

# Elizabeth R. O'Brien

## Personal Information

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### Address:

(Work) University of Tennessee Chattanooga  
College of Health, Education & Professional Studies  
Graduate Studies Division  
201 Pfeiffer Hall, Dept. 2242  
615 McCallie Avenue  
Chattanooga, TN 37403-2598

### Telephone Numbers:

(Mobile) (321) 246-0409

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**Email Address:** Elizabeth-O'Brien@utc.edu

## Educational Experience

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May 2007 Doctor of Philosophy, Counselor Education  
University of Central Florida  
Orlando, Florida  
CACREP/NCATE Accredited  
SACS Accredited  
  
*Dissertation Title: The relationship between master's level  
counseling practicum students' wellness and client  
outcomes.*

December 2002 Educational Specialist  
Marriage and Family Counseling  
University of South Carolina  
Columbia, South Carolina  
CACREP accredited program

December 1999                      Bachelor of Arts  
University of South Carolina  
Sociology

**Professional Certification/Training**

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September 2006                      Emerging Leaders Workshop, Southern Association of  
Counselor Education and Supervision

March 2005                              Prepare/Enrich Training

**Professional Experience**

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2007-Ongoing                              Assistant Professor  
University of Tennessee—Chattanooga  
Graduate Studies Division  
College of Health, Education and Professional Studies

2005-2007                                  Graduate Assistantship  
Doctoral Coordinator's Assistantship  
University of Central Florida  
Dept. of Child, Family & Community Sciences

2005    Graduate Research Assistant  
Florida Marriage and Family Research Initiative Grant  
University of Central Florida  
Dept. of Child, Family & Community Sciences

2004-2005                                  Graduate Assistantship  
Community Counseling Clinic  
University of Central Florida  
Dept. of Child, Family & Community Sciences

2004    Mental Health Professional II  
Lexington County Mental Counseling  
Fulmer Middle School & Lakeview Education Center  
West Columbia, South Carolina

2002-2003                                  Mental Health Professional I  
Lexington County Mental Health  
Davis Elementary School & Lakeview Alternative School  
West Columbia, South Carolina

2002 Therapist Intern  
Lexington County Mental Health  
Davis Elementary School & Airport High School  
West Columbia, South Carolina

2002 Therapist Intern  
Sistercare Inc  
Columbia, South Carolina

2002 Therapist Intern  
Barnes Learning Center  
Columbia, South Carolina

2002 Therapist Intern  
Carolina Pastoral Counseling Center  
Columbia, South Carolina

2000-2002 Therapist Intern  
Epworth Children's Home Counseling Center  
Columbia, South Carolina

### **Courses Taught**

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#### **Spring 2008**

EPSY 545: Counseling Skills  
University of Tennessee Chattanooga

EPSY 502: Introduction to the Counseling Profession  
University of Tennessee Chattanooga

#### **Fall 2007**

EPSY 545: Counseling Skills  
University of Tennessee Chattanooga

EPSY 548: Counseling Appraisal Instruments  
University of Tennessee Chattanooga

#### **Spring 2007**

MHS 2441: Marriage and Intimate Relationships  
University of Central Florida

**Fall 2006**

MHS 2441: Marriage and Intimate Relationships  
University of Central Florida

MHS 6803: Counseling Practicum  
University of Central Florida  
Co-Instructed with Jennifer Curry

IDS 7501: Issues and Research in Education  
University of Central Florida  
Co-Instructed with E. H. Mike Robinson, III

**Summer 2006**

MHS 6803: Counseling Practicum  
University of Central Florida

**Spring 2006**

MHS 6401: Techniques of Counseling  
University of Central Florida

MHS 6420: Counseling Special Populations  
University of Central Florida  
Co-Instructed with Sandra Pollock

MHS 6803: Counseling Practicum  
University of Central Florida

**Fall 2005**

MHS 6401: Techniques of Counseling  
University of Central Florida

MHS 6803: Counseling Practicum  
University of Central Florida 3 credit hours  
Co-Instructed with Ximena Mejia & Nicola Johnson

**Spring 2005**

MHS 6500: Group Procedures and Theories in Counseling  
University of Central Florida  
Co-Facilitated Experiential Personal Growth Group with Lorie Welsh

## **Fall 2004**

MHS 6500: Group Procedures and Theories in Counseling  
University of Central Florida  
Co-Facilitated Experiential Personal Growth Group with Emeric Csaszar

## **Invited Guest Speaker**

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### **Spring 2007**

Guest Speaker in Advanced Research Methods (Instructor: E. H. Robinson III, Ph. D.)  
Topic: Implications of Research Design in Advanced Research.

### **Fall 2006**

Guest Speaker in Advanced Research Methods (Instructor: E. H. Robinson III, Ph. D.)  
Topic: Implications of Research Design in Advanced Research.

Guest Speaker in Introduction to Counseling (Instructor: Heather L. Smith, Ph. D.) Topic:  
Assessment in Mental Health Counseling.

### **Spring 2006**

Guest Speaker in Family Systems Counseling (Instructor: Ximena Mejia, Ph. D.) Topic:  
Creative Techniques in Family Systems Counseling.

### **Fall 2004**

Guest Speaker on University of Central Florida's Diversity Panel (Facilitated by Montse  
Casado-Kehoe, Ph. D.) Topic: Diversity

## **Grant Writing Experience**

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Association of American University Women: Publication Grant (2007). *Under Review*

Association for Assessment in Counselor Education: The Donald Hood Graduate Student  
Research Grant (2007). *Unfunded*

The Golden Rule Foundation-National Schools of Character Screening Project (2006).  
*Funded \$5000.00*

The B.E.S.T. Project with Sistercare of Richland and Lexington Counties of South Carolina (2002). *Funded \$10,000.00*

## **Research and Scholarship**

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### **Research Studies**

**O'Brien, E. R.** (2005-2006). *Counselor Education Students with Disabilities*. Conducted interviews of counseling students to discuss the challenges and triumphs they have experienced as counselors with disability.

**O'Brien, E. R.** & Pollock, S. (2006). *Scholarship of Teaching and Learning: Examining Students' Perceptions of Change after an Experiential Course in Counseling Special Populations*. Co-conducted a mixed methods research study examining both quantitative and qualitative data. Examined students' perceptions of change via examining themes in reflective journals and personality assessment over a sixteen week period.

### **Publications**

**O'Brien, E. R.** (2007). From theory to practice: Transferring expressive techniques from supervision to counseling. *Journal of Creativity in Mental Health*, 2 (3).

**O'Brien, E. R.**, Casado-Kehoe, M. (2006). Myths in counselors' grief and loss. *The New Jersey Journal of Professional Counseling*, 57 (1).

**O'Brien, E. R.** (2005). Posttraumatic stress disorder and internet addictions. *Journal of Technology in Counseling*, 4 (1).

### **Articles Submitted for Publication:**

**O'Brien, E. R.**, & Robinson, E. H. (under review). Client outcome research and counselor wellness: Implications for future investigation. (Submitted to: *Journal of Counseling & Development*).

**O'Brien, E. R.**, Curry, J. R. & Welsh, L. J. (under review). Dissertation retreat: How we completed our journey. (Submitted to: *The North Carolina Counseling Association Journal*).

## Manuscripts in Preparation for Submission:

**O'Brien, E. R.** (In preparation). Student counselors with disabilities: A qualitative analysis.

## Book Chapter

Young, M. E., & **O'Brien, E. R.** (2006). Infidelity in couples counseling. In M. E. Young & L. Long, *Counseling and Therapy for Couples* (2nd Ed.). Cincinnati, OH: Brooks/Cole Publishing Company.

## Professional Presentations

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### *International*

**O'Brien, E. R.** & Robinson, E. H. (2007, May). *The relationship between counseling students' wellness and client outcomes*. Paper presented at the British Association for Counselling & Psychotherapy, York, England.

Robinson, E. H., **O'Brien, E. R.**, Robinson, S. L., Curry, J. R., & Young, M. E. (2007, May). *Promoting best practices in counseling and counselor education utilizing a university community counseling clinic research database*. Paper presented at the British Association for Counselling & Psychotherapy, York, England.

**O'Brien, E. R.**, Robinson, E. H., Robinson, S. L., & Curry, J. R. (2006, November). *Reflections on altruism: A qualitative study*. Paper presented at the European Based-American Counseling Association, Bad Herrenalb, Germany.

**O'Brien, E. R.**, & Pechersky, K. (2006, April). *Reintegrating military couples and families upon return from deployment*. Paper presented at the American Counseling Association, Montreal, Canada.

Young, M. E., **O'Brien, E. R.**, & Erikson, B. (2006, April). *Treating infidelity in light of culture*. Paper presented at the American Counseling Association, Montreal, Canada.

Young, M. E., **O'Brien, E. R.**, & Livingston, T. M. (2005, January). *Integrative couples therapy*. Paper presented at the International Association for Marriage and Family Therapists, New Orleans, Louisiana.

**O'Brien, E.R.** & Curry, J.R. (2005, January). *A collaborative approach to family therapy for mental health and school counselors*. Paper presented at the International Association for Marriage and Family Therapists, New Orleans, Louisiana.

Robinson, E.H., Robinson, S.L., & **O'Brien, E.R.** (2004, October). *Children's fears*. Paper presented at the European Based-American Counseling Association, Sonothofen, Germany.

### *National*

**O'Brien, E. R.** & Welsh, L. J. (2007, November). *Promoting best practices in counseling and counselor education utilizing a university community counseling clinic research database*. Paper presented at the Association for Assessment in Counselor Education, Atlanta, Georgia.

**O'Brien, E. R.** & Curry, J. R. (2005, October). *A collaborative approach to family therapy for mental health and school counselors*. Paper presented at the Association for Counselor Education and Supervision, Pittsburgh, Pennsylvania.

Young, M. E. & **O'Brien, E. R.** (2005, October). *Problems in teaching students techniques*. Paper presented at the Association for Counselor Education and Supervision, Pittsburgh, Pennsylvania.

Robinson, E.H., Pollock, S. A., Johnson, N., **O'Brien, E.R.**, & Curry, J. E. (2005, April). *Children's fears*. Paper presented at the American Counseling Association, Atlanta, Georgia.

Young, M., **O'Brien, E.**, & Livingston, T. (2005, April). *Creative couples counseling using the integrative model*. Paper presented at the American Counseling Association, Atlanta, Georgia.

### *Regional*

**O'Brien, E. R.** (2006, September). *Experiential techniques in supervision of counseling students*. Paper presented at the Southern Association for Counselor Education and Supervision, Orlando, Florida

Mejia, X. E., & **O'Brien, E. R.** (2006, September). *Creative solution focused supervision: The bridge activity*. Paper presented at the Southern Association for Counselor Education and Supervision, Orlando, Florida.

Pollock, S. P. & **O'Brien, E. R.** (2006, September). *Assessing graduate students' growth in an experiential special populations course*. Paper presented at the Southern Association for Counselor Education and Supervision, Orlando, Florida.

### *State*

**O'Brien, E. R.** (2006, October) *Marriage and intimate relationships: Helping college students*. Paper presented at the Strengthening Families through Education Conference, Orlando, FL.

Welsh, L. J., & **O'Brien, E. R.** (2005, June). *Good grief*. Paper presented at the UCF Counselor Institute for School and Mental Health Counseling, Orlando, Florida.

**O'Brien, E.R.**, Curry, J.R., & Pollock, S.A. (2004, November). *Children's fears*. Paper presented at the Florida Association for School Counselors, St. Petersburg, Florida.

Gold, J. M., Main, S. K., Meriwether, M. P., **O'Brien, E. R.**, Banich, M. A. (2002, May). *Applicant-Theorist-Technique-ist-Therapist: The journey toward the clinical autonomy in family therapy*. South Carolina Association of Marriage and Family Therapists, Greenville, South Carolina.

### *Workshops and Trainings*

Young, M.E., **O'Brien, E.R.** & Chromy, S. (2004, October). *An Integrative Approach to Couples Therapy*. Learning Institute presented for the European Based-American Counseling Association, Sonothofen, Germany.

### **Honors & Awards**

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2007	Recipient of the Outstanding Graduate Teaching Assistant Award-College of Education, University of Central Florida
2004	Recipient of the Merit Scholarship-University of Central Florida
2002	Passed Written and Oral Comprehensive Exams with Honors
2001	Spirit of Service Award- Chi Sigma Iota Counseling Honors Society
1999	Academic Excellence Award-Department of Sociology University of South Carolina
1997	Virginia Skelton Award for Writing-Department of English, University of South Carolina

## **Offices Held**

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2001-2002	Chi Sigma Iota, Treasure
2005-2006	Counselor Education Doctoral Students Association, Treasurer.
2004-2005	Doctoral Student Liaison, Florida Counseling Association/Florida Association for Counselor Education & Supervision.
2006-2007	Graduate Students Committee Co-Chair, Southern Association for Counselor Education and Supervision
2000-2002	Student-Faculty Liaison for the Counselor Education Department, University of South Carolina.

## **Professional Service**

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2007-Ongoing	Graduate Studies Division Search Committee Member
2007-Ongoing	Graduate Studies Division Petitions Committee Member
2007-Ongoing	Graduate Studies Division Research Committee Member
2007-Ongoing	Graduate Studies Division Online Program Committee Member
2007	University of Central Florida Assistant Professor Search Committee Member
2006-2007	Participated on Search Committee for UCF Visiting Line Instructor
2005-2007	University of Central Florida, Student Conduct Board Member
2004-2005	Chi Sigma Iota Chair-Marriage and Family Therapy Committee
2004-2007	Assisted in Masters/Doctoral Student Interviews

2000-2002

Chi Sigma Iota Chair-Community Outreach Committee

### **Professional Organization Membership**

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October 2001- Ongoing	American Counseling Association
June 2005-Ongoing	Association of Counselor Education and Supervision
September 2000-Ongoing	Chi Sigma Iota
August 2004-Ongoing	Counselor Education Doctoral Students Association
October 2004-Ongoing	European Based-American Counseling Association
October 2001-Ongoing	International Association of Marriage and Family Counselors
May 2005-Ongoing	Florida Counseling Association

### **Research Interests**

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- Experiential Therapy with Families and Children
- Supervision of Student Counselors
- Assessing Influential Factors in the Therapeutic Alliance
- Technology in Marital Infidelity