

Megan A. Whitbeck, MA, NCC

Pronouns: She/Her/Hers

(315) 744-7748

mawhitbeck@uncg.edu

meganwhitbeck.owlstown.net

Education

- Doctor of Philosophy** in Counseling and Counselor Education Expected May 2023
The University of North Carolina at Greensboro (CACREP Accredited)
Cognate: Public Health
Minor: Educational Research Methodology
- Master of Arts** in Clinical Mental Health Counseling December 2018
University of Central Florida (CACREP Accredited)
- Bachelor of Science** in Psychology May 2016
summa cum laude
State University of New York College at Cortland (SUNY Cortland)

Certifications and Licenses

- Registered Mental Health Counselor Intern (FL; IMH 18077) February 2019-Present
- NBCC National Certified Counselor (1165128) February 2019-Present

Research Experience

- CQR Research Team Lead** Present
The University of North Carolina at Greensboro
- Currently analyzing data for a grant-funded Consensual Qualitative Research study on the factors that influence crisis self-efficacy for counselors in training
- Research Consultant** December 2021-May 2022
Building Counseling Students' Resilience in Advanced Practicum, Dr. DiAnne L. Borders
- Created Qualtrics survey to distribute to study participants
 - Collaborated with Principal Investigator Dr. DiAnne L. Borders to create related study documents
 - Organized and collected data, facilitated participant incentive reimbursement
- Research Consultant** May 2021-October 2021
Resilient NC, The Kellin Foundation, Dr. Kelly Graves

- Gathered research on state-level resilience, trauma, and adverse childhood experiences initiatives across the US
- Synthesized research and interview data to create state profiles of resilience initiative
- Coordinated efforts with Resilient NC team to meet deadlines and accomplish tasks
- Designed and created communications dissemination strategy and toolkit

Doctoral Research Apprentice

August 2020-May 2021

Faculty Mentor: Dr. Jennifer Cannon, The University of North Carolina at Greensboro

- Implemented research study with Dr. Cannon on mental health of counselor trainees during COVID-19
- Conducted literature reviews, critiqued peer reviewed articles, and attended weekly meetings to discuss progress on research-related goals
- Wrote manuscript for publication in refereed journal
- Analyzed quantitative data using SPSS

Graduate Research Assistant

August 2016-December 2018

University of Central Florida, Marriage and Family Research Institute

- Collected participant data, provided operational support for workshops
- Conducted literature reviews, presented research at local and national conferences, supported grant writing, supported teams at Project Harmony by aiding with various workshop tasks, and mentored undergraduate research assistants
- Managed social media accounts, including creating engaging content and flyers
- Recruited potential participants in the greater Orlando community

PUBLICATIONS

1. Barden, S. M., Taylor, D. D., Silverio, N., Carlson, R. G., **Whitbeck, M.**, Carroll, N., & Velez, M. (2021). Motivations to Enroll and Engage in Relationship Education Programs: A Qualitative Investigation of Key Process Factors. *Journal of Couple & Relationship Therapy*, 1–19. <https://doi.org/10.1080/15332691.2020.1867685>
2. Cannon, J. L. & **Whitbeck, M. A.** Mindfully Coping with COVID-19: Mindfulness in Supervision. SACES Spring 2021 Newsletter.
3. **Whitbeck, M. A.** & Cannon, J. (Under review). Mindfully coping: Examining trainees' mindfulness and COVID-19 related anxiety and depression.
4. Dillman-Taylor, D., Tabet, S., **Whitbeck, M. A.**, Barden, S. M., Carlson, R. G., & Silverio, N. (Under review). Examining the factor structure of the Outcome Questionnaire 45.2 with an economically vulnerable population.
5. **Whitbeck, M. A.** An ecological approach to counseling clients with schizophrenia: The case of Charlotte. (In preparation).
6. Gerringer, B., Chan, C., & **Whitbeck, M. A.** An autoethnographic exploration of antiracist leadership development. (In preparation).

PRESENTATIONS

National

1. Vaishnav, S., **Whitbeck, M.A.**, Galván, A., Kim, T., Adams, C., & Emelianchik-Key, K. (2022, September). *AARC membership: Connecting graduate students, new professionals, and meaningful research*. Presentation given at the Association for Assessment and Research in Counseling (AARC) Conference, St. Louis, Missouri.
2. **Whitbeck, M.A.**, Wachter Morris, C. A., Wester, K. L., & Vitagliano, L. (2022, September). *A Qualitative Exploration of Factors that Influence Crisis Self-Efficacy for Counselors in Training*. Poster presented at the Association for Assessment and Research in Counseling (AARC) Conference, St. Louis, Missouri.
3. **Whitbeck, M. A.**, & Cannon, J. L. (2021, October). *Mindfully coping with COVID-19: Using Mindfulness Practices to Support Counselor Trainee Wellness*. Presentation given at the Association for Counselor Education and Supervision Conference, Atlanta, GA.
4. **Whitbeck, M. A.**, Gerringer, B. & Chan, C. D. (2021, March). *Transforming community engagement: Developing a trauma-informed and culturally responsive virtual speaker series*. Poster presented at the 2021 CSI Days Virtual Conference.
5. **Whitbeck, M. A.** (2019, April). *How internalized stigma impacts clients with schizophrenia: The battle within*. Poster presented at the American Counseling Association National Conference, New Orleans, LA.
6. Barden, S. M., Dillman-Taylor, D., & **Whitbeck, M. A.** (2018, April). *Examining the effect of a couple intervention program on parental outcomes*. Presentation at the American Counseling Association National Conference, Atlanta, GA.

State/Regional

1. Silverio, N. & **Whitbeck, M. A.** (2021, April). *Reclaim your space: Radical self-care while learning and working from home*. Presentation at the NCACES Graduate Student Virtual Conference, North Carolina.
2. **Whitbeck, M. A.** (2019, January). *How internalized stigma impacts clients with schizophrenia: The battle within*. Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.
3. **Whitbeck, M. A.**, & Dillman-Taylor, D. (2019, January). *Analyzing the factor structure of the Outcome Questionnaire-45.2 for an economically vulnerable population*. Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.
4. **Whitbeck, M. A.**, & Dillman-Taylor, D. (2018, April). *Analyzing the factor structure of the Outcome Questionnaire-45.2 for an economically vulnerable population*. Poster presented at the Graduate Research Forum at the University of Central Florida, Orlando, FL.
5. **Whitbeck, M. A.**, Velez, M., Garcia, G., Miranda, M., Romero, M., & Coca, K. (2018, January). *Does the working alliance predict psychological distress in participants in psychoeducational groups?* Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.
6. Barden, S. M., & **Whitbeck, M. A.** (2018, January). *Does it work? Relationship education for economically vulnerable couples*. Presentation at 10th University of Central Florida Counseling Conference, Orlando, FL.
7. **Whitbeck, M. A.**, Diaz, A., & Quintero-Mora, R. (2017, January). *Communication through grief and loss for couples*. Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.

8. **Whitbeck, M. A.,** & Collings, R. (2016, April). *The study place project: Protocols*. Presentation at Transformations: Student Creativity and Research Conference, Cortland, NY.
9. Tremblay, F., Tavares, K., **Whitbeck, M. A.,** Herbst, J., Scardino, V., Scheu, J., & Jaimungal, C. (2015, April). *Psychometrically evaluating the potential of social acuity stimuli*. Poster presented at Transformations: Student Creativity and Research Conference, Cortland, NY.

Professional Experience

CLINICAL SUPERVISION EXPERIENCE

CED 781C Counseling Supervision Internship

August 2022-Present

Supervisor: Dr. J. Scott Young, PhD, LCMHC, NCC

- Provide clinical supervision to 5 master's students completing their clinical internship in a variety of counseling settings in the community
- Conduct bi-weekly individual and group supervision, complete case note documentation, and evaluate student progress
- Participate in bi-weekly individual and group supervision of supervision to support growth as an internship supervisor

CED 781B Clinical Supervision Internship

January-May 2022

Supervisor: Dr. L. DiAnne Borders, PhD, LPC, NCC, ACS

- Maintained a caseload of 2 Advanced Practicum (AP) supervisees, facilitated clinical supervision for 1 hour per week per supervisee
- Co-supervised group supervision for 6 AP supervisees
- Participated in individual and group supervision of supervision

CED 781A Clinical Supervision Practicum

August-December 2021

- Completed a total of six clinical supervision sessions with two volunteer, master's level supervisees from their Helping Skills class
- Collaboratively set goals with supervisees, assessed strengths and areas for growth, designed and implemented interventions to help improve general counseling skills

TEACHING EXPERIENCE

Graduate Courses (Co-Instructor)

CED 644: Clinical Mental Health Counseling

Co-Instructor with Dr. Rebecca Mathews, PhD, LCMHCS, LPC-S

This application-based course provides an overview of the theory, practice, methods, application, and basic practices of clinical mental health counseling.

Fall 2022

Undergraduate Courses (Instructor of Record)

CED 274: Stress Management

Provides overview of stress and related concepts, how stress impacts human functioning, and relevant coping skills.

Fall 2021, Spring 2022, Summer 2022, Fall 2022

General Teaching Experience

Relationship Educator

December 2018-May 2020

University of Central Florida, Marriage and Family Research Institute, Project Harmony

- Facilitated Prevention and Relationship Enhancement Program (PREP) evidence-based curricula during workshops and couples' retreats
- Taught communication skills, conflict resolution skills, and stress management to couples and individuals

Invited Guest Lectures

1. **Whitbeck, M. A.** (2022, September). *Stress and College Students*.
2. Silverio, N. & **Whitbeck, M.A.** (2022, June). *Relationship Education: The Speaker Listener Technique*.
3. **Whitbeck, M.A.** (2021, March). *Counseling Clients with Severe and Persistent Mental Illness*.
4. Silverio, N. **Whitbeck, M. A.**, & Meinersmann, L. (2021, October). *Relationship Education*.
5. **Whitbeck, M. A.** (2021, January). *Cognitive Behavior Therapy*.
6. Silverio, N. & **Whitbeck, M. A.** (2021, February). *Let's Have Fun: A Couple's Workshop*.
7. Silverio, N., Carroll, N., & **Whitbeck, M. A.** (2019, June). *Communication Skills Building for Couples*.

COUNSELING AND CLINICAL EXPERIENCE

UNCG, Nicholas A. Vacc Counseling and Consulting Clinic

August 2020-Present

On-Call Crisis Consultant

- Provide immediate crisis intervention consultation for counselors-in-training working with clients in crisis
- Help student assess client level of safety, suicidality, and risk of harm, and implement appropriate intervention for identified level of risk

UNCG, Nicholas A. Vacc Counseling and Consulting Clinic

August-December 2020

Advanced Doctoral Practicum Student

Supervisor: Joy Kelly Phifer, PhD, LCMHCA, NCC, CCTP

- Conducted over 40 hours of telehealth individual counseling sessions for college students experiencing anxiety, grief and loss, mood instability, and stress

- Engaged in weekly group supervision and bi-weekly triadic and individual supervision sessions
- Completed thorough and timely individual case notes, assessments, and other documentation
- Reviewed recordings of counseling sessions in depth to assess clinical strengths and areas of growth

Aspire Health Partners, Turning Point Program

December 2018-July 2020

Registered Mental Health Counselor Intern (IMH 18077)

Supervisor: Marissa Gore, LMHC, M-CAP, QCS

- Facilitated psychosocial rehabilitation counseling groups for clients with severe and persistent mental illness on topics such as social skills, symptom management, independent functioning, communication skills, depression, anxiety, body image, and wellness
- Conducted telehealth individual and group counseling
- Managed caseload of 15-20 clients while completing timely, thorough, and accurate clinical records and documentation
- Participated in 2 weekly treatment team meetings

Aspire Health Partners, Turning Point Program

Master's Level Intern

May-December 2018

Supervisors: Andrea Scott, LMHC, MCAP; Susan Hambleton, PhD; Amanda Cypret, LMHC, RPT-S

- Facilitated over 230 hours of group therapy with clients diagnosed with severe and persistent mental illness
- Led individual counseling sessions with clients with various diagnoses and presenting problems such as symptom management, social anxiety, and posttraumatic stress disorder
- Completed timely clinical notes with descriptions of client presentation and symptoms
- Completed QPR Suicide Risk Assessment Training, CPI Training, and CPR Training

University of Central Florida

May-December 2018

Aspire Integrated Health Care Intern

- Collaboratively created wellness plan with integrative care team for client based on clinical assessment
- Engaged in additional integrated health care trainings such as integrative care clinics, Trauma- Focused Cognitive Behavioral Therapy online course, and QPR Suicide Prevention Training

University of Central Florida, Community Counseling and Research Clinic August 2017-May 2018

Master's Level Practicum Student

Supervisors: K. Dayle Jones, Ph.D., LMHC; Dr. Columbus Brand, PhD, LMHC, LMFT

- UCF Community Counseling and Research Center

- Conducted 65 total hours of individual counseling sessions, utilized appropriate assessments and interventions for clients experiencing anxiety, depression, relationship issues, and adjustment related disorders
- Engaged in weekly live triadic and group supervision meetings
- Led a psychoeducational relationship education group (12-hours) for couples on topics including expectations, communication, and conflict resolution strategies

PRACTICUM GRADUATE ASSISTANT EXPERIENCE

CED 691 Couples Counseling Graduate Assistant	August-November 2021
CED 653 Group Counseling Graduate Assistant	August-November 2021
CED 642 Substance Abuse Counseling Graduate Assistant	January-May 2021
CED 693 Cognitive Behavior Therapy Graduate Assistant	January-May 2021
CED 610/620 Helping Skills Graduate Assistant	August-November 2020
CED 605 Counseling Diverse Populations Graduate Assistant	August-November 2020

Service

Association for Assessment and Research in Counseling (AARC) Doctoral Student Emerging Leader	July 2022- 2023
<i>Teaching and Supervision in Counseling Journal</i> Graduate Student Editorial Board Member (3-year term)	Present
<i>The Clinical Supervisor</i>, ad hoc reviewer	Present
Past-President, President, and Past President: Chi Sigma Iota, Upsilon Nu Chi Chapter, UNCG	August 2020-Present
UNCG Graduate Student Association Senator	August 2020-May 2022

Grants, Memberships, and Awards

GRANTS

- Research and Practice Grant (\$500), September 2022
Southern Association for Counselor Education and Supervision (SACES)
- AARC Donald Hood Student Grant Research Award (\$500) June 2021
- Research and Practice Grant (\$500), July 2021

Southern Association for Counselor Education and Supervision (SACES)

PROFESSIONAL MEMBERSHIPS

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| • American Counseling Association (ACA) | Present |
| • Association for Assessment and Research in Counseling (AARC) | Present |
| • Southern Association for Counselor Education and Supervision (SACES) | Present |
| • Association for Counselor Education and Supervision (ACES) | Present |
| • Chi Sigma Iota International (CSI) | Present |

AWARDS AND HONORS

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| • UNC Greensboro Spartan Leadership Award | Spring 2022 |
| • UNC Greensboro Alpha Delta Pi's Professor of the Semester | Fall 2021 |
| • Outstanding Service to Chapter Award (Chi Sigma Iota Upsilon Nu Chi) | Fall 2021 |
| • Third Place Award at the UCF CEDHP Annual Graduate Research Forum | Spring 2018 |