitored behaviors and interactions among youth undergoing treatment
 - Developed treatment plans with center supervisor
 - Attended bi-weekly treatment team meetings
- **Psychological Assessment:**
 - Administered self-report psychological assessments

SUPERVISION/TRAINING EXPERIENCE

Licensed Psychologist

Counseling and Psychological Services, California State University, Fullerton, Fullerton, CA (08/2011-Present)

- **Supervision:**
 - Provide individual clinical supervision to post-doctoral fellow and doctoral interns
 - Monitor remediation plan
 - Review clinical documentation for full caseload of clients
 - Participate in supervision of supervision meetings
- **Training Seminars:**
 - Facilitated doctoral interns' multicultural competence seminar
 - Presented seminars to doctoral interns and practicum students on: intimate partner violence, job search and professional interviewing skills, working with first-generation college students, working with Latina/o college students, and getting the most out of supervision
- **Other:**
 - Member of doctoral internship selection committee
 - Member of doctoral internship work group

Licensed Clinical Psychologist

Counseling Center, University of Illinois at Urbana-Champaign, Champaign, IL (08/2009-08/2011)

- **Supervision:**
 - Provided individual clinical supervision to doctoral intern for group therapy
 - Provided individual supervision to advanced practicum students for individual therapy work
 - Provided community outreach supervision to Latino/a Outreach team, composed of a graduate assistant, graduate student volunteer, and undergraduate paraprofessionals
- **Training Seminars:**
 - Supervised intern case conference group meetings
 - Lead intern diversity seminar
 - Presented to doctoral practicum students on working with Latina/o college students
- **Other:**
 - Member of internship search committee
 - Member of intern and practicum training committees
 - Counseling Center Paraprofessional (CCP) supervisor and mentor

- Member of CCP steering committee

Pre-doctoral Psychology Intern

Counseling Center (APA-accredited), University of Illinois at Urbana-Champaign, Champaign, IL (01/2009-05/2009)

- **Supervision:**
 - Provided individual supervision to doctoral practicum student for individual therapy work
- **Other:**
 - Member of internship search committee
 - Counseling Center Paraprofessional mentor

Clinical Supervisor (Graduate Assistantship)

Counseling Psychology and Guidance Services Department, Ball State University, Muncie, IN (05/2006-05/2008)

- **Supervision:**
 - Provided weekly individual supervision to master's students of their individual therapy work with children, adolescents, and adults, as well as family therapy
 - Provided co-therapy supervision to co-therapy dyads regarding couples therapy
 - Provided live group supervision for three master's level practicum classes
- **Other:**
 - Facilitated special topics lecture on domestic violence
 - Attended weekly supervision of supervision

Pre-Practicum Interviewing Skills (Graduate Assistantship)

Counseling Psychology and Guidance Services Department, Ball State University, Muncie, IN (08/2007-12/2007)

- **Other:**
 - Presented lectures on basic counseling skills to master's level school counseling students
 - Facilitated counseling skills activities
 - Reviewed videotaped training sessions and provided written evaluations of performance and progress on goals

Clinical Supervision Practicum Student

Counseling Psychology and Guidance Services Department, Ball State University, Muncie, IN (01/2006-05/2006)

- **Supervision:**
 - Provided weekly individual supervision to master's student
 - Attended weekly group supervision of supervision

TEACHING EXPERIENCE

Inter-Relational Aspects of Sexuality Instructor (Graduate Assistantship)

Counseling Psychology and Guidance Services Department, Ball State University, Muncie, IN (01/2006-05/2007; 3 semesters)

First Aid and CPR Instructor

Physical Education, Recreation, and Dance Department, Boston University, Boston, MA (09/1999-05/2002)

ADDITIONAL TRAINING

ACCTA Conference Internship/Post-Doc Site Visit Workshop (Commission on Accreditation)
New Orleans, LA (09/2013)

Clinical Supervision: A Competency-Based Approach (by Drs. Carol Falender & Edward Shafranske,
Pepperdine University)
Los Angeles, CA (05/2013)

Legal, Ethical, Pragmatic Supervision (by Dr. Emil Rodolfa, University of California, Davis)
Champaign, IL (06/2010)

PROFESSIONAL PRESENTATIONS

Minchala, V., Fournier, L., & Flores, M. (2014, May). *Becoming a Latina professional: Case examples of successfully navigating the identity development process.* Panel session conducted at the Hawaii International Conference on Social Sciences, Honolulu, HI.

Minchala, V. (2013, September). *How do you say "rafting" in Spanish? The challenges of language mismatches in supervisory dyads.* Presentation conducted at the Association of Counseling Center Training Agencies Conference, New Orleans, LA.

Minchala, V. (2012, December). *Undocumented Latino immigrant: Implications for practice and supervision.* In *Exploring the immigrant experience: Recommendations for counseling and clinical supervision.* Continuing Education training conducted at Counseling & Psychological Services, California State University, Fullerton, Fullerton, CA

Minchala, V., Gonzalez, M., Chavez-Korell, S., & Gracia, D. (2012, October). *Challenges for the post-doctoral and job search processes: Tips from those who have gone before.* Roundtable conducted at the National Latina/o Psychological Association Biennial Conference, New Brunswick, NJ.

Minchala, V. (2012, October). *From graduate student to professional: Mi relación con outreach.* In *Latina/Latino outreach: Sharing the development, transition, and lessons learned.* Symposium conducted at the National Latina/o Psychological Association Biennial Conference, New Brunswick, NJ.

Minchala, V. (2012, October). *Navigating the maze that is higher education and beyond: A Latina psychologist's story.* In *Finding common ground while appreciating our differences: Identity development among Latinas in psychology.* Symposium conducted at the National Latina/o Psychological Association Biennial Conference, New Brunswick, NJ.

Minchala, V. (2012, October). *Undocumented immigrants and mental health*. In *Exploring the immigrant experience: Adjustment, language, and mental health*. Symposium conducted at the American Psychological Association Annual Convention, Orlando, FL.

Minchala, V., & Jeziorski, J. (2011, February). *Doing more with who we are*. Targeted program presentation conducted at the Big Ten College Counseling Center Conference, Minneapolis, MN.

Minchala, V. (2010, November). *Latina college students: Meeting their needs through outreach*. Roundtable presentation conducted at the National Latina/Latino Psychological Association, San Antonio, TX.

Minchala, V. (2010, September). *Familia, identidad, y fuerza: Being Latino/a on a college campus*. Panel moderator at the Dennis H. May Conference on Diversity Issues and the Role of Counseling Centers, University of Illinois at Urbana-Champaign, Champaign, IL.

Minchala, V., & Hund, A. (2010, June). *Building bridges to students of color*. Targeted program presentation conducted at National Outreach Conference for Counseling Centers, Iowa City, IA.

Hund, A., & **Minchala, V.** (2010, June). *Creating safety for LGBT students: One campus' approach to ally networks*. Targeted program presentation conducted at National Outreach Conference for Counseling Centers, Iowa City, IA.

Minchala, V., Boester, A., & Snyder, E. (2007, March). *Relationship aggression*. In *Relationship issues*. Symposium conducted at the Great Lakes Division 17 Regional Counseling Psychology Conference, Akron, OH.

Snyder, E., Goodwin, J., & **Minchala, V.** (2006, April). *Male sexual assault: Changing students' attitudes*. Poster session presented at the Great Lakes Regional Counseling Psychology Conference, West Lafayette, IN.

Markle, S., & **Minchala, V.** (2006, April). *The therapist behind the curtain: Help-seeking behaviors in counseling psychology*. Poster session presented at the Great Lakes Regional Counseling Psychology Conference, West Lafayette, IN.

Minchala, V., Bennett, E., & Fisher, M. (2004, October). *Counseling and domestic violence in same-sex relationships*. Discussion conducted at the Washington Counseling Association Conference, Spokane, WA.

GUEST LECTURES AND INVITED PRESENTATIONS

Minchala, V. (2013, November). *Comunicación entre padres e hijos en general y sobre los grados academicos (Communication between parents and children in general and about grades)*. Presentation for Upward Bound program through California State University, Fullerton, Santa Ana, CA

Minchala, V. (2012, September). *Latina/o students: Clinical considerations*. Seminar presented to Lake Forest College Health & Wellness Center pre-doctoral psychology interns and staff and Student Affairs staff, Lake Forest College, Lake Forest, IL.

Minchala, V. (2012, June). *Recognizing students' struggles & helping students succeed*. Presentation to CSUF Chicano/Latino Faculty Staff Association monthly meeting at California State University, Fullerton, Fullerton, CA.

Minchala, V. (2012, March). *Comunicación entre padres e hijos (Communication between parents and children)*. Presentation for Upward Bound program through California State University, Fullerton, Santa Ana, CA

Minchala, V. (2011, October). *Latina symposium: The experiences of Chicana/Latina faculty in grad school*. Panel member for Chicana & Chicano Resource Center and Chicano/a Studies Department at California State University, Fullerton, Fullerton, CA.

Minchala, V. (2010, February). *Working with Latino clients*. Lecture presented in the Counseling Center Practicum course, University of Illinois at Urbana-Champaign, Champaign, IL.

Minchala, V. (2008, March; 2007, November; 2006, March). *Introduction to Latino issues*. Lecture presented in the Introduction to Cross-Cultural Counseling course, Ball State University, Muncie, IN.

PROFESSIONAL AFFILIATIONS

American College Counseling Association (06/2014-Present)

Association for University and College Counseling Center Outreach (06/2014-Present)

National Latina/o Psychological Association (03/2010-Present)

American Psychological Association Student Member (01/2003-01/2011)

American Counseling Association Student Member (01/2003-01/2011)

LEADERSHIP POSITIONS

National Latina/o Psychological Association Student Development Coordinator (01/2012-Present)

Graduate Studies Committee Graduate Student Representative, Counseling Psychology and Guidance Services Department, Ball State University (08/2006-05/2008)

AWARDS & HONORS

Association of Counseling Center Training Agencies (ACCTA) Diversity Scholar (09/2013)