

## Christa K. Schmidt, Ph.D.

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### Education

Psychologist Licensure The Maryland State Board of Examiners of Psychologists,  
Department of Health and Mental Hygiene  
Issued: February 2006

Ph.D. University of Missouri, Kansas City, July, 2004  
Counseling Psychology (APA Accredited Program)  
Special Emphases: Health Promotion, Career Development, Diversity Issues  
Dissertation Title: "The Effects of Simultaneous Developmental Processes: The Prediction of Career Development Outcomes for Lesbian, Gay, and Bisexual Youth"  
Dissertation Chair: Johanna Nilsson, Ph.D.  
Pre-doctoral Internship: University of Maryland Counseling Center (APA-Accredited)

M.A. University of Missouri, Kansas City, December 2002  
Counseling Psychology  
Thesis Title: "Disclosure Satisfaction, Social Support, and Depression: The Disclosure Patterns of HIV+ Women"  
Thesis Chair: Kathy Goggin, Ph.D.

B.A. University of Maryland, College Park, May, 1997  
Major Field: Psychology  
Honors Thesis: "Factors Contributing to the Research Productivity of Counseling Psychologists: An Analysis of Research Self-Efficacy, Vocational Interests, Gender, and Research Team Experiences"  
Thesis Chair: Karen O'Brien, Ph.D.

### Employment

#### Assistant Professor and Program Director

#### Counseling Psychology, Towson University

Teach graduate courses in ethics, counseling theory and techniques, and practicum, and undergraduate courses in positive psychology, helping skills and abnormal psychology. Supervise M.A.-level trainees in conducting counseling with individuals. Supervise MA student research theses. Conduct research program in health and positive psychology. Oversee the administration of the counseling psychology program, including student admissions, course scheduling, marketing, recruitment, and retention.

January, 2009 – Present

Supervisor: Craig Johnson, Ph.D., Chair

Staff Psychologist, University of Maryland College Park  
Counseling Center

Maintained a caseload of 15-17 individual clients and facilitated one counseling group. Conducted 3-4 intake sessions per week. Supervised beginning and advanced trainees, including interns, in clinical practice. Conducted research relevant to college student populations. Affiliate faculty role in psychology department at UMCP included mentoring graduate student research, serving on doctoral dissertation and master's thesis committees, supervising practicum students, and teaching graduate courses. Served on two Counseling Center committees (Consultation and Training) and two campus wide committees (Alcohol Coalition and Wellness Initiative). Administrative and teaching responsibilities detailed in below sections.

August, 2005 – January, 2009

Supervisors: Drs. Vivian Boyd & Jonathen Kandell

Visiting Assistant Professor, University of Maryland College Park,  
Department of Psychology

Taught one graduate and one undergraduate course in fall and spring semesters. Established and maintained a research program on issues related to counseling health psychology. Led research team of two graduate and two undergraduate students to conduct study related to college students' experiences of family illness. Collaborated with faculty to write a book chapter on incorporating health issues, specifically HIV, into the field of counseling psychology.

Courses: Assessment I and II (doctoral level), Introduction to Counseling Psychology, Basic Helping Skills

July, 2004 – July, 2005

Area Head: Clara Hill, Ph.D.

## **Honors**

Professor of the Year Nominee, Honors College, Towson University, 2013

Junior Fellow, Towson Community of Scholars, 2011

American Psychological Association Division 17, Society of Counseling Psychology,  
Donald E. Super Fellowship for Outstanding Dissertation Research in Career  
Development, 2003

Public Service Certificate of Merit, American Psychological Association Division 18,  
Psychologists in Public Service, 2003

UMKC School of Graduate Studies Distinguished Dissertation Fellowship, 2002

## **Grants and Fellowships**

Faculty Development and Research Committee, Summer Research Fellowship, Towson  
University, 2013

Amount: \$4000.00

Community of Scholars, Towson University, 2011

Amount: \$1000

Faculty Development and Research Committee, Towson University, 2010  
Amount: \$4750.00

## Publications

**Schmidt, C. K.**, Schaefer, K. L., Piontkowski, S., & Raque-Bogdan, T. L. (2013). The history and future directions of positive health psychology. In J. Sinnott (Ed.) *Positive psychology and adult motivation*.

**Schmidt, C. K.**, Raque-Bogdan, T., Piontkowski, S., & Schaefer, K. (2011). Putting the positive in health psychology: A content analysis of three journals. *Journal of Health Psychology, 16*, 607-620.

**Schmidt, C. K.**, Miles, J., & Cavanaugh, A. (2010). Perceived discrimination and social support: The influences on career development and college adjustment of LGBT college students. *Journal of Career Development, 38*, 293-309.

**Schmidt, C. K.** & Welsh A. C. (2010). College student adjustment in the face of a crisis: Coping with the chronic or terminal illness of a family member. *Journal of Counseling and Development, 88*, 397-406.

**Schmidt, C. K.** & Nilsson, J. E. (2006). The effects of simultaneous developmental processes: Factors relating to career development for lesbian, gay, and bisexual youth. *Career Development Quarterly, 55*, 22-37.

**Schmidt, C. K.**, Hoffman, M. A., & Taylor, N. (2006). Social justice related to working with HIV and AIDS from a counseling health psychology perspective. In R. L. Toporek, L. Gerstein, N. Fouad, G. Roysircar, & T. Israel (Eds.). *Handbook for social justice in counseling psychology: Leadership, vision, and action*. Thousand Oaks, C.A.: Sage Publications.

Nilsson, J. E., & **Schmidt, C. K.** (2005). Predictors of social activism in counseling and counseling psychology graduate students. *Journal of College Student Development, 46*, 267-279.

Nilsson, J. E., **Schmidt, C. K.**, & Meek, W. D. (2002). Reliability generalization: An examination of the Career Decision-Making Self-Efficacy Scale. *Educational and Psychological Measurement, 62*, 647-658.

Heiland, M. F., Goggin, K., Brandt-Kessler, K., Brammer, S., Nollen, N., Murray, T. S., & **Schmidt, C. K.** (2002). Reconstruction of meaning and identity in the wake of new treatments for HIV disease. *Journal of Psychology and Human Sexuality, 14*, 55-79.

Nollen, N. L., Goggin, K., Heiland, M. F., Brammer, S. K., Gibbs, A. A., Lawerenz, C., **Schmidt, C.**, & Murray, T. (2002). Sex, drugs, and combo: The impact of combination therapy on the health behaviors of gay men. *AIDS and Behavior, 6*, 131-139.

**Schmidt, C. K.** & Goggin, K. (2001). Disclosure patterns of HIV+ women. *American Clinical Laboratory*, 21, 40-43.

Thurber, C. A., Sigman, M. D., Weisz, J. R., & **Schmidt, C.** (1999). Homesickness in preadolescent and adolescent girls: Risk factors, behavioral correlates, and sequelae. *Journal of Clinical Child Psychology* 28,185-196.

### **Manuscripts Under Review and In Preparation**

**Schmidt, C. K.**, Raque-Bogdan, T. L., Ziemer, K. S., & Piontkowski, S. (under review). The role of positive emotions and positive disposition in psychological and physical health.

Schaefer, K. L., **Schmidt, C. K.**, Raque-Bogdan, T. L., & Piontkowski, S. (under review). Development of an optimal functional health scale for college students.

**Schmidt, C. K.**, Piontkowski, S., Raque-Bogdan, T. L. & Ziemer, K. S. (under review). The well-being of college students of color: A relational-cultural perspective

### **Presentations**

**Schmidt, C. K.**, Raque-Bogdan, T. L., Schaefer, K. L., & Piontkowski, S. (2013). *Positive health in college students: An application of the broaden-and-build theory*. Poster accepted for presentation at the annual meeting of the American Psychological Association, Honolulu, HI.

**Schmidt, C. K.**, Piontkowski, S., Raque-Bogdan, T. L., & Schaefer, K. L. (2013). *Positive health in students of color: Applying the relational-cultural model*. Poster accepted for presentation at the annual meeting of the American Psychological Association, Honolulu, HI.

**Schmidt, C. K.** (2011). *Intergroup dialogues: Encouraging interaction around difference*. Presented at Towson Spark, Towson University, MD.

Raque-Bogdan, T., **Schmidt, C. K.**, Piontkowski, S., & Schaefer, K. (2009). *Positive health psychology: Has research caught up with practice?* Poster presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Miles, J., **Schmidt, C. K.**, & Cavanaugh, A. (2006). *College adjustment and career development in heterosexual and LGB undergraduate students*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Cavanaugh, A. & **Schmidt, C. K.** (2006). *College student adjustment during a family member's illness*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Brown, C. & **Schmidt, C. K.** (2006). *You and counseling psychology: Charting the future*. Roundtable discussion facilitated at the annual meeting of the American Psychological Association, New Orleans, LA.

**Schmidt, C. K.,** Nilsson, J. E., & Rooney, S. C. (2003). Career development outcomes for lesbian, gay, and bisexual youth. In Schmidt, C. K. & Murdock, T. (Co-chairs), *Developmental considerations of sexual minority youth for counseling psychologists*. Symposium presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Murdock, N., Keller, C., & **Schmidt, C. K.** (2003). *Factors influencing decisions to apply and attend counseling psychology programs: A preliminary study*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Murdock, N., **Schmidt, C. K.,** Sites, E., Keller, C., & Kovach, H. (2003). *Mentoring post-degree: An exploratory study of psychologists*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Nilsson, J. E., **Schmidt, C. K.,** & Linnemeyer, R. (2003). *Predictors of social activism in counseling/psychology graduate students*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

**Schmidt, C. K.** (2003). Feminism and training in counseling psychology: A student's perspective. In Morrow, S. L. & Davidson, M. M. (Co-chairs), *Feminism in the age of multiculturalism*. Symposium conducted at the annual meeting of the American Psychological Association, Toronto, Ontario.

Paul, B. D., Nilsson, J. E., Barnette, V., & **Schmidt, C. K.** (2002). *Transition from student to professional*. Panel presented at the annual meeting of the American Psychological Association, Chicago, IL.

Meek, W. D., **Schmidt, C. K.,** & Nilsson, J. E. (2002). *Reliability generalization: An examination of the Career Decision-Making Self-Efficacy Scale*. Poster session presented at the annual meeting of the American Psychological Association, Chicago, IL.

**Schmidt, C. K.,** Goggin K., Brandt-Kessler, K., Brammer, S., Link, K., & DeMore, M. (2001). *Depression among HIV+ women: The link between disclosure and social support*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.

Heiland, M.F., Goggin, K., Brant-Kessler, K., Brammer, S.K., Nollen, N.L., Murray, T., & **Schmidt, C.K.** (2001). *Meaning and identity in the wake of combination therapy*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

**Schmidt, C. K.,** Goggin, K., Brammer, S. K., Brandt-Kessler, K., Link, K. M., & DeMore, M. (2001). *The disclosure patterns of HIV+ women*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

**Schmidt, C. K.**, Rooney, S. C., Paul, B. D., & Perez, R. M. (2001). *Coverage of lesbian, gay, and bisexual concerns in the Journal of Counseling Psychology*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

**Schmidt, C. K.**, Goggin, K., Kessler, K., Brammer, S. K., Link, K. M., & DeMore, M. (2000). *The disclosure patterns of HIV+ women*. Presented to medical staff at Trinity Lutheran Hospital Infectious Disease Clinic, Truman Hospital Infectious Disease Clinic, Southwest Boulevard Family Health Clinic, Kansas City Free Health Clinic, & Kansas University Medical Center. Kansas City, MO.

Gibbs, A. A., Goggin, K., Heiland, M. F., Brammer, S. K., Nollen, N. L., Murray, T. S., Lawrenz, C., & **Schmidt, C.** (1999). *Self-reported adherence to triple drug therapy for HIV+ gay men*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Nollen, N. L., Goggin, K., Heiland, M. F., Brammer, S. K., Gibbs, A. A., Lawrenz, C., **Schmidt, C.**, & Murray, T. (1999). Sex, drugs, and combo: The impact of combination therapy on the health behaviors of gay men. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Brammer, S. K., Goggin, K., Heiland, M. F., Nollen, N. L., Gibbs, A. A., **Schmidt, C.**, Murray, T., & Lawrenz, C. (1999). *Relationship change in the wake of combination therapy*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

O'Brien, K. M., Malone, M. E., **Schmidt, C. K.**, & Lucas, M. S. (1998). Research self-efficacy: Improvements in instrumentation. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

## **Additional Teaching Experience**

### **Courses Taught**

Graduate: Basic Counseling Theory, Applied Counseling Techniques, Ethics, Assessment I, Assessment II, Lifespan Human Development

Undergraduate: Positive Psychology, The Helping Relationship, Abnormal Psychology, Basic Helping Skills, Introduction to Counseling Psychology

### Staff Psychologist, University of Maryland College Park Counseling Center

Prepared and taught a seminar on career development for undergraduate students trying to decide on an educational direction. Assist in the exploration of interests, values, and abilities, as well as gaining knowledge about the world of work.

August, 2007 – December, 2007

Program Coordinator: Linda Gast, Ph.D.

Undergraduate Research Team Mentor, University of Maryland College Park  
Gemstone Program, A. James Clark School of Engineering

Directed and advised the research of nine undergraduate students for a three year period. Mentored students in research process including conducting a literature review, formulating research methods and design, writing a proposal, collecting and statistically analyzing data, and drawing conclusions. Student research was presented at a national conference. Topic area was the effect of practicing yoga on the attention of college students.

October, 2006 – May 2009

Faculty Director: James Wallace, Ph.D.

Instructor, Lifespan Human Development, UMKC

Prepared lecture, discussion, and evaluation materials for Master's level students regarding human development. Orchestrated lecture and discussion over the course of the semester.

Evaluated students on the basis of performance on two written exams, one oral presentation, and one paper and assigned letter grades.

January, 2002 – May, 2003

Department Chair: John Jacobson, Ph.D.

## **Administrative Experience**

Program Director, Counseling Psychology, Towson University

Coordinate Master's and Certificate of Advanced Study graduate programs in Counseling Psychology. Oversee all aspects of recruitment, admissions, and selection of students. Manage records, communication, and advising for current and past students, as well as respond to inquiries from prospective students. Coordinate class schedule for faculty and students. Attend to any problems or concerns that arise from students, faculty, or university administrators.

January 2009-Present

Department Chair: Craig Johnson, Ph.D.

Consultation Committee Chair, University of Maryland Counseling Center

Oversaw all outreach and consultation relationships of Counseling Center staff with various student affairs divisions and academic departments on campus. Coordinated outreach presentations and maintain website library on psychological topics for staff use in outreach. Synchronized interventions in crisis situations.

November, 2006 – November, 2008

Externship Coordinator, University of Maryland Counseling Center

Coordinated externship program as a member of the Training Committee. Advertised positions, review applications, interview candidates, and select externs for the term of an academic year. Organized and implemented extern training schedules and supervision, and arranged for special seminars.

January, 2008 – November, 2008

## **Additional Research Experience**

### Principle Investigator and Research Team Facilitator, Multiple Topics

Organized and facilitated two research teams comprised of undergraduate and graduate students. One team focused on health and wellness, the other on career development of LGB students. Structured and led research activities including literature review, research methods, data collection, data analysis, and manuscript preparation. Students on teams presented at national conference and co-authored manuscripts submitted for publication in peer-reviewed journals.

September, 2004 - Present

## **Related Work Experience**

### Student Services Coordinator, School of Education, UMKC

Provided academic advising to graduate students for various master's and doctoral level programs in the School of Education. Developed and implemented assessment plan to evaluate the School of Education Student Services office and meet accreditation requirements for the National Council for Accreditation of Teacher Education.

June, 2002 – June, 2003

Supervisor: Lori Reesor, Ph.D.

### Program Coordinator, Rewarding Youth Achievement Grant, UMKC

Coordinated grant program funded by the U.S. Department of Labor to provide additional educational opportunities for high school students in the Kansas City, MO school district who have been identified as "high achievers." Opportunities developed and implemented for youth included two summer programs promoting interest in science-related fields (each serving 100 youth), a test-preparation program for SAT and ACT examinations, financial aid and admissions seminars, and workshops promoting exploration of career interests and higher educational opportunities.

June, 2002 – June, 2003

Supervisor: Lori Reesor, Ph.D.

### Undergraduate Academic Advisor, College of Arts and Sciences, UMKC

Provided advising services to undergraduate students regarding course requirements for various academic departments. Counseled diverse students regarding academic concerns and introduced new students to the university via freshman and transfer orientation sessions.

January, 1999 - December, 1999

Supervisor: Ms. Curt Browning

## **Professional Affiliations**

American Psychological Association

September, 1997 – Present

American Psychological Association, Society of Counseling Psychology

October, 2000 – Present