

Jyotsana Sharma
Oklahoma State University
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Professional Licensure

Clinical Mental Health Counselor License: 2013 – Present; New Hampshire Board of Mental Health Practice. License Number: # 986

National Certified Counselor: 2015 – Present; National Board of Certified Counselors. License Number: # 612540

Approved Clinical Supervisor: 2019; National Board of Certified Counselors. License Number: #3303

Education

Doctorate of Philosophy in Counselor Education (CACREP Accredited) – *Socio-cultural contexts in trauma recovery and post trauma growth in women who experienced intimate partner violence: A social constructivist lens*, 2019; Virginia Tech, Blacksburg, VA.

Future Professoriate Certificate (2019) – Graduate School, Virginia Tech, Blacksburg, VA

Certificate of Advanced Graduate Studies (CACREP Accredited) – May 2016; Plymouth State University, Plymouth, NH. Major: Mental Health Counseling

Master of Education in Counseling – 2008; Boston University, Boston, MA. Major: School Counseling

Master of Arts in Psychology – 2003; Panjab University, Chandigarh, India. Major: Human Motivation, Health Psychology and Organizational Psychology.

Bachelor of Arts – 2001; Panjab University, Chandigarh, India. Major: Psychology.

Media Appearance

Interviewed for severe weather-related PTSD by KJRH Channel 2: <https://www.kjrh.com/news/local-news/severe-weather-ptsd>

Publications

Peer Reviewed

Cook, R., Welfare, L.E., & **Sharma, J.** (2019). Exploring Supervisees' In-Session Experiences of Utilizing Intentional Nondisclosure. *The Clinical Supervisor*. DOI: [10.1080/07325223.2019.1608344](https://doi.org/10.1080/07325223.2019.1608344)

Davis, K., Johnson, R., Kirchner, E., Rupnow, R., **Sharma, J.**, & Talukdar, S. (2018). Service experiences of undergraduate engineers. *International Journal of Research on Service-Learning and Community Engagement*, 6(1), 1-15.

Fullen, M., Lawson, G., & **Sharma, J.** (Accepted by *Journal of Counseling and Development*, 2019). Analyzing the Impact of the Medicare Coverage Gap on Counseling Professionals: Results of a National Study.

Fullen, M., Lawson, G., & **Sharma, J.** (Accepted by *Counselor Education & Supervision*, 2019). Medicare Reimbursement for Counselors: Counseling Professionals' Advocacy Beliefs and Behavior.

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Fullen, M., Jordan, J., **Sharma, J.**, & Wiley, J., Lawson, G. (*Accepted by Journal of Counselor Leadership and Advocacy, 2019*). Medicare and Mental Health Coverage: An Analysis of How Current Medicare Policy Encumbers the Medicare-Insured.

Lawson, G., & **Sharma, J.** (*Submitted*). Book Chapter in ACA sponsored: Introduction to 21st century counseling. Cognella Publications.

Fullen, M., Wiley, J., Jordan, J., **Sharma, J.**, & Lawson, G. (*Submitted to: Adultspan*). "Heartbreaking" Referrals, Professional "Disgrace": Medicare's Impact on the Counseling Profession.

Shivers, C. M., & **Sharma, J.** (*In progress*). Transgenerational trauma and interpersonal violence: A cultural perspective.

Blogs and Newsletters

Sharma, J. (2017). Blog Project. American Counseling Association. Retrieved from:
<https://www.counseling.org/news/aca-blogs>

Sharma, J. (2016, Fall). Acceptance and Commitment Therapy (ACT) for treatment of Posttraumatic Stress Disorder (PTSD). *Southern Association of Counselor Education and Supervision (SACES) Newsletter*, 12 (3), 7-9.

Sharma, J. (2016, Spring). Therapy, Life, and Death. *Quarterly Newsletter from Virginia Association of Clinical Counselors*.

Sharma, J. (2015, December). Experience essay published in AAPB & MASBBM newsletter as part of the *AAPB & MASBBM Scholarship Program*.

Assessment, Evaluation, & Administrative Experience

Academic Program Reviewer; School of Education, Virginia Tech, Blacksburg, VA: Summer 2018

Prepared the Academic Review for the School of Education to evaluate effectiveness of the programs and whether they were aligned with those of Virginia Tech.

Graduate Assistant to Dr. Gerard Lawson; President of American Counseling Association: 2017-18

Coordinate with ACA staff during Dr. Lawson's presidency. Provide support as needed for Governing Council meetings, presentation research support, and administrative support during conferences.

