

# Curriculum Vitae

Munyi Shea, Ph.D.

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## EDUCATION

2002-2008

**Teachers College, Columbia University, New York, NY**

Department of Counseling and Clinical Psychology

Ph.D. in Counseling Psychology. Dissertation defended with distinction

Mentor: Christine J. Yeh, Ph.D.

Dissertation: *Development of a culturally specific Career Exploration Development and Resources (CEDAR) group for low income Chinese immigrant youth.*

2007-2009

**Massachusetts Mental Health Center/Harvard Medical School, Boston, MA**

Internship in Clinical Psychology (1 year)

Postdoctoral Fellowship in Clinical Psychology (6 months)

1997-2001

**University of Washington, Seattle, WA**

B.A. in Business, *summa cum laude*

B.S. in Psychology, *summa cum laude*

Honors Thesis Mentor: Ana Mari Cauce, Ph.D.

Guthrie Prize: Best Undergraduate Empirical Paper

## CURRENT POSITION

7/2021-present

**Professor**, Counselor Education, School of Education

Seattle Pacific University

7/2019-present

**Director of Doctoral (PhD & EdD) Programs**, School of Education

Seattle Pacific University

9/2016-present

**Associate Professor**, Counselor Education, School of Education

Seattle Pacific University

9/2013-8/2016

**Associate Professor**, Department of Psychology,

California State University, Los Angeles

Received early tenure

1/2009 – 8/2013

**Assistant Professor**, Department of Psychology,

California State University, Los Angeles

## RESEARCH AREAS

**Multicultural Prevention and Intervention Research Team**

- Mental health help-seeking attitudes and barriers
- Culturally responsive prevention and intervention (program development and evaluation) for historically underrepresented groups
- Asian and Latinx immigrant mental health and school adjustment issues
- Gender experience and psychological health with a focus on women's health

**RESEARCH GRANTS  
(Internal and External)**

- May, 2021 **SERVE Grant; Seattle Pacific University**  
Role: Principal Investigator. Award \$4522  
Project: *Academic Publishing as a Collaborative Endeavour*
- May, 2020 **Faculty Research and Scholarship Grant; Seattle Pacific University**  
Role: Co-Principal Investigator. Awarded \$5550  
Project: *Student thriving and resilience (STAR): A pilot mindfulness based intervention for first-generation college students*
- May, 2020 **COVID-19 and Remote/Online Learning Faculty Research Group Project, SPU**  
Role: Principal Investigator. Awarded: \$1000  
*Identifying Responsive Practices in Remote/Online Learning During and Following COVID-19 Pandemic: A Mixed-Method Approach using the Community of Inquiry (CoI) Framework*
- February, 2019 **Scholarship Dissemination Grant; School of Education, SPU.**  
Role: Principal Investigator. Awarded \$3000  
Project: *Disseminating Culturally Responsive Bullying Prevention and Intervention Practices among Ethnic Minority Children and Children of Immigrants.*
- May, 2017 **Faculty Research and Scholarship Grant; SPU.**  
Role: Principal Investigator. Awarded \$5940  
Project: *Barriers to seek mental health counseling: Development of a new psychological measure and formulation of a theoretical model.*
- October, 2016 **American Psychological Association Public Interest Leadership Conference Health Equity Dissemination Award.**  
Role: Co-Principal Investigator. Awarded \$4,000.  
Project Title: *Development of culturally responsive guidelines and resources for bullying prevention among Asian American and Pacific Islander students for school professionals and parents.*
- 1/2015-6/2015 **Mini-Grant and Assigned Time; Cal State Los Angeles**  
Role: PI. Awarded \$5,000 and one course release  
Project Title: *School-based, peer-led Young Mothers' Support Program*
  - Adapted a skills-based support program for college-going mothers
  - Conducted focus groups with mothers to solicit input for program adaptation
  - Trained and co-led the program with peer facilitators
  - Measured the outcomes associated with the group intervention
- 9/2009-9/2011 **Interim Principal Investigator (9/2010-9/2011), NIH Score 1 Grant Multicultural Content Expert and Trainer (9/2009-9/2010)**  
Project Title: *Development of a Self-Help Program to Treat Binge Eating in Mexican Americans (NIH 5 SC1 MH087975-02)*  
Principal Investigator: Fary Cachelin, Ph.D.
  - Oversaw research implementation and grant administration
  - Supervised and train supporters for a cognitive-behavioral guided self-help (GSH) program for Mexican American women with binge eating disorders
  - Trained research assistants in conducting focus groups & qualitative analysis

2011 (July) **Promoting Psychological Research and Training on Health Disparities Issues at Ethnic Minority Serving Institutions (ProDIGs) Grant**, issued by American Psychological Association (APA) Science Directorate and the APA Public Interest Directorate's Office of Ethnic Minority Affairs (OEMA). Awarded \$6,500 (grant) and \$3,650 for attending grant training and professional development.

- Submitted a Ro3 proposal to NICHD – "*Parenting Influences on Bullying Involvement among Asian and Latino Immigrant Children.*"

2011 (March) **Community Engagement Award**; California State University, Los Angeles. Role: Principal Investigator. Awarded ~\$1,000 and one course release  
Project Title: *Collaborative Bullying Prevention Training for Immigrant Parents: Using a Narrative Therapy Approach and Participatory Research Methodology*

## TEACHING GRANTS

2014 (June) **Course Redesign with Technology, CSU Chancellor's Office**,

- Received assigned time to redesign *Introduction to Psychology* course
- Used technology such as i>clicker and blended approach to enhance student's classroom engagement, learning outcomes, and retention rate.

2014 (January) **Bottleneck Academic Success Academy**, California State University, Los Angeles

- Received assigned time and faculty training to redesign a bottleneck course

## HONORS AND AWARDS

2019 (July) **Keynote Speaker**, Krida Wacana Christian University, Jakarta, Indonesia  
Title: *Virtual Learning Workshop*

2019 (July) **"Best-in-Track" award in the Leadership and Institutional Strategies track**, Online Learning Consortium Accelerate 2019 conference.  
Proposal Title: *Breaking Out to Develop Creative Sustainable Online Programs*

2015 (June) **Early Career Award for Research**, Asian American Psychological Association. for outstanding contribution to Asian American research.

