**Shaun M. Sowell, PhD, LMHCA**

Western Washington University

Department of Psychology

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360.650.6328

# **Education**

**Doctor of Philosophy**, University of Louisville, May 2019

Counselor Education and Supervision, Department of Counseling & Human Development

**Master of Education**, University of Alaska Fairbanks, May 2009

Counselor Education, School Counseling Concentration

**Bachelor of Arts**, University of Alaska Fairbanks, August 2005

Justice Administration, Psychology Minor

# **Credentials**

**Licensed Mental Health Counselor Associate** November 2020 – Present

Washington License #MC61114330

**State of Kentucky CA-1 Certification**  January 2016 – June 2020

School Counseling #201156328

**State of Alaska Type C Certification**  August 2009 – October 2020

Counseling K-12 (C-Special Services) #4071310

# **Professional Experience**

**Assistant Professor,** August 2018 – Present

Department of Psychology, Western Washington University

**Academic Counselor, Sr.**, October 2012 – August 2018

School of Nursing; University of Louisville

**Secondary School Counselor**, August 2009 – July 2012

Eielson Jr/Sr High School, Eielson Air Force Base, Alaska; Fairbanks North Star Borough School District

**Career and Technical Counselor,** March 2009 – August 2009

Lathrop High School, Fairbanks, Alaska; Fairbanks North Star Borough School District

**High School Counseling Intern**, July 2008 – May 2009

Lathrop High School, Fairbanks, Alaska; Fairbanks North Star Borough School District

**Elementary School Counseling Intern**, January 2008 – May 2008

Nordale Elementary School, Fairbanks, Alaska; Fairbanks North Star Borough School District

# **Teaching Experience**

**Assistant Professor, September 2018 – Present**

Western Washington University, Psychology Department

Graduate Courses: Individual Counseling Techniques, Occupations & Career Development, Practicum in School Counseling, Internship in School Counseling

Undergraduate Courses: Foundations of Counseling

Department Chair: Jim Graham, Ph.D.

**Practitioner Instructor, Fall 2016 – August 2018, Summer 2019, Summer 2020**

Wake Forest University, Department of Counseling

Course: Practicum

Supervisor: Tammy Cashwell, Ph.D.

**Graduate Teaching Assistant, Spring 2017**

University of Louisville, Department of Counseling & Human Development

Course: Theories and Techniques of School Counseling

Supervisor: Ahmad Washington, Ph.D.

**Graduate Teaching Assistant, Fall 2015**

University of Louisville, Department of Counseling & Human Development

Course: School Counseling Practicum and Internship

Supervisor: Ahmad Washington, Ph.D.

**Graduate Teaching Assistant, Summer 2015**

University of Louisville, Department of Counseling & Human Development

Course: Group Process and Practice

Supervisor: Eileen Estes, Ph.D. and Richard Balkin, Ph.D.

**Graduate Teaching Assistant, Spring 2014**

University of Louisville, Department of Counseling & Human Development

Course: Theories and Techniques of Counseling and Psychotherapy

Supervisor: Nancy Cunningham, Ph.D.

**Instructor, Fall 2012 – July 2018**

University of Louisville, School of Nursing

Course: Nursing 101 (freshmen orientation course)

**Graduate Teaching/Research Assistant, August 2007– January 2009**

University of Alaska Fairbanks, Counseling Department

Course: Theories and Techniques of Counseling

Supervisor: Allan Morotti, Ph.D.

# **Clinical Supervision Experience**

**Faculty Supervisor (Practicum and Internship Instructor),** Winter 2019 – Present

Western Washington University, Department of Psychology

**Faculty Supervisor (Practicum Instructor)**, Fall 2016 – 2018, Summer 2019, Summer 2020

Wake Forest University, Department of Counseling

**Doctoral Student Supervisor (Practicum and Internship)**, Fall 2013 – Fall 2015

University of Louisville, Department of Counseling & Human Development

# **PRIMARY WORKS CONCEIVED SINCE ARRIVING AT WESTERN**

## **Peer-Reviewed Articles Conceived and Completed (since arriving at Western)**

Cunningham, N. J., & **Sowell, S. M.** (2021). Prevention of sex-based harassment in k–12 schools. *Professional School Counseling*, *25*(1), 2156759X211018658.