Graduate Assistant; Office of Assessment and Evaluation, Virginia Tech, Blacksburg, VA: 2015-17

Collaborate in projects with office personnel related to data collection, analysis, interpretation. Help organize and conduct workshops. Help with creating manuals for various data collection methods to help faculty and students on campus. Help research latest developments in the field of assessment and evaluation.

Supervision Experience

Clinical Supervisor; Oklahoma State University, Tulsa, OK: Fall 2019

Doctoral Supervisor; Counselor Education, Virginia Tech, Blacksburg, VA: 2015-19

Graduate Supervisor; Plymouth State University, Plymouth, NH: Spring 2013

Counseling Experience

Counselor (Internship); G.W. Carver Elementary School, Salem, VA: August 2015 to December 2015

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Provided individual counseling for elementary school students from grades K-5. Involved in lesson planning and teaching psychoeducational ENCORE classes for grades K-5. Attended and participated in academic support planning, 504 and IEP meetings.

Group Facilitator; Southwest Virginia Governor's School, Pulaski, VA: 2015

Facilitated Mindfulness Groups for Juniors at SVGS Pulaski using the BREATHE curriculum with co-facilitator. This was a part of a research project being conducted by Dr. Laura Farmer, Assistant Professor at Virginia Tech Counselor Education department. It involved in executing group lesson plans using innovative strategies to reach maximum number of students.

Therapist; Milton Academy, Milton, MA: September 2013 to June 2015

Provided individual counseling for high school students in a highly competitive independent boarding school. Supported medication management with consulting psychiatrist for students prescribed psychotropic medications. Consulted with Academic Dean and Educational Specialist for individualized academic accommodation plans. Oversaw dorm psychoeducation, training and guidance related to dorm activities in collaboration with the Dean of Students and Dorm faculty for particular issues such as grief, transitions, substance use/abuse as well as diversity training for students.

Therapist; Mountain Valley Treatment Center, Pike, NH: March 2013 to September 2013

Provided individual, group and family counseling to youth between 12-21 years of age struggling with various anxiety related disorders including but not limited to Social Phobia, Obsessive Compulsive Disorder, School Avoidance, Generalized Anxiety disorder as well as Mood disorders. Case management and evaluation, providing treatment and academic recommendation beyond Mountain Valley. Collaboration with referral sources like educational consultants and outpatient therapists for treatment planning.

Clinician; Mount Prospect Academy, Plymouth, NH: September 2008 to March 2013

Provided individual therapy, crisis intervention, family counseling, and in-home services for clients with co-occurring mental health issues like anger/aggression, ADHD/ADD, bi-polar, reactive attachment, PTSD, Asperger's and substance use/abuse issues.

Spearheaded psycho-educational and therapeutic groups for issues related to conduct disorders, substance use/abuse, domestic violence, fire-setting behaviors, trauma, sexual misconduct, and adult and independent living skills.

Utilized an integrative approach to treatment according to the individual needs of specific clients using Cognitive Behavioral Therapy, Trauma Focused Cognitive Behavior Therapy, Trauma Informed Care, Dialectical Behavior Therapy, Psychodynamic and Strengths Based Approaches.

Utilized assessment tools for conducting a comprehensive assessment report for clients in the Comprehensive Assessment and Short Term (CAST) treatment program that provided recommendations for treatment planning and supports for future success and integration of the client into the community.

Presentations

Peer Reviewed

Sharma, J., & Lawson, G. (2018, October). *Cultural Humility in Trauma Treatment & Disaster Mental Health*. Southern Association of Counselor Education and Supervision (SACES), Myrtle Beach, SC.

Fullen, M., & **Sharma, J.** (2018, October). *Equity for Older Adults: Developing the AgeWell Initiative at a CACREP-Accredited Institution*. Southern Association of Counselor Education and Supervision (SACES), Myrtle Beach, SC.