2015 (May) **Outstanding Research Award** for a co-authored paper, American Education Research Association Division E (Counseling and Human Development)  
Article Title: *Ecological risk and protective factors of depression and anxiety among low-income Chinese immigrant youth.*

2015 (April) **Honorary Member**, Golden Key International Society, CSULA Chapter

2013 (June) **SERD Outstanding Contribution to Scholarship on Race and Ethnicity Award**, American Psychological Association, The Society of Counseling Psychology's Section on Ethnic and Racial Diversity.

2010 (July) **Fellow**, American Psychological Association Minority Fellowship Program – Psychology Summer Institute, Washington D.C.  
Project Title: *Risk and Protective Factors of Bullying among Asian and Latino Immigrant Children*

2009 **Finalist**, American Psychological Association Distinguished Graduate Student in Professional Psychology

- 2009 **Fellow**, American Psychological Association Advanced Training Institute – Research Methods with Diverse Racial and Ethnic Group
- 2008 Dissertation defended with an unanimous vote of distinction, Columbia University
- 2005 **Student Travel Award**, American Psychological Association
- 2005 **Student Travel Award**, Teachers College, Columbia University
- 2004 **Fellow**, National Summer Institute on Promoting Multicultural Excellence in the Academy, University of Denver, Denver, Colorado, Awarded \$2,000
- 2003 **Diversity Fellowship**, Teachers College, Columbia University, Awarded \$3,000
- 2001 **Guthrie Prize—Best Undergraduate Empirical Paper**, Psychology Department, University of Washington

#### TEACHING INTEREST & COURSES TAUGHT

- Counseling Theories and Skills (graduate)
- Positive Psychology and Spirituality in School (graduate)
- Counseling Practicum (graduate)
- Research Method and Intro to Statistics (graduate)
- Program Evaluation (graduate)
- Global Education (graduate)
- Dissertation Orientation (graduate)
- Diagnosis and Psychopathology (graduate)
- Introduction to Psychology (undergraduate)
- Abnormal Psychology (undergraduate)
- Theories of Personality (undergraduate)
- Family Therapy Dynamics and Perspectives (undergraduate/graduate)

#### SCHOLARSHIP (#student authors from SPU \*student authors from Cal State LA)

##### **Published Peer Reviewed Articles:**

- [28] # Penzar, E. C., **Shea, M.**, Edwards, C. (in press). College students' academic achievement: Exploring the role of hope and academic self-efficacy. *International Dialogues in Education*.
- [27] # Bistricean, C., & **Shea, M.** (in press). Understanding bereavement among college students: implications for practice and research. *International Dialogues in Education*.
- [26] #Clum, K., #Ebersole, E., Wicks, D., & **Shea, M.** (in press). A case study approach to exploring resilient pedagogy during times of crisis. *Online Learning Journal*.
- [25] Ma, P-W., & **Shea, M.** (2021). First-Generation college students' perceived barriers and vocational outcome expectations: Exploring the role of relational factors and sense of coherence. *Journal of Career Development*, 48(2) 91-104, First published online in 2019. <https://doi.org/10.1177/0894845319827650>
- [24] **Shea, M.**, & #Awdziejczyk, A. (2020). Make healing, not performance, the goal for K-12 schools amid this global pandemic. *International Dialogues on Education*, 7 (special issue), 93-97.
- [23] **Shea, M.**, Wong, Y. J., \*Nguyen, K., & \*Gonzalez, P. (2019). College students' barriers to seeking mental health counseling: Scale development and psychometric evaluation. *Journal of Counseling Psychology*, 66(5), 626–639. <https://doi.org/10.1037/cou0000356>

- [22] Wong, Y. J., **Shea, M.**, Wang, S-Y., & Cheng, J. (Online First Publication February 2019). The Encouragement Character Strength Scale development and psychometric properties. *Journal of Counseling Psychology*.
- [21] **Shea, M.**, Wong, Y. J., \*Nguyen, K., & \*Baghdasarian, S. (2017). College women's subjective femininity stress, gender solidarity, and help-seeking intentions: The mediating roles of help-seeking attitudes and social stigma. *The Counseling Psychologist*, 45, 438–461.
- [20] **Shea, M.**, Wang, C., \*Shi, W., \*Gonzalez, V., & Espelage, D. (2016). Parents and teachers' perspective of school bullying among Asian and Latino immigrant children. *Asian American Journal of Psychology*, 7, 83-96.
- [19.] **Shea, M.**, Cachelin, F. M., \*Gutierrez, G., \*Wang, S., & Phoutdavone, P. (2016). Mexican American women's perspectives on a culturally adapted cognitive-behavioral therapy guided self-help program for binge eating. *Psychological Services*, 13, 31-41. doi: 10.1037/ser0000055
- [18.] **Shea, M.**, Wong, Y. J., \*Wang, S., \*Wang, S., \*Jimenez, V., Hickman, S. J., & LaFollette, J. R. (2014). Toward a constructionist perspective of examining femininity experience: The development and psychometric properties of the subjective femininity stress scale. *Psychology of Women Quarterly*, 38, 275-291. doi:10.1177/0361684313509591
- [17.] Cachelin, F., **Shea, M.**, \*Phoutdavone, P., Wilson, T., Thompson, D., Strigel, R. (2014). Culturally adapted cognitive behavioral guided self-help for binge eating: A feasibility study with Mexican Americans. *Cultural Diversity and Ethnic Minority Psychology*, 20, 449-457, doi: 10.1037/a0035345
- [16.] Yeh, C. J., Liao, H-Y., Ma, P-W., Okubo, Y., **Shea, M.**, Kim, A. B., & Atkins, M. (2013). Ecological risk and protective factors of depression and anxiety among low-income Chinese immigrant youth. *Asian American Journal of Psychology*. doi: 10.1037/a0034105
- [15.] Wong, Y. J., **Shea, M.**, Hickman, S. J., LaFollette, J. R., \*Cruz, N., & \*Boghokian, T. (2013). The Subjective Masculinity Stress Scale: Scale development and psychometric properties. *Psychology of Men and Masculinity*, 14, 148-155. doi: 10.1037/a0026206
- [14.] **Shea, M.**, Cachelin, F., \*Uribe, L., Striegel-Moore, R., Thompson, D., & Wilson, T. (2012). Cultural adaptation of a cognitive-behavioral therapy guided self-help program for Mexican American women with binge eating disorders. *Journal of Counseling Development*, 90, 308-318.
- [13.] Ham, A., **Shea, M.** (2012). Development of a narrative therapy experiential parents' group model used to train school counselors working with elementary school children who bully. *Prevention in Counseling Psychology: Theory, Research, Practice and Training*, 1, 7-14.
- [12.] Wong, Y. J., Owen, J., & **Shea, M.** (2012). A latent class regression analysis of men's conformity to masculine norms and psychological distress. *Journal of Counseling Psychology*, 59, 176-183. doi: 10.1037/a0026206
- [11.] Thompson, D., Cachelin, F., Striegel, R. H., Barton, B., **Shea, M.**, & Wilson, G. T. (2012). How many therapists? Practical guidance on investigating therapist effects in randomized controlled trials for eating disorders? *International Journal of Eating Disorders*, 45, 670-676.
- [10.] Wong, Y. J., **Shea, M.**, LaFollette, J. R., Hickman, S. J., \*Cruz, N., & \*Boghokian, T. (2011). The inventory of subjective masculinity experiences: Development and psychometric properties. *Journal of Men's Studies*, 19, 3, 236–255
- [9.] Yeh, C. J., Borrero, N. E., & **Shea, M.** (2011). Spirituality as a cultural asset for urban youth in schools. *Counseling and Values*, 55, 185-198

