

Elizabeth R. O'Brien

Personal Information

Address:

University of Tennessee Chattanooga
College of Health, Education & Professional Studies
Graduate Studies Division
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Chattanooga, TN 37403-2598

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Educational Experience

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 Licensure & Certification/Training

January 2011	Tennessee Licensed Professional Counselor # 2669
September 2006	Emerging Leaders Workshop, Southern Association of Counselor Education and Supervision
March 2005	Prepare/Enrich Training

Professional Experience

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

Clinical Experience

2009-Ongoing	PRN Social Services Counselor Parkridge Valley Hospital
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Chattanooga, Tennessee

- 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

University of Tennessee at Chattanooga
Fall 2007-Ongoing

- EPSY 502: Introduction to the Counseling Profession
- EPSY 510: Ethical Issues in Counseling
- EPSY 543: Theories of Human Development
- EPSY 545: Counseling Skills
- EPSY 548: Counseling Appraisal Instruments
- EPSY 550: Human Sexuality for Counselors
- EPSY 553: Couples, Marriage and Family Counseling

EPSY 554: Theories and Techniques of Counseling
EPSY 555: Counseling Practicum
EPSY 559: Counseling Internship
EPSY 563: Introduction to Supervision for Counselors
EPSY 568: Counseling Couples
EPSY 578: Advanced Family Counseling

University of Central Florida
Fall 2004-Spring 2007

MHS 2441: Marriage and Intimate Relationships

MHS 6401: Techniques of Counseling
University of Central Florida

MHS 6420: Counseling Special Populations
Co-Instructed with Sandra Pollock

MHS 6500: Group Procedures and Theories in Counseling
Co-Facilitated Experiential Personal Growth Group with Lorie Welsh
Co-Facilitated Experiential Personal Growth Group with Emeric Csaszar

MHS 6803: Counseling Practicum

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

Invited Guest Speaker

Summer 2011

Guest Speaker for the Tennessee Licensed Professional Counselors Association
Topic: Incorporating Principles of Wellness in Everyday Life: Implications for Counselors

Fall 2010

Guest Speaker for the Lookout Counseling Association
Topic: Incorporating Principles of Wellness in Everyday Life: Implications for Counselors

Summer 2009

Guest Speaker for UTC Housing and Residence Life Training
Topic: Roommate Conflict Mediation

Spring 2009

Guest Speaker for First Things First Family University

Topic: Rules of the Road for the Information Super Highway: A Guide for Families on Internet Usage.

Guest Speaker in Psi Chi Graduate School Panel

Topic: Forum Regarding Successful Matriculation into Graduate School.

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

Community Foundation of Greater Chattanooga: Family Social Skills Intervention (2009). *Unfunded*.

University of Tennessee at Chattanooga: Faculty Development Grant (2008). *Funded \$1000.00*

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

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

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.

Peer Reviewed Publications

O'Brien, E. R. & Curry, J. R. (2010). *Preparing emergent counselors to work with spiritually diverse clients: Implications for supervision*. (ACAPCD-30). Alexandria, VA: American Counseling Association

O'Brien, E. R., Curry, J. R. (2009). Systemic interventions with alternative school students: Engaging the omega children. *Journal of School Counseling*, 7 (24), <http://www.jsc.montana.edu/articles/v7n24.pdf>

O'Brien, E. R., Curry, J. R. & Welsh, L. J. (2008). Dissertation retreat: How we completed our journey. *NC Perspectives*, 1(2) 2-8.

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.** & Hauser, M. H. (under review). Moving beyond the CACREP standards: Quality assurance in counselor education. (Submitted to: *Counseling Outcome Research and Evaluation*)
- Curry, J. R., **O'Brien, E. R.**, & Khan, I. (under review). Shifting to a wellness paradigm in teacher education: A promising practice for fostering teacher stress reduction, burnout resilience, and promoting retention. (Submitted to: *Teacher Development*)
- O'Brien, E. R.** (under review). Students with mental disorders in the school community: Information for school counselors. (Submitted to: *Journal of School Counseling*).

Manuscripts in Preparation for Submission:

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

Monographs

- O'Brien, E. R.** (2009). *Counselor wellness and client outcomes: Exploring the relationship between master's level counseling practicum students' wellness and their clients' outcomes*. Saarbruken, Germany: VDM Verlag.

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.

University Publications and Reports

- O'Brien, E. R.**, Gibbs, K. A., Magnus, V., & Hauser, M. (2010) University of Tennessee at Chattanooga CACREP self-study. Chattanooga, TN: Authors
- O'Brien, E. R.**, Hauser, M., Gibbs, K. A., & Magnus, V. (2010). *Counseling Program Practicum & Internship Resource Handbook*. Chattanooga, TN: University of Tennessee at Chattanooga.
- Gibbs, K. A., Hauser, M., Magnus, V., & **O'Brien, E. R.** (2010). *Counseling Program Supervisor Handbook* (2nd ed.): University of Tennessee at Chattanooga.
- Gibbs, K. A., Hauser, M., Magnus, V., & **O'Brien, E. R.** (2010). *Counseling Student Handbook* (2nd ed.). University of Tennessee at Chattanooga.
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Professional Presentations

International

- Curry, J. R., Gitner, G., Gitner, M., & **O'Brien, E. R.** (2008, November). *Battling client problematic internet use: A holistic wellness based approach to assessment, prevention and intervention*. Paper presented at the European Based-American Counseling Association, Neiderhausen, Germany.
- 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

Gibb, K. A., **O'Brien, E. R.**, Hauser, M. (2011). *Counseling children in schools, families and community agencies: Ethical implications for your consideration*. Paper accepted at the Association for Counselor Education and Supervision, Nashville, Tennessee

O'Brien, E. R. (2011). *Preparing emergent counselors to work with spiritually diverse clients: Implications for supervision*. Paper presented at the American Counseling Association, New Orleans, Louisiana.

Curry, J. R., **O'Brien, E. R.**, & Csaszar, E. (2010). *Spiritual timelines*. Paper presented at the Association for Spiritual, Ethical and Religious Values in Counseling, Myrtle Beach, South Carolina.

O'Brien, E. R. & Curry, J. R. (2010). *Preparing emergent counselors to work with spiritually diverse clients: Implications for supervision*. Paper presented at the Association for Spiritual, Ethical and Religious Values in Counseling, Myrtle Beach, South Carolina.

Welsh, L. J. & **O'Brien, E. R.** (2009, March). *Examining the relationship between Master's level counseling students' skill proficiency and client outcomes*. Paper presented at the American Counseling Association, Charlotte, North Carolina.

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.** (2008, November). *What does it mean to go deeper? Teaching counseling students how to help clients become self-aware using the therapy process model.* Paper accepted for presentation at the Southern Association for Counselor Education and Supervision, Houston, Texas.
- Robinson, E. H., Young, M. E., Curry, J. R., & **O'Brien, E. R.** (2008, November). *Evaluation of student counselors' skills and competencies in an on-campus clinic.* Paper accepted for presentation at the Southern Association for Counselor Education and Supervision, Houston, Texas.
- 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.** (2009, November). *Battling client problematic internet use: A holistic wellness based approach to assessment, prevention and intervention.* Paper presented at the Tennessee Counseling Association Conference, Chattanooga, TN.
- 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.

O'Brien, E. R., Gibbs, K., & Magnus, V. (2008, February). *Fundamentals of Counseling Supervision*. Workshop presented at the University of Tennessee at Chattanooga.

Invited Reviewer

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| 2011 | <i>British Journal of Guidance and Counselling</i> |
| 2008 | Theories of Counseling and Psychotherapy, Text Book
Wadsworth/Cengage Learning |

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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| 2009-2012 | Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC), Treasurer |
| 2009-2010 | SACES Membership Chair |
| 2008-2009 | SACES Membership Co-chair |

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

2009-Ongoing	Graduate Studies Division Petitions Committee Chair
2008-2010	Faculty Senate, Graduate Studies Division Member
2007-2008	Graduate Studies Division Search Committee Member
2007-Ongoing	Graduate Studies Division Petitions Committee Member
2007-2009	Graduate Studies Division Research Committee Member
2007-2008	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

October 2001- Ongoing	American Counseling Association (#6217367)
June 2005-Ongoing	Association of Counselor Education and Supervision
May 2008-Ongoing	Association for Spirituality, Ethics and Religious Values in Counseling
September 2000-Ongoing	Chi Sigma Iota
August 2004-May 2007	Counselor Education Doctoral Students Association
October 2004-Ongoing	European Based-American Counseling Association
May 2005-Ongoing	Florida Counseling Association
October 2001-Ongoing	International Association of Marriage and Family Counselors
June 2005-Ongoing	Southern Association of Counselor Education and Supervision

Research Interests

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