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- Sharma, J.** (2018, May). *Understanding Trauma through Social Constructivism*. TedTalk style presentation at 2018 Bridging the Gap Symposium sponsored by the National Board of Certified Counselors Foundation (NBCCF).
- Sharma, J.,** Hermundstad, A., Nelson, A., Murzi, H., Purdy, G.T., & Matheis, C. (2018, February). *Experiential Learning Across Disciplines: Building Networked Learning Communities Using Open Pedagogies and Interdisciplinary Perspectives*. Conference on Higher Education Pedagogy Annual Conference (CHEP), Blacksburg, VA.
- Sharma, J.,** & Farmer, L.B. (2018, February). *Recognizing Unconscious Biases as Educators*. Conference on Higher Education Pedagogy Annual Conference (CHEP), Blacksburg, VA.
- Smith, B. L. & **Sharma, J.** (2017, November). *Counselor Advocacy: Supporting Holistic, Student-Centered Learning*. Presentation for Virginia Counselors Association (VCA), 2017.
- Sharma, J.,** & Raymond, K. (2017, October). *Applying Contemporary Pedagogical Methods in Counselor Education*. Presentation for Association of Counselor Education and Supervision (ACES), Chicago, 2017.
- Robino, A., Lackey, B., Raymond, K., **Sharma, J.** (2017, October). *Examining Multicultural Preparation and Competency in Counseling Programs*. Presentation for Association of Counselor Education and Supervision (ACES), Chicago, IL.
- Lawson, G., **Sharma J.,** & Smith, B. L. (2017, June). *Trauma Informed Care across the Lifespan for LGBTQI+ Individuals*. Presentation for American Counseling Association (ACA) Illuminate, Washington, D.C.
- Hall, M. & **Sharma, J.** (2017). *Rubric essentials*. Presentation for Networked Learning Initiatives (NLI), Virginia Tech., Blacksburg, VA.
- Sharma, J.** & Smith, B. (2017, February). *Educating the “whole” individual: Creating optimal learning spaces in the higher education setting*. Conference on Higher Education Pedagogy Annual Conference (CHEP), Blacksburg, VA.
- Sharma, J.** & Culver, S. (2017, February). *Incorporating program evaluation in a higher education setting: Theory vs Practice*. Conference on Higher Education Pedagogy Annual Conference (CHEP), Blacksburg, VA.
- Davis, K., Johnson, R., Kirchner, E., Rupnow, R., **Sharma, J.,** & Talukdar, S. (2017, February). *Transformative Change through Service Learning*. Conference on Higher Education Pedagogy Annual Conference (CHEP), Blacksburg, VA.
- Davis, H., **Sharma, J.,** & Burge, P. (2016, October). *The absence of evaluation in program design: Learning in the field as a new evaluator*. Presentation for American Evaluation Association (AEA), Atlanta, GA.
- Sharma, J.,** Raymond, K., Smith, B., & Lawson, G. (2016, October). *#BounceBack: An integrative approach to cultivating resilience for emerging supervisors*. Roundtable for Southern Association of Counselor Education and Supervision (SACES), New Orleans, LA.
- Sharma, J.,** & Biddle, K. (2016, October). *Nontraditional doctoral students: Enriching counselor education programs through interdisciplinarity*. Roundtable for Southern Association of Counselor Education and Supervision (SACES), New Orleans, LA.
- Biddle, K., Cook, R., **Sharma, J.,** Bodo, B., & Culver, S. (2016, February). *Accessible assessment: Making assessment user-friendly for faculty members*. Conference on Higher Education Pedagogy Annual Conference (CHEP), Blacksburg, VA.

Invited

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Sharma, J. (2018, April). *Recognizing Unconscious Biases as Educators*. VTGrate Teach-ins, Virginia Tech., Blacksburg, VA (Invited).

Farmer, L.B., & **Sharma, J.** (2017, May). *Unconscious bias*. Presentation for Roanoke Language Access Conference: Roanoke, VA (Invited).

Lawson, G., & **Sharma, J.** (Spring & Summer, 2016). Campus Community Emergency Response Team (C-CERT) Training, Virginia Tech, Blacksburg, VA (Invited).

Teaching Experience

Instructor of Record

Child and Adolescent Counseling; School of Community Health Sciences, Counseling, and Counseling Psychology, Oklahoma State University, Tulsa, OK: Fall 2019

Internship I; School of Community Health Sciences, Counseling, and Counseling Psychology, Oklahoma State University, Tulsa, OK: Fall 2019

Healthy Relationships: Understanding Self and Others; School of Education, Virginia Tech, Blacksburg, VA: Summer II 2018

Psychology; Milton Academy, Milton, MA: September 2013 to June 2015

Neuropsychology; Milton Academy, Milton, MA: September 2014 to June 2015

Human Sexuality and Relationships; Milton Academy, Milton, MA: September 2013 to June 2015

Graduate Teaching Assistant

Academic Integrity & Plagiarism; Graduate School, Virginia Tech, Blacksburg, VA: 2018-19

Contemporary Pedagogy; Graduate School, Virginia Tech, Blacksburg, VA: 2016-18

Co-Teaching

Internship; Counselor Education, Virginia Tech, Blacksburg, VA: Spring 2019

Theories in Counseling; Counselor Education, Virginia Tech, Blacksburg, VA: Fall 2017

School Counseling; Counselor Education, Virginia Tech, Blacksburg, VA: Summer II 2017

Clinical Mental Health Counseling; Counselor Education, Virginia Tech, Blacksburg, VA: Summer II 2016

Crisis Intervention, Preparedness and Response; Counselor Education, Virginia Tech, Blacksburg, VA: Spring 2016

Guest Lectures

Trauma Diagnosis and Treatment; Diagnosis and Treatment of Mental Health Disorders; Counseling, Northern Kentucky State University, Fall 2019.

Brain Basics and Introduction to Psychopharmacology; Clinical Mental Health Counseling/School Counseling; Counselor Education, Virginia Tech, Blacksburg, VA: Summer II 2016-17-18

Counseling Adolescents; Life Span and Human Development; Counselor Education, Virginia Tech, Blacksburg, VA: Fall 2016

Awards

Accepted as Diversity Scholar 2018 by the Office of Recruitment, Diversity, and Inclusion (ORDI), Virginia Tech, Blacksburg, VA. Project (panel discussions) on *Bridging the gap between curiosity and ignorance: Asking effective questions for equity, inclusion, and diversity*.

Awarded \$500 from National Board of Certified Counselors (NBCC) for the Approved Clinical Supervisor (ACS) 2017 Scholarship (Fall 2017).

Awarded \$1500 funding from Virginia Tech's Center for Peace Studies and Violence Prevention's *Graduate Research on Violence Program*, for dissertation research (Summer, 2017).

Selected as an Associate to the Academy of Graduate Teaching Assistant Excellence at Virginia Tech (Fall, 2016).

Awarded \$1000 as winner of Linda Heacock Memorial Fellowship (Spring, 2016).

Student Scholarship to attend Mid-Atlantic Society for Biofeedback and Behavioral Medicine Conference, Columbia, MD (Fall 2015).

Awarded Clinician of the Year (2011) of Becket Family of Services; Plymouth, NH.

Service

Editorial Service

Peer reviewer for *The Professional Counselor*, NBCC journal (2017 to present).

ACA

Member of Task Force appointed by Dr. Heather Trepal (2019-2020)

Ex-officio Member of the ACA Crisis Preparedness and Trauma Counseling Task Force (2017-18).

AMCD

Member of Association for Multicultural Counseling and Development (AMCD) Awards Committee (2018-19).

SACES

Peer reviewer for SACES Conference Review Committee (2018).

Peer reviewer SACES Grants Review Committee (2017).

Member of Graduate Student Committee (2018).

VCA

Member of Virginia Counseling Association (VCA) Awards Committee (2017-18).

Secretary for New River Virginia Counseling Association (NRVCA, 2018).

Virginia Tech

Member of Graduate Student Advisory Committee to Dr. Peter Doolittle, Director of School of Education, Virginia Tech (2017-18).

Member of Graduate Student Advisory for Office of Emergency Management at Virginia Tech (2017).

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Member of Search Committee for Counselor Education Department at Virginia Tech (Fall, 2016).

Community

Lead support group initiative at Unitarian Universalist Congregation for adults living with people suffering from mental health issues (Spring, 2016).

Professional Affiliations

American Counseling Association (ACA)

Association for Counselor Education and Supervision (ACES)

Association for Assessment and Research in Counseling (AARC)

North Central Association for Counselor Education and Supervision (NCACES)

Association for Multicultural Counseling and Development (AMCD, 2019-2020)

Southern Association for Counselor Education and Supervision (SACES, 2015-2019)

Virginia Counselors Association (VCA, 2015-2019)

Chi Sigma Iota (2016-19), Tau Eta Kappa Honors Society; Virginia Tech, Blacksburg, VA

Chi Sigma Iota (2011-12), Upsilon Pi Honors Society; Plymouth State University, Plymouth, NH

Phi Delta Kappa Honors Society (2008-09); Boston University, Boston, MA