- [8.] **Shea, M.**, Yang, L. H., & Leong, F. T. L. (2010). Loss, psychosis, and chronic suicidality in a Korean American immigrant man: Integration of cultural formulation model and multicultural case conceptualization approach. *Asian American Journal of Psychology, 1*, 212-223.
- [7.] **Shea, M.**, Goisman, R. M., & Greenberg, R. (2010). Aggression, grief, and conflict in a patient with psychosis: An integration of psychodynamic and cognitive-behavioral perspectives. *Harvard Review of Psychiatry, 18*, 195-205
- [6.] **Shea, M.**, Ma, P.W., Yeh, C.J., Lee, S., & Pituc, S. (2009). Exploratory studies on the effects of a career exploration group for urban Chinese immigrant youth. *Journal of Career Assessment, 17*, 457-477.
- [5.] Yeh, C. J., Okubo, Y., Ma, P-W., **Shea, M.**, Kim, A. B., Ou, D., & Pituc, S. T. (2009). Chinese immigrant high school students' cultural interactions, acculturation, family obligations, acculturation, language use, and social support, *Adolescence, 43*, 775-790.
- [4.] **Shea, M.**, & Yeh, C. J. (2008). Asian American students' cultural values, stigma, and relational self-construal: correlates of attitudes toward professional help seeking. *Journal of Mental Health Counseling, 30*, 157-172.
- [3.] **Shea, M.**, Ma, P.W., Yeh, C. J. (2007). Development of a culturally specific career exploration group for urban Chinese immigrant youth. *Career Development Quarterly, 56*, 62-73. doi:10.1002/j.2161-0045.2007.tb00020.x
- [2.] Okubo, Y., Yeh, C., Lin, P., Fujita, K., & **Shea, M.** (2007). The career decision-making process of Chinese American youth. *Journal of Counseling and Development. 85*, 440-449
- [1.] Cauce, A.M., Domenech-Rodriguez, M., Paradise, M., Cochran, B.N., **Shea, J.M.**, Srebnik, D., & Baydar, N. (2002). Cultural and contextual influences in mental health help seeking: a focus on ethnic minority youth. *Journal of Consulting & Clinical Psychology, 70*, 44-55.

#### **Published Book Chapters and Other Work:**

- [9] Rasikawati, I., Shea, M., #Zhou, S., Pattiwael, A., Wicks, D., & Sulastri, M. (2021). Sustaining internationalization in higher education: Before and after the COVID-19 pandemic. In James, W. B., Cobanoglu, C., & Cavusoglu, M. (Eds.), *Proceedings of the global conference on education and research* (Vol. 4) (pp.151–153). USF M3 Publishing. <https://www.doi.org/10.5038/2572-6374-v4>
- [8.] Colleagues & **Shea, M.** (2020). *Resources for Asian Pacific Islander Desi Americans (APIIDA) coping with COVID-19 related discrimination*. Public Service Announcements, American Psychological Association: <https://division45.org/public-service-announcements-for-aapi-families-facing-covid-19-discrimination/>
- [7.] Okazaki, S., Thakore-Dunlap, U., **Shea, M.**, & Wang, C. (2020). *Guidelines On Bullying and Victimization For AAPI K-12 Students to School Professionals And Parents*. Retrieved from: <https://aapaonline.org/resources/bullying-awareness-campaign/>
- [6.] **Shea, M.**, & Nguyen, K. (2017). Career choice and gender. In K. Nadal (Ed.), *The SAGE Encyclopedia of Psychology and Gender*. Thousand Oaks, CA: Sage Publications Inc.
- [5.] Ma, P-W., & **Shea, M.** (2015). Work and gender roles in East Asian immigrant women in the United States. In Espin, O. & Dottolo, D. (Eds.), *Gendered journeys: Women, Migration, and Feminist Psychology*. New York: Palgrave Macmillan, NY.  
(The first two authors contributed equally to this work.)
- [4.] Cachelin, F. M., **Shea, M.**, & \*Bono, F. A., (2013). Cognitive-behavioral therapy guided self-help (CBT-GSH) for binge eating: A culturally sensitive minimal or early intervention program. In Choate, L. H. (2013). *Eating*

*disorders and obesity: A counselor's guide to prevention and treatment*. Alexandria, VA: American Counseling Association.

(The first two authors contributed equally to this work.)

- [3.] Ma, P-W., **Shea, M.**, & Yeh, C. J. (2013). Promoting mental health in Asian American immigrants. In E. M. Vera (Ed.), *Oxford Handbook of Prevention in Counseling Psychology*. New York: Oxford University Press, Inc.
- [2.] **Shea, M.**, & Leong, F. T. L. (2013). Working with a Chinese immigrant with severe mental illness: An integrative approach of cognitive-behavioral therapy and multicultural conceptualization. In S. Poyrazli & C. E. Thompson (Eds.), *International case studies in mental health* (pp. 205-223). Thousand Oaks, CA: Sage.
- [1.] **Shea, M.**, & Wong, Y. J. (2012). Femininity and women's psychological well-being. In P. Lundberg-Love, K. L., Nadal, & M. A. Paludi. (Eds.), *Women and mental disorders* (pp. 17–36). Santa Barbara, CA: Praeger Publishers.

### **Manuscript Under Review:**

# Lau, W. S. & **Shea, M.** (2021). *Empowering English learners in the English language classroom: Integration of culturally responsive social-emotional learning*. Manuscript Under Review.

### **CONFERENCE PRESENTATIONS**

#student authors from SPU; \*student authors from Cal State LA

#Lau, W. S., **Shea, M.**, & #Alexander, A. (June, 2021). *Building an inclusive K-12 classroom with culturally relevant social-emotional learning activities*. 4<sup>th</sup> Global Conference on Education and Research (GLOSER).

#Clum K., #Ebersole, E., Wicks, D., **Shea, M.** (June, 2021). *Exploring resilient pedagogy presentation*. 4<sup>th</sup> Global Conference on Education and Research (GLOSER).

Jin, J., Kim, P., **Shea, M.** (May, 2021). *Co-creating a caring community through an inclusive ethics of care*. Invited panel at the 2021 Annual Lilly Conference, Azusa Pacific University, Los Angeles.

Jin, J., **Shea, M.**, #Mateer, E. (April, 2021). *Everyday Mindfulness: A Pilot Study of a Mindfulness-Based Seminar to Promote Resilience among First-Generation College Students*. Poster to be presented at the annual meeting of Western Psychological Association (WPA) Convention,

**Shea, M.** (April, 2021) Discussant in Paul Kim (Chair) 's Symposium titled *#Hateisavirus: Asian and Asian American College Students' Experiences of Racism during the COVID-19 Pandemic*. Symposium to be presented at the annual meeting of Western Psychological Association (WPA) Convention,

**Shea, M.**, Wicks, D., #Rasikawati, I., & #Ebersole, E. (October, 2020) *Identifying Promising Practices in Remote/Online Learning During and Following COVID-19 Pandemic*. Think Tank session presented at the Association of American Colleges and Universities (AAC&U) Conference on Global Learning, Miami, FL.

Ellis, A., & **Shea, M.** (December, 2019). *Assessing Attitude of Teaching and Learning Propriety in a Digital Age: Development of a New Classroom Teaching Survey*. Oral presentation given at the the Oxford Education Research Symposium, University of Oxford, Oxford, U.K.

Antilla, J., Hyun, J., **Shea, M.**, & Wicks, D. (November, 2019). *Breaking Out To Develop Creative Sustainable Online Programs*. A gamified session presented at the OLC Accelerate Conference, Orlando, FL.

#Rasikawati, I., #Zhou, S., & **Shea, M.** (June, 2019). *Building More Sustainable HE through International Partnership*. Oral presentation given at the 2019 Global Education Symposium, Seattle, WA.

- \*Nguyen, K., Weeks, C., **Shea, M.**, & Kim, P. (April, 2019). *Why Don't They Seek Counseling? Identifying Six Barriers to Mental Health Help-seeking among College Students*. Poster presented at the annual meeting of Western Psychological Association (WPA) Convention, Pasadena, CA.
- \*Nguyen, K., **Shea, M.**, & Kim, P. (April, 2019). *Correlates of Professional Help-Seeking Attitudes: Comparison of Korean and Korean American College Students*. Poster presented at the annual meeting of Western Psychological Association (WPA) Convention, Pasadena, CA.
- Shea, M.**, Hyun, J., & Wong, Y. J. (March, 2019). *Using Encouragement in Education and Counseling: Development and Application of the Encouragement Character Strength Scale*. Oral presentation given at the the Oxford Education Research Symposium, University of Oxford, Oxford, U.K.
- Shea, M.**, Wong, Y. J., & #Lau, W. S. (June 2018). *Development of the Encouragement Character Strength Scale: Implications for Psychological and Community Well-Being*. Oral presentation given at the 16th Annual Meeting International Society for Quality-of-Life Studies, Hong Kong.
- Shea, M.**, & \*Nguyen, K. (2018). Development of a Multidimensional Measure on Barriers to Seek Mental Health Counseling. In M. Shea (Chair), *Examining Cultural and Structural Barriers to Seeking Psychological Counseling: Three Studies Across Six Countries*. Paper presented at the annual meeting of Western Psychological Association (WPA) Convention, Portland, OR.
- Okazaki, S., **Shea, M.**, Thakore-Dunlap, U., Wang, C. (Oct, 2017). *Disseminating Best Practices on Bullying Prevention and Intervention to AAPI Parents and School Professionals*. Interactive session presented at the Asian American Psychological Association national convention. Las Vegas, NV.
- Wang, S., **Shea, M.**, Cheng, J., Parker, J., Wong, Y. J. (Aug, 2017). *The Character Strength of Encouragement*. Symposium presented at the annual meeting of the American Psychological Association Convention, Washington, D.C.
- Shea, M.**, & Hyun, J. (Mar, 2017). *Culturally Responsive Bullying Prevention: Immigrant Caregivers' Voices*. Breakout session presentation at the annual meeting of the Evidence Based School Counseling Conference, San Diego.
- Shea, M.** (Chair, 2016). *Subjective femininity experience and psychological health: Intersections of race, gender and sexuality*. Symposium presented at the annual meeting of the Western Psychological Association Convention, Long Beach.
- Shea, M.**, \*Shi, W., \*Torres, J., \*Oceguera, \*Ventura, C. (2016). *The effect of a peer-led intervention on college-going mothers' psychological health*. Poster at the annual meeting of the Western Psychological Association Convention, Long Beach.
- Shea, M.**, \*Partida, J., \*Nguyen, K., \*Baghdasarian, & \*Gonzalez, V. (2016). *College men's subjective masculine stress, gender identification, and help-seeking intention*. Poster presented at the annual meeting of the Western Psychological Association Convention, Long Beach.
- Shea, M.**, \*Shi, W., \*Gonzalez, V., \*Villanueva, C. (2015). *Development of a peer-led support program for young mothers*. Poster presented at the annual meeting of the Western Psychological Association Convention, Las Vegas, NV.
- \*Gutierrez, G., **Shea, M.**, \*Shi, W., \*Gonzalez, V., & \*Villanueva, C. (2015). *Parenting behavior, school-age victimization and psychological adjustment among Asian and Latino students*. Poster presented at the annual meeting of the Western Psychological Association Convention, Las Vegas, NV.



- Shea, M.**, Wong, Y. J., \*Baghdasarian, S., & \*Nguyen, K. (2015). *Women and help-seeking: Relationships among identity, stress, and stigma*. Poster presented at the annual meeting of the Western Psychological Association Convention, Las Vegas, NV.
- Shea, M.**, \*Baghdasarian, S., \*Liao, I., \*Nguyen, K. & \*Wang, S. (2015). *Femininity stress and eating disorder risk among racially diverse women*. Poster presented at the annual meeting of the Western Psychological Association Convention, Las Vegas, NV.
- \*Gallegos, E., \*Nguyen, T., & **Shea, M.** (April, 2014). *Effect of a didactic therapy course on help-seeking attitudes and willingness*. Poster presented at the annual meeting of the Western Psychological Association Convention, Portland, OR.
- Shea, M.**, Cachelin, F., \*Gutierrez, G., \*Wang, S., & Phimphasone, P. (April, 2014). *Mexican American women's perspectives on a culturally adapted cognitive-behavioral therapy program for binge eating disorders*. Poster presented at the annual meeting of the Western Psychological Association Convention, Portland, OR.
- \*Wang, S., \*Liao, I., & **Shea, M.** (April, 2014). *Spirituality as a moderator of the relationship between stress and psychological adjustment among ethnically diverse college students*. Poster presented at the annual meeting of the Western Psychological Association Convention, Portland, OR.
- \*Gutierrez, G., \*Shi, W., Gonzalez, V., & **Shea, M.** (April, 2014). *The effect of parenting behaviors and school-age bullying experience on young adults' self-esteem: a Mars analysis*. Poster presented at the annual meeting of the Western Psychological Association Convention, Portland, OR.
- \*Wang, S., \*Shi, W., Ham, A., & **Shea, M.** (August, 2013). *Expanding perspectives: A narrative therapy curriculum for a parents' group of children who bully*. Poster presented at the annual meeting of the American Psychological Association Convention, Honolulu, HI.
- Ma, P-W., **Shea, M.**, & \*Gonzalez, R., & \*Wang, S. (August, 2013). *College stress and psychological adjustment among ethnically diverse students: An examination of spirituality as a moderator*. Poster presented at the annual meeting of the American Psychological Association Convention, Honolulu, HI.
- Shea, M.**, \*Gutierrez, G., \*Gonzalez, V., \*Shi, W., Dennis, J., & Kennison, R. (August, 2013). *Parenting behavior and school-age bullying experience: Association with Self-esteem in young adults*. Poster presented at the annual meeting of the American Psychological Association Convention, Honolulu, HI.
- Shea, M.**, Cachelin, F., Frances, B., Phimphasone, N. (August, 2013). *Cultural adaptation of a cognitive-behavioral treatment for binge eating: A focus-group method*. Symposium presented at the annual meeting of the American Psychological Association Convention, Honolulu, HI
- Shea, M.**, \*Wang, S., \*Shi, W., \*Gonzalez, R., & Ma., P-W. (August, 2012). *Spirituality, religiosity and social support as predictors of college students' psychological well-being*. Poster presented at the annual meeting of the American Psychological Association Convention, Orlando, FL.
- \*Wang, S., **Shea, M.**, Ma., P-W., \*Gonzalez, R. (August, 2012). *Predictors of psychological distress among Asian and Hispanic college students*. Poster presented at the annual meeting of the American Psychological Association Convention, Orlando, FL.
- Ma, P-W., Varon, S. K., Calka, A. M., Garcia, A-M., Koehler, M., **Shea, M.** (August, 2012). *First-Generation College Students: Understanding Their Social Support and Psychological Well-Being*. Poster presented at the Annual Convention of the American Psychological Association. Orlando, FL.

- \*Shi, W., \*Zhang, Y., \*Gonzalez, V., & **Shea, M.** (May, 2012). *School bullying: A qualitative study on Asian and Latino immigrant parents' perspectives*. Poster presented at the annual meeting of the Western Psychological Association Convention, San Francisco, CA
- \*Wang, S., \*Gonzalez, R., **Shea, M.** (May, 2012). *Spirituality and religiosity as correlates of psychological well-being among college students*. Poster presented at the annual meeting of the Western Psychological Association Convention, San Francisco, CA
- \*Wang, S., **Shea, M.**, & \*Gonzalez, R. (May, 2012). *Predictors of psychological distress among Asian and Hispanic college students*. Poster presented at the annual meeting of the Western Psychological Association Convention. San Francisco, CA
- Shea, M.** and \*Cruz N. (August, 2011). *Subjective Masculinity Stress Scale and Inventory of Subjective Masculinity Experiences: Development and psychometric properties*. In J. Wong and M. Shea (Chairs). *Subjective Masculinity Experiences—Theory, Research, and Practice*. Symposium presented at the annual meeting of the American Psychological Association Convention, Washington D.C.
- Shea, M.**, \*Uribe, L., \*Phimphasone, P., \*Bono, F., Garcia, D., & Cachelin, F. (August, 2011). *Cultural adaptation of a cognitive-behavioral guided self-help program for Mexican American women with binge eating disorders*. Round Table Discussion at the annual meeting of the American Psychological Association Convention, Washington D.C.
- Pei-Wen Winnie Ma, **Shea, M.**, George, L., Desai, U., & Pena E. (August, 2011). *Psychological Well-being of Latino College Students: Exploring the influence of social support and stress*. Poster presented at the annual meeting of the American Psychological Association Convention, Washington D.C.
- Shea, M.** (August 2011). *The Relationship between Conformity to Masculine Norms and Psychological Distress in Asian vs. Non-Asian American Men: A Latent Class Regression Analysis*. In J. Wong (Chair). *Asian American Men and Masculinity: New Directions*.
- Shea, M.**, \*Cruz, N., \*Boghokian, T., \*Jimenez, V., & \*Wang, S. (April, 2011). *Development of the Inventory of Subjective Masculinity and Femininity Experiences*. In J. Dennis (Chair). *Explorations in the Measurement and Conceptualization of Gender Role Attitudes and Experiences*. Symposium presented at the annual meeting of the Western Psychological Association Convention, Los Angeles, CA.
- Shea, M.**, P. W. Ma., \*Perry, K., \*Casillas, G., \*Guardado, D., & \*Shi, W. (April, 2011). *Predictors of depressive symptoms among Black and Latino college students*. Poster presented at the annual meeting of the Western Psychological Association Convention, Los Angeles, CA.
- Shea, M.**, \*Uribe, L., \*Phimphasone, P., \*Bono, F., Garcia, D., & Cachelin, F. (April, 2011). *Cultural adaptation of a cognitive-behavioral guided self-help program for Mexican American women with binge eating disorders*. Poster presented at the annual meeting of the Western Psychological Association Convention, Los Angeles, CA.
- \*Wang, S., \*Gonzalez, V., & \*Shi, W., **Shea, M.**, & Ham, A. (April, 2011). *Development of a narrative therapy group for parents of bullies*. Poster presented at the annual meeting of the Western Psychological Association Convention, Los Angeles, CA.
- Shea, M.** (April, 2011). *Sequential Transformative Mixed-Methods Research for Social Justice*. In P. Camangian (Chair) *Research for Social Justice: Youth, School, and Community Collaboration*. Symposium presented at the annual meeting of the American Educational Research Association, New Orleans, LA.
- Shea, M.**, Wong, Y. J., \*Jimenez, V., \*Castro, M., \*Wang, S., LaFollette, J. R., & Hickman, S. J. (August, 2010). *Development of a Femininity Meaning-Making Test – Stress*. Poster presented at the annual meeting of the American Psychological Association conference, San Diego, U.S.

- Hickman, S. J., **Shea, M.**, LaFollette, J. R., \*Cruz, N., \*Boghokian, T., & Wong, Y. J., (August, 2010). *Development of the Masculinity Meaning-Making Test-Stress*. Poster presented at the annual meeting of the American Psychological Association conference, San Diego, U.S.
- Shea, M.**, \*Cruz, N., \*Guardado, D., \*Jimnez, V., \*Shi, W., \*Perry, K., \*Casillas, G. (August, 2010). *Gender, stigma, relational interdependent self-construal and attitudes toward professional help-seeking*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA
- Ma, P-W, **Shea, M.**, Caldwell, T., George, L., Chowdhury, T., Desai, U., & Pena, E. ((August, 2010). *First generation college students: Predicting stress and career outcome expectation*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Shea, M.** (May, 2010). *Sociocultural correlates of Asian American Students' Attitudes toward Professional Help-seeking*. In G. Fernando (Chair) Assessing mental health and quality of life in college students: cultural considerations. Symposium presented at the Western Psychological Association Convention, Cancun, Mexico.
- Shea, M.**, & Yeh, C. (August, 2008). *Culturally Responsive Career Intervention for At-risk, Urban Chinese Immigrant Youth*. Poster presented at the annual meeting of the American Psychological Association conference, Boston, U.S.
- Shea, M.** (2008, March). *Conducting linguistically and culturally appropriate career intervention with Urban Asian youths*. In Y. Okubo and P-W. Ma (Chairs) Cultural competence in Asian immigrant research and practice. Symposium presented at the International Counseling Psychology Conference, Chicago.
- Shea, M.**, Lo, G., & Yang, L. (2007, August). *Experiences of discrimination among Chinese Americans with schizophrenia: Implications for community-based interventions*. Poster presented at the annual meeting of the Asian American Psychological Association conference, San Francisco, U.S.
- Shea, M.** (2006, August). *Development of a culturally responsive career intervention with Asian immigrant youth*. In S. Sue (Chair) Building Alliances and Offering Innovative Services for Asian Immigrant Youth. Symposium presented at the annual convention of the Asian American Psychological Association, New Orleans, LA.
- Chang, T., Yeh, C. J., Ma., P.W., & **Shea, M.** (2006, August). *Racial, cultural, and economic determinants of Asian American parents' educational expectations of their children*. Poster presented at the annual meeting of the American Psychological Association conference, New Orleans, U.S.
- Shea, M.**, Ma, P.W., Yeh, C.J., Lee, S., & Pituc, S. (2005, August). *Development of a career exploration group for Chinese immigrant youth*. Poster presented at the annual meeting of the American Psychological Association conference, Washington D.C., U.S.
- Chang, T., Yeh, C. J., **Shea, M.**, & Tao, X. (2005, August). *Chinese students' attitudes towards professional psychological help-seeking and career counseling*. Poster presented at the annual meeting of the American Psychological Association conference, Washington D.C., U.S.
- Yeh., C. J., Okubo, Y., Ma., P.W., **Shea, M.** (2005, August). *Predictors of Intercultural Competence among Chinese Immigrant Youth*. Poster presented at the annual meeting of the American Psychological Association conference, Washington D.C. U.S.
- Shea, M.**, & Yeh, C. J. (2004, July). *Cultural values, perceived stigma, relational interdependent self-construal and attitudes towards professional help-seeking*. Poster presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii, U.S.

Yeh, C. J., Ma, P.W., Okubo, Y., **Shea, M.**, Kim, A. B., Ou, D., & Atkins, M. (2004, July). *The cultural adjustment of low-income, urban, Asian immigrant high school students*. Poster presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii, U.S.

## **OTHER RESEARCH EXPERIENCE**

2003-2007

### **Research Team Coordinator/Research Assistant**

Department of Counseling and Clinical Psychology  
Teachers College, Columbia University

Project title: *Asian Immigrant Cultural Adjustment and Mental Health (NIMH KO1 MH065287-01A1)*

Principal investigator: Christine Yeh, Ph.D.

- Supervised, hired, and trained graduate research assistants
- Collected self-report data from 350+ students for quantitative analysis
- Conducted focus group with Asian immigrant students and parents
- Implemented Asian student leaders' internship program; supervised and trained student interns
- Translated all survey scales from English to Chinese
- Conducted Financial Aid Workshop for high school students and parents
- Assisted with data entry, data analysis, and manuscript write-up

2006-2007

### **Research Assistant**, Department of Epidemiology, Columbia University

Project Title: *Expressed Emotion and Stigma among Chinese-Americans with Schizophrenia*

- Collaborated on a project related to the experiences of stigma and discrimination among Chinese American immigrants with Schizophrenia to develop community-based intervention
- Trained on using PANSS rating scale to assess and conduct bilingual interviews with Chinese American immigrants with severe mental illness (i.e., schizophrenia, schizoaffective disorder)

2004-2006

### **Dissertation Project**, Department of Counseling Psychology, Teachers College

Project Title: *Development of a culturally specific Career Exploration Development and Resources (CEDAR) group for low income Chinese immigrant youth*

- Developed a culturally responsive career counseling model for low- income, urban Asian immigrant youths based on Social Cognitive Career Theory and Social Ecological framework
- Taught career skills and facilitated discussions on the role of participants' immigration experience, cultural adjustment, and socioeconomic factors in their career exploration and decision making
- Compared experimental group and control group participants' pre and post-test differences on career exploration, career decision making, help-seeking attitudes

2003-2004

### **Second-year Project**, Department of Counseling Psychology, Teachers College

Project Title: *Cultural values, perceived stigma, relational interdependent self-construal and attitudes towards help-seeking*

- Reviewed sociocultural factors contributing to help-seeking attitudes
- Collected and analyzed 200+ data from the Asian American college and graduate student population

- 2002-2003 **Research Assistant**, Department of Counseling Psychology, Teachers College  
Project Title: *Career decision-making process among Chinese immigrant youth*
- Recruited 40+ Chinese American adolescents for semi-structured interviews
  - Applied the Consensual Qualitative Research method to transcribe audio tapes, develop domains and categories, analyze transcripts, and served as an independent Auditor for the analysis process
- 1999-2001 **Thesis**, Department of Psychology, University of Washington  
Project Title: *Seattle Homeless & Runaway Youth Project*
- Conducted comprehensive literature review on adolescent help-seeking behavior
  - Performed statistical analysis using SPSS on survey data on homeless youth's help-seeking behaviors
  - Authored junior and senior theses and presented at Honors Students seminar
- CLINICAL EXPERIENCE**
- 2008 (July - November) **Clinical Postdoctoral Fellow, Massachusetts Mental Health Center/ Harvard Medical School**
- Conducted individual psychotherapy with clients of diverse backgrounds and psychological functioning
  - Participated in treatment team meetings and provide consultation to clinical cases
- 2007 (July) – 2008 (June) **Psychology Intern, Massachusetts Mental Health Center/ Harvard Medical School**
- Partial Hospital Program – Cognitive Behavioral Therapy and Dialectical Behavioral Therapy rotation (six-month each)**
- Worked in a step-down from inpatient, partial hospital day program to provide transitional psychiatric treatment for clients with more acute symptoms.
  - Used evidence-based practice in group and individual treatment with chronically mentally ill, medically complicated, dual-diagnosis, and/or clients with personality disorder.
  - Served as an active liaison between clients and community agencies/resources, advocate and follow through aftercare plan.
- Outpatient rotation (one-year)**
- Conducted psychotherapy and psychological assessment with a diverse population with varied ages, racial-ethnic, socioeconomic backgrounds, and psychological functioning.
  - Produced case conceptualizations and formulate treatment goals independently using psychodynamic orientation and multicultural formulation framework.
  - Worked collaboratively with treatment team members and effectively sought consultation/supervision.
  - Integrated professional writings and research into case conceptualization and therapy process.
- 2005-2007 **Psychology Extern, Mount Sinai Beth Israel (formerly known as Beth Israel Medical Center), Child & Adolescent Outpatient, New York**
- Conducted psychological assessment with racially-ethnically diverse children and adolescents
  - Provided individual and family therapy for children, adolescents, and families using psychodynamic, family systems, and multicultural framework

2004-2005	<p><b>Psychology Extern, Baruch College, City University of New York, New York</b>  <b>The Career Development Center and the Counseling Center rotations</b></p> <ul style="list-style-type: none"> <li>• Provided individual psychotherapy for undergraduate and graduate students</li> <li>• Conducted vocational assessments and assisted students in finding a good fit with major and career</li> <li>• Supervised, trained, and mentored peer counselors on a weekly basis</li> <li>• Conducted topical workshops for freshmen and senior students and facilitated a career fair</li> </ul>
2004 (February) – 2004 (July)	<p><b>Assessment Extern, Bellevue Hospital, Traumatic Brain Injury Inpatient Unit, New York</b></p> <ul style="list-style-type: none"> <li>• Conducted neuropsychological assessments with clients with TBI and cognitive disorders, such as Mental Status Exam, Trail Making Test, Stroop Color and Word Test, Rey Auditory Verbal Learning Test, Controlled Oral Word Association, Hooper Visual Organization Test and Repeatable Battery for the Assessment of Neuropsychological Status etc.</li> </ul>
2003-2004	<p><b>Psychology Extern, Teachers College, Center for Psychological Services, New York</b></p> <ul style="list-style-type: none"> <li>• Provided short-term and longer-term dynamic psychotherapy as well as vocational counseling to a diverse adult population in a community-based clinic</li> </ul>
<b>INTERNAL &amp; COMMUNITY SERVICES (Shaded items indicate service while at SPU)</b>	
09/2019 - present	<b>Institutional Review Board</b> , School of Education Representative, SPU
09/2020- 06/2021	<b>Strategic Planning Taskforce</b> , Seattle Pacific University
09/2018 – 06/2021	<b>Faculty Development Committee, Co-Chair (2019), Member (2018-21)</b> , SPU
09/2019-03/2020	<b>Member</b> , Recruitment and Search Committee, School Counseling, SPU
May, 2019	<b>Race &amp; Culture Panel</b> , panelist, King's School (Shoreline)
09/2018	<b>Faculty Retreat Planning Committee</b> , School of Education, SPU
09/2017; 09/2018	<b>Panelist</b> , International Students Orientation, SPU
Spring 2018	<b>Mock Interviewer</b> , assisted with the mock interviews for the Pre-Professional Health Program, SPU
Fall 2017	<b>Member</b> , Ad hoc Committee on Scholarship Standards, School of Education, SPU
Fall 2017	<b>Presenter of a breakout session</b> , Day of Common Learning, SPU
Winter 2017	<b>Undergrad Transfer Fair</b> at the Shoreline Community College, SPU
9/2009-6/2016	<b>Member</b> , Student Affairs Committee, Psychology Department, CSULA
9/2009-6/2016	<b>Member</b> , Policy and Procedures Committee, Psychology Department, CSULA
9/2012-6/2016	<b>Chair (2012-15) &amp; Member</b> , Nominations Committee, College of Natural and Social Sciences, CSULA
9/2014-6/2016	<b>Member</b> , Recruitment and Search Committee, Psych Department, CSULA
3/2013-6/2016	<b>Member</b> , University Appeals Board, University-level committee, CSULA
9/2012-6/2013	<b>Member</b> , Graduate Admission Committee, Psychology Department, CSULA
9/2011-6/2012	<b>Member</b> , Selection Committee for the Outstanding Lecturer Award Nominee, College of Natural and Social Sciences, CSULA
9/2009-6/2011	<b>Member and Interim Vice-Chair</b> , Steering Committee, College of Natural and Social Sciences, CSULA
1/2010-6/2011	<b>Advisor</b> , Marriage Family Therapy Program, Psychology Department, CSULA
9/2009-6/2010	<b>Advisor</b> , Psi Chi Honor Society in Psychology, Chapter at CSULA
9/2009-1/2010	<b>Interim Director</b> , Marriage Family Therapy Program, Psychology Dept., CSULA

**EXTERNAL SERVICES****Journals:**

2018 – present	<b>Editorial Board Reviewer</b> , The Counseling Psychologist
2011-present	<b>Editorial Board Reviewer</b> , Asian American Journal of Psychology
2013-2016	<b>Ad hoc Reviewer</b> , Psychological Disorders
2012-2011	<b>Ad hoc Reviewer</b> , International Journal of Eating Disorders
2010-2011	<b>Ad hoc Reviewer</b> , Journal of Nervous and Mental Disease
2009-2010	<b>Ad hoc Reviewer</b> , International Journal of Mental Health
2006-2007	<b>Ad hoc Reviewer</b> , Graduate Student Journal of Psychology, Teachers College

**Conference:**

03/2021-Present	<b>Scientific Committee &amp; Conference Co-Host</b> , International Multidisciplinary Conference on Productivity & Sustainability, to be co-hosted virtually by Krida Wacana Christian University, Jakarta and SPU in December 2021
2016 (November)	<b>Reviewer</b> , Western Psychological Association 2017 Annual Convention
2012 (November)	<b>Reviewer</b> , American Psychological Association 2013 Annual Convention, Division 35, Society for the Psychology of Women
2011 (May)	<b>Reviewer</b> , California State University Teaching Symposium
2011	<b>Reviewer</b> , Asian American Psychological Association Annual Convention
<b>Awards Selection:</b>	
2011-2013	<b>Awards Committee</b> , Society of Counseling Psychology of the American Psychological Association (Division 17)
8/2011	<b>Disseration Awards Committee</b> , Asian American Psychological Association
8/2011	<b>Poster Judge</b> , Asian American Psychological Association Annual Convention, Washington, D.C.
2010, 2011	<b>Poster Judge</b> , 18 <sup>th</sup> and 19 <sup>th</sup> Annual CSULA Student Symposium, Los Angeles, CA
2009, 2013	<b>Symposium Judge</b> , Annual CSULA Student Symposium, Los Angeles, CA

**Grant Review Panels:**

9/2011-2016	<b>National Institutes of Health Early Career Reviewer</b> , Center for Scientific Review (CSR), National Institute of Health
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**Other Services:**

2010-2012	<b>Secretary</b> , Society of Counseling Psychology of the American Psychological Association (Division 17)-- Section on Ethnic and Racial Diversity
2006-2007	<b>Founding member and Membership Coordinator</b> , Asian American Psychological Association, Division of Students

**PROFESSIONAL AFFILIATIONS**

- **Current Member**, Asian American Psychological Association
- **Past Member**, Washington School Counselor Association
- **Past Member**, American Psychological Association (Division 17, 35)

**LANGUAGE SKILLS**

Fluent in reading, writing and speaking Chinese (*Mandarin, Cantonese, Shanghainese*), fluent in both simplified and traditional Chinese characters