**Sowell, S. M.,** Hunter, Q., Richey, K., & Baxter, C\*. (2020). Demonstrating school counselor efficacy in individual interventions using single-case research design: A guided process. *Professional School Counseling, 23*, 1-7.

## **Peer-Reviewed Articles Conceived and Under Review at WWU**

Smith, A., & **Sowell, S. M.** (Under review). From infantry Marine to academic: Implications for career counselors. *Submitted to the Career Development Network Journal Special Issue.*

## **Manuscripts Conceived and In-Progress at WWU**

**Sowell, S. M.**, Cunningham, N. J., & Price, K. (in preparation). The role of elementary school counselors in prevention and intervention of sex-based harassment. *To be submitted to the Journal of Counseling and Development.*

**Sowell, S. M.,** & Grimes, T. O. (in preparation). Training school counselors: A national snapshot of training procedures used in school counseling graduate programs. *To be submitted to Counselor Education and Supervision.*

Grimes, T. O., Watkinson, J., & **Sowell, S. M.** (in preparation). School counselors’ perception of role and how it informs their work with students**.** *To be submitted to Counselor Education and Supervision.*

Hunter, Q., **Sowell, S. M.**,Richey, K., Bickett, T.\*, & Priddy, T\*. (in preparation). Constructing school counselor identity during COVID-19. *To be submitted to Counselor Education and Supervision.*

# **SECONDARY WORKS CONCEIVED SINCE ARRIVING AT WESTERN**

## **Peer-Reviewed Presentations Conceived and Completed at WWU**

**Sowell, S. M.,** Du Rocher Schudlich, T., Carstens, A.\*, Hedeen, K.\*, Hodge. M.\*, Hughes, G.\*, Ibarra, J.\*, Littlefield, B.\*, Phan, H.\*, Stewart, J.\*, & Street, C.\* *Answering the call to action: Empowering student voice and cultivating systemic change in your counselor training clinic.* Presentation accepted at the bi-annual conference of the Association for Counselor Education and Supervision, Atlanta, GA, October 2021.

**Sowell, S. M.,** Hunter, Q., Richey, K., & Baxter, C.\* (2021, July). *Steps to white ally development*. Presentation accepted at the annual conference of the American School Counselor Association, Las Vegas, NV. (unable to present due to COVID).

**Sowell, S. M.,** Joseph, B. C.\* (2020, June). *Poverty, racial attitudes and multicultural school counseling*. Presentation accepted at the annual conference of the American School Counselor Association, Seattle, WA. (unable to present due to COVID).

**Sowell, S. M.,** Hunter, Q., Richey, K., & Baxter, C.\* (2021, March) *Proving your worth, capitalizing on your results: Using case studies to practice the implementation strategies of single case research (design, implementation, evaluation, and sharing Results).* Presented at the national Evidence-Based School Counseling Conference, Boca Raton, FL.

Gill, R.\*, Wheeler, S.\*, Robinson, R. A., **Sowell, S.,** Smith. A., Gruman, D., Symons, L., Devenport. J., & Haskell, T. (2020, March). *Defining Quality Faculty Advising: A Student-Led Mixed Methods Approach*. Poster session presented at the region eight meeting of the National Academic Advising Association, Victoria, B.C., Canada. (canceled due to COVID-19)

**Sowell, S. M.,** Jacobus, R.\*, Hatley, A.\* (2020, February). *Evaluating individual interventions using single case research design: A step-by-step process.* Presented at the annual conference of the Washington School Counselor Association, Seattle, WA.

Grimes, R. O. & **Sowell, S. M.** (2020, January). *#Whatistrending: Let’s talk about school counselor preparation and training.* Presented at the Hawaii International Conference on Education, Honolulu, HI.

**Sowell, S. M.,** Jacobus, R.\*, Hatley, A.\*, Smith, A., Byrne, C., Gruman, D., & Du Rocher Schudlich, T. (2019, October). *Exploring the use of standardized assessments and satisfaction survey in a training clinic.* Poster presented at the bi-annual conference of the Association for Counselor Education and Supervision, Seattle, WA.

**Sowell, S. M.** (2019, March). *Working with low-income students: How perceptions of poverty, racial attitudes, and multicultural counseling knowledge and awareness relate.* Presented at the national Evidence-Based School Counseling Conference, Columbus, OH.

**Sowell, S. M.,** Hunter, Q., Richey, K., & Baxter, C.\* (2019, March). *I know I’m making impact, but how do I measure that? Easily evaluating school counselor success using SCRD.* Presented at the national Evidence-Based School Counseling Conference, Columbus, OH.

Gruman, D. H., **Sowell, S. M.,** Townsdin, M.\*, & Porteous, M.\*(2019, March). *Supervision 101: Training school counseling supervisors.* Presented at the annual conference of the Washington School Counselor Association, Seattle, WA.

Gruman, D. H. & **Sowell, S. M.** (2019, March). *Advanced training in school counseling supervision.* Presented at the annual conference of the Washington School Counselor Association, Seattle, WA.

## **Peer-Reviewed Presentations Conceived and Under Review at WWU**

Hunter, Q., **Sowell, S. M.,** Richey, K., & Baxter, C.\* (Under Review) *A critical commitment: White ally development in school counseling.* Submitted to the national conference of the American Counseling Association, New Orleans, LA.

**Professional Reports & Program Evaluation Conceived at WWU (In-Progress)**

**Sowell, S. M**., Du Rocher Schudlich, T. D., Carstens, A.\*, Hedeen, K.\*, Hughes, G.\*, Ibarra, J.\*, Littlefield, B.\*, Hodge. M.\*, Phan, H.\*, Stewart, J.\*, & Street, C. (2021). *BRACE Report: A Critical Analysis of WWU's Counseling Training Clinic*. Counseling Training Clinic, Department of Psychology, Western Washington University. Professional Report in preparation.

# **PRIMARY WORKS CONCEIVED BEFORE ARRIVING AT WWU**

## **Peer-Reviewed Manuscripts Completed Prior to WWU**

Balkin, R. S., Perepiczka, M., **Sowell, S. M.,** Cumi, K., & Gnilka, P. (2015). The Forgiveness-Reconciliation Model: An empirically supported process for humanistic counseling. *Journal of Humanistic Counseling*.

## **Manuscripts Conceived Before Arriving at WWU (In-Progress)**

**Sowell, S. M.** (in preparation). Relationship among counselors’ perceptions of poverty, color-blind racial attitudes, and multicultural counseling competencies.

# **SECONDARY WORKS CONCEIVED BEFORE ARRIVING AT WWU**

## **Peer-Reviewed Presentations Completed Prior to WWU**

Hunter, Q., Richey, K. G., & **Sowell, S. M.** (February 2018). *Whose Rights? The Men's Rights Movement and Implications for Counselors.* Presented at the annual Cross-Cultural Counseling and Education Conference for Research, Action, and Change, Savannah, GA.

**Sowell, S. M.**, Gosnell, K., & Hunter, Q. (2017, February). *A road map: The roles and responsibility of school counselors in the assessment and counseling of suicidal adolescents.* Presented at the annual conference of the Kentucky School Counselor Association, Lexington, KY.

**Sowell, S. M.**, Gosnell, K., & Hunter, Q. (2017, February). *School counseling interns don’t come with a manual? Tips and tools to enhance your comprehensive, data-driven school counseling program.* Presented at the annual conference of the Kentucky School Counselor Association, Lexington, KY.

Balkin, R.S., **Sowell, S. M.**, Gosnell, K., & Hunter, Q. (2016, November). *Assessment and counseling of adolescent suicidality.* Presented at the annual conference of the Kentucky Counseling Association, Louisville, KY.

Balkin, R.S., **Sowell, S. M.**, & Juhnke, G.A. (2016, September). *Exploring life balance among entrepreneurs.* Presented at the annual conference of the Association for Assessment and Research in Counseling, Fort Lauderdale, FL.

**Sowell, S. M.**, Gosnell, K., & Balkin, R. S. (2015, September). *The power of SCRD and interventions that work.* Presented at the annual conference of the Association for Assessment and Research in Counseling, Memphis, TN.

Perepiczka, M., Balkin, R. S., **Sowell, S. M.**, & Cumi, K. (2015, June). *Life balance of Counselor Education and Supervision doctoral students.* Presented at the annual conference of the Association for Humanistic Counseling, Cleveland, OH.

Balkin, R. S., Perepiczka, M., **Sowell, S. M.**, & Cumi, K. (2015, March). *Empirically supported model and measure of the process of clients’ work through forgiveness and conflict.* Poster presented at the national conference of the American Counseling Association, Orlando, FL.

**Sowell, S. M.**, Cumi, K., Rogers, T. J.,\* Rock, E.,\* Balkin, R. S., & Harris, C. (2015, March). *Using single case research design for tracking school counseling outcomes.* Presented at the national Evidence-Based School Counseling Conference, Erlanger, KY.

Balkin, R. S., Perepiczka, M., **Sowell, S. M.**, Cumi, K., & Gnilka, P. (2014, September). *Empirically supported model and measure of the process of clients’ work through forgiveness and conflict.* Presented at the annual conference of the Association for Assessment and Research in Counseling, Moline, IL.

# **Grants at WWU**

2021-2022 **Maternal Behavioral Health Awareness Grant #55169** (PI: McCabe)Washington State Department of Health

$29,533.00

8/1/21 – 7/31/22  
*Perinatal Support Pathway of Whatcom County*

                        Role: Co-I

2021 **RSP Mini Grant** (PI: Du Rocher Schudlich)

Research and Sponsored Programs

$960

*Counseling Training Clinic Project (funding for client participants)*

2021 **Collaborative Research Grant** (Co-PI: Sowell & Du Rocher Schudlich)

Center for Cross Cultural Research

$20,000

*Counseling Training Clinic Project, Phase 2*

                        Role: Co-I

2021 **Collaborative Research Grant** (PI: McCabe.)

Center for Cross Cultural Research

$20,000

*Experiences of Pregnancy and Isolation during COVID-19, renewal*

                        Role: Co-I

2020                **Collaborative Research Grant** (PI: Sowell)

Center for Cross Cultural Research

$20,000

*Counseling Training Clinic Project, Phase 1*                      Role: Co-I

2020                **Collaborative Research Grant** (PI: McCabe, J.E.)

Center for Cross Cultural Research

$20,000

*Experiences of Pregnancy and Isolation during COVID-19*

                        Role: Co-I

2020                **Congressional CARES Act Grant** (filed jointly with 5 other WWU clinics)

Western Washington University

$50,000 (not awarded)

 Role: Contributor

2020                **ACES Grant** (PI: Grimes)

Association of Counselor Education and Supervision Grant

$3,000 (not awarded)

*Understanding School Counselor Professional Identity Through the Use of* *Metaphors*

Role: Co-I

2020 **WWU Summer Research Grant** (PI: Sowell)

$6,000

2019 **URSCA Grant**

Western Washington University

*Funding New Technology in the Psychology Counseling Training Clinic*

$9,969 (not awarded)

Role: Co-I

2020 **WWU Summer Research Grant** (PI: Sowell)

$6,000

# **Local Presentations & Guest Lectures**

Du Rocher Schudlich, T.D., **Sowell, S. M.,** Carstens, A.\*, Ibarra, J.\*, Hughes, G.\*, , Littlefield, B.\*, Stewart, J., & McCabe, J.E.\* (2021, February). *The impact of multicultural supervision on counseling student experience and outcomes.* Talk presented at the Center for Cross-Cultural Research, Western Washington University, Bellingham, WA.

McCabe, J.E., Libman, C.\*, McGuinness, F.\*, **Sowell, S. M.,** & Ciao, A. (2021, February). *Experiences of Pregnancy and Isolation during COVID-19*.  Talk presented at the Center for Cross-Cultural Research, Western Washington University, Bellingham, WA.

McCabe, J.E. & **Sowell, S. M.** (2020, April). *Prenatal maternal stress during COVID-10*. Presentation at the Center for Cross Cultural Research, Western Washington University, Bellingham, WA.

**Sowell, S. M.,** McCabe, J.E., Ibarra, J.\*, Hughes, G.\*, Littlefield, B.\*, & Stewart, J.\* (2020, January). *Evaluating the Cultural and Linguistic Accessibility of an Educational Counseling Training Clinic* Talk presented at the Center for Cross-Cultural Research, Western Washington University, Bellingham, WA.

McLean, K., Ciao, A., Gonzalez, A., & **Sowell, S. M.** (2020, January 23). *Shuksan survey 2020.* Talk presented at the Center for Cross-Cultural Research, Western Washington University, Bellingham, WA.

**Sowell, S. M.** *School Counseling: A Shared Experience.* Guest Lecture for PSY 359, July 2019.

# **Professional Service Activities**

## WWU Departmental Service

Fall 2021-Present Advisory Board Member, Center for Cross-Cultural Research

Summer 2021 Graduate Counseling Program DEI Committee

Spring 2021-Present Co-Chair, IDEA Committee (Inclusion, Diversity, Equity, and Advocacy)

2020-2021 Adjunct Faculty Mentor: Page Roth (PSY 555: Career Counseling)

Spring 2020 Interim Co-Director (Dr. Aaron Smith), Psychology Counseling Training Clinic – Telehealth Services

2018-Present Counseling Program Committee

Spring-Fall 2021 provided additional school counseling related support to Interim SC Director (Dr. Tina Du Rocher Schudlich)

2018-Present School Counseling Admissions Committee

2018-Present Psychology Training Clinic Student Orientation

2019-Present Scholarship Committee (limited association, due to COVID-19)

2019-2021 IDEA Committee Member (Inclusion, Diversity, Equity, and Advocacy)

Fall 2019 Adjunct Faculty Mentor: Lisa Harmon (PSY 564: Techniques)

2018-present Graduate School Night (Panel and Training Clinic Tours)

2018-2021 Associate, Center for Cross-Cultural Research (CCCR)

2018-present Psychology Major Advisor

2018-2020 Psychology Advising Committee/Task Force

## WWU University Service

2018-present Woodring College of Education Equity & Diversity Committee

Spring 2020 $50,000 CARES Act Collaborative Grant Application

2018-2019 Diana L. Jones Social Justice and Community Committee

## Service to Community

2021-2022 Maternal Behavioral Health Awareness Grant #55169

2019-present PSY Counseling Training Clinic research (program evaluation)

2019-present CCCR-Shuksan Middle School research partnership

2019-present Participate in Whatcom County school counselor meeting (Topics included: trauma informed practices, mental health in local schools, and implementation of the *Character Strong* curriculum)

2019-2020 CCCR-MAD-HOPE program evaluation WWU & community partnership

## Service to Profession

Spring 2021-present Editorial Review Board Member: International Journal for the Advancement of Counseling (IJAC)

Fall 2020 Expert reviewer for proposed Ally Identity Measure (Hunter, Brooks, Holloway, 2020)

2019-present Member, School Counselor Interest Network: Association for Counselor Education and Supervision: Antiracist School Counseling group

2019-2020 2020 SACES Southern Association for Counselor Education and Supervision

2018-present Member, School Counselor Interest Network: Association for Counselor Education and Supervision

2018-present Member, School Counselor Interest Network: Association for Counselor Education and Supervision: Professional Identity workgroup

2017 Academy of Human Resource Development International Research Conference(America Site) Reviewed: Qualitative Research Methodology Track

## Service Prior to WWU

2014-2018 Member, University of Louisville, School of Nursing Undergraduate Program Committee

2016-2018 Coordinator, University of Louisville, School of Nursing Living and Learning Community

2016-2018 Member, University of Louisville Undergraduate Council

2015-2018 Member, University of Louisville Academic Advising Council

2016-2017 President, Kentucky Association for Assessment and Research in Counseling

2015-2016 President-Elect, Kentucky Association for Assessment and Research in Counseling

2015-2016 Emerging Leader, Kentucky Counseling Association Mentoring Leadership Academy

## Grant Reviewer

2018-2019 Diana L. Jones Social Justice and Community Grant

2019 Center for Cross-Cultural Research: Shuksan Grant Application

# **Professional Memberships & Affiliations**

* American School Counselor Association (ASCA)
* Washington School Counselor Association (WSCA)
* American Counseling Association (ACA)
* Association for Counselor Education and Supervision (ACES)
* Association for Assessment and Research in Counseling (AARC)
* Association for Multicultural Counseling and Development (AMCD)
* Counselors for Social Justice (CSJ)
  + Western Association for Counselor Education and Supervision (WACES)
  + Southern Association for Counselor Education and Supervision (SACES)
* National Academic Advising Association (NACADA)

# **Workshops & Professional Development**

## **Anti-Racist Workshops and Webinars**

June 2021 Antiracist School Counseling Teach-In with Dr. Bettina Love – American University School of Education

Fall 2020 Attended five WWU IDEA Committee Brown Bag conversations

Oct. 2020 #SchoolCounselors2020: Supporting Communities Pre & Post Election – American University School of Education

Oct. 2020 Bracing for Impact – Adaway Group

## Oct. 2020 Antiracist Foundation to School Counseling: Students' Mindsets & Behaviors – American University School of Education

Sept. 2020 Undoing Racism Workshop – People's Institute for Survival and Beyond

Sept. 2020 I Ain’t New to This webinar – Dr. Crystal Flemming

Sept. 2020 Nice White Ladies Q&A (white women’s role in upholding and perpetuating white supremacy) – Desiree Adaway & Dr. Jessie Daniels

Aug. 2020 Cultivating Co-Conspirators (Workshop for White Folx) – Brandelyn Tosolt

Aug. 2020 Anti-Racism Conference: School Counselors/Specialists & Anti-Racism workshop – National Educator Anti-Racism Conference

July 2020 Antiracist School Counseling: A Call to Action workshop – American University School of Education

June 2020 Academics for Black Survival and Wellness – Dr. Della Mosley & Pearis Bellamy

June 2020 Not Just Social Media. Social Justice workshop – Brandon Joseph (WWU)

Nov. 2019 Understanding DACA in this Political Environment training – Victoria Matey (WWU)

Oct. 2019 Culturally Sustaining Pedagogies-Teaching and Learning for Justice in a Changing World, a workshop with Django Paris – WWU Woodring College of Education

May 2019 Talkin’ Race-A Community Conversation about Race and Place – Whatcom Community College

## **Teaching/Pedagogy Workshops and Trainings**

Sept. 2021 Online Office Hours (WWU ATUS, CIIA, and Outreach & Continuing Education)

Sept. 2021 Flexible Modality Preparedness [for faculty] (WWU ATUS, CIIA, and Outreach & Continuing Education)

Sept. 2021 Rapid Instructional Design Strategies (WWU ATUS, CIIA, and Outreach & Continuing Education)

May 2021 Dr. Jillian Fish, workshop on using Digitial Story Telling (and technology) – Presented through the Center for Cross-Cultural Research

May 2021 Dr. Jillian Fish, The Ecology of Storytelling in Native America: Using Digital Stories to Examine Native American Identities Across Developmental Contexts – Presented through the Center for Cross-Cultural Research

Aug. 2020 Blended/Online Course Revision & Redesign (WWU ATUS, CIIA, and Outreach & Continuing Education)

Aug. 2020 Engaging Students in Online Environments (WWU ATUS, CIIA, and Outreach & Continuing Education)

Aug. 2020 Canvas Advanced Applications (WWU ATUS, CIIA, and Outreach & Continuing Education)

July 2020 Canvas Foundations (WWU ATUS, CIIA, and Outreach & Continuing Education)

July 2020 Blended/Online Course Development Boot Camp (WWU ATUS, CIIA, and Outreach & Continuing Education

Sept. 2018 Student-Centered Teaching Workshop – Western Washington University