

## **ANITA JONES THOMAS**

### **EDUCATION**

**Doctor of Philosophy** in Counseling Psychology, January 1995  
Loyola University Chicago, Chicago, Illinois  
Specialization: Family therapy and multicultural counseling  
Dissertation: Racial Identity and Racial Socialization Attitudes of African-American Parents

**Master of Arts** in Community Counseling, May 1992  
Loyola University Chicago, Chicago, Illinois  
Thesis: Emotional Reactions of Children to Stepfamilies

**Bachelor of Science in Education and Social Policy**, June 1989  
Northwestern University, Evanston, Illinois

### **TEACHING EXPERIENCE**

Assistant Professor, Counseling Psychology and School Counseling, Loyola University Chicago, Chicago, Illinois. August 2005-present.

Associate Professor, Counselor Education, Northeastern Illinois University, Chicago, Illinois. August 1996-May 2005.

Assistant Professor, Department of Human Services, National-Louis University, Wheaton, Illinois. September 1994-July, 1996.

Instructor, Loyola University Chicago, Illinois. Spring 2002; August 1992-June 1993.

### **CLINICAL EXPERIENCE**

Postdoctoral Fellow, ABLC Behavioral Health Resources, Arlington Heights, Illinois. September 1994-December 1996.

Predocotrual Intern, Allendale Association, Lake Villa, Illinois. August 1993-August 1994. (APA-Approved)

Practicum Student, The Family Institute, Chicago, Illinois. September 1991-August 1992.

Practicum Student, Child and Family Counseling Center, Chicago, Illinois. August 1990-May 1991.

### **PROFESSIONAL MEMBERSHIPS**

American Psychological Association

Division 17  
Division 45  
Division 35  
Member, Resilience and Strength in Black Children and Adolescents Task Force

## **RESEARCH AND CREATIVE ACTIVITIES**

### RESEARCH PROJECTS

Witherspoon, K. M., Thomas, A.J., & Speight, S.L. Exploration of the relationship between psychological adaptation, psychiatric symptoms, and stereotypic roles of African American women. Funded through Minority Research Infrastructure Research Program by the National Institute of Mental Health.

Gaylord-Harden, N., Speight, S., & Thomas, A. Socialization and utilization of coping strategies in African American youth from single-parent families and intact families.

### PUBLICATIONS

Townsend, T. G., Thomas, A. J., Jackson, T. R., & Neilands, T. B. (In submission). From Jezebel to Video Vixen: The impact of stereotypical images on the self perception and sexual attitudes of African American adolescent girls.

Witherspoon, K. M., Thomas, A. J., & Speight, S. L. (In submission). Psychological functioning of African American women: The role of stereotypical images.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. (In submission). Gendered racism, psychological symptoms, and coping of African American Women.

Thomas, A. J., & King, C. T. (2007). Gendered racial socialization of African American mothers and daughters. *The Family Journal: Counseling and Therapy for Couples and Families*, 15, 137-142.

Thomas, A. J., & Schwarzbaum, S. E. (2006). *Culture and identity: Stories for therapists and counselors*. Thousand Oaks, CA: Sage.

Thomas, A. J., Speight, S. L., & Witherspoon, K. M. (2005). Internalized Oppression among Black Women. In J. L. Chin, (Ed.), *The Psychology of prejudice and discrimination*, Vol. 3., (pp. 113-132). Westport, CT: Praeger Press.

Thomas, A. J. (2004). Illustrations of racial-cultural psychology in family therapy. In R. T. Carter, (Ed.), *Handbook of racial-cultural psychology and counseling*, Vol. 2. New York: Wiley.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. (2004). Toward the Development of the Stereotypic Roles for Black Women Scale. *Journal of Black Psychology*, 30, 426-442.

Thomas, A. J. (2001). African American women's spiritual beliefs: A guide for treatment. *Women and Therapy*, 23, 1-12.

Thomas, A. J. (2000). Impact of racial identity on African-American child-rearing beliefs. *Journal of Black Psychology*, 26, 317-329.

Kempa, M., & Thomas, A. J. (2000). Culturally sensitive assessment and treatment of eating disorders. *Eating Disorders: The Journal of Treatment and Prevention*, 8, 17-30.

Thomas, A. J. & Speight, S. L. (1999). Racial identity and racial socialization attitudes of African-American parents. *Journal of Black psychology*, 22, 152-170.

Stevens, P., Baltimore, M., Birdsall, B., Erikson, S. H., Miller, C. P., Thomas, A. (1999). The ethical code illustrated. In P. Stevens (Ed.) *Ethical casebook for the practice of marriage and family therapy*, (pp. 43-70). Alexandria, VA: American Counseling Association.

Thomas, A. J. (1999). Racism, racial identity, and racial socialization: A personal reflection. *Journal of Counseling and Development*, 77, 35-37.

Thomas, A. J. (1998). Understanding worldview and culture in family systems: Use of the multicultural genogram. *The Family Journal: Counseling and Therapy for Couples and Families*, 6, 24-32.

Thomas, A. J. (1998). Ethical mandates for multicultural sensitivity for family counselors. *The Family Journal: Counseling and Therapy for Couples and Families*, 6, 49-51.

Witherspoon, K., Speight, S. L., & Thomas, A. J. (1997). Racial identity attitudes, school achievement, and academic self-efficacy among African American high school students. *Journal of Black Psychology*, 23, 344-357.

Speight, S. L., Thomas, A. J., Kennel, R. G., & Anderson, M. E. (1995). Operationalizing multicultural training in doctoral programs and internships. *Professional Psychology: Research and Practice*, 26(4), 401-411.

## PAPERS PRESENTED

Weathersby, D., Speight, S. L., Witherspoon, K. M., & Thomas, A. J. *Exploring the Quality of Life of Black Women: Within Group Differences Considering Race Related Stress, Racial Identity, and Coping*. Association of Black Psychologists Annual Convention, August 2, 2007.

Gaylord-Harden, N. K., Speight, S. L., & Thomas, A. J. *Involuntary Maladaptive Cognitions, Coping, and Depressive Symptoms as Responses to Stress in African American Youth*. Society for Research in Child Development 2007 Biennial Meeting, March 30, 2007.

Lythcott, M. A., Campbell, C. L., Kesselring, C. M., Gaylord-Harden, N. K., Speight, S. L., & Thomas, A. J. Youth Appraisals of Marital Conflict, Parent-Child Relationships, and

Youth Adjustment Among Low-Income, African American Families. Society for Research in Child Development 2007 Biennial Meeting, March 30, 2007.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. *African American Women's Stereotypical Roles and Health Status*. American Psychological Association Annual Conference, August 2006.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. *Gendered Racism, Psychological Symptoms, and Coping of African American Women*. The 23rd Annual Teacher's College Winter Roundtable on Cultural Psychology and Education, Columbia University, New York, NY, February 17, 2006.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. *Gendered racism, psychological symptoms, and coping of African American Women*. American Psychological Association Annual Conference, August 2004.

Witherspoon, K. M., Speight, S. L., & Thomas, A. J. *Black women and identity: Seeing the trees but missing the forest*. Third Annual Diversity Challenge: Institute for the Study and Promotion of Race and Culture, Boston College, October 18, 2003.

Thomas, A. J. *Socialization of African American Mothers and Daughters*. American Psychological Association Annual Conference, August 7, 2003.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. *Exploring internalized oppression of African American women*. National Multicultural Conference and Summit 2003, January 23, 2003.

Thomas, A. J., Witherspoon, K. M., & Speight, S. L. *Development of the Stereotypic Roles for Black Women Scale*. American Psychological Association Annual Conference, August 23, 2002.

Thomas, A. J. *Integrating racial and gender socialization*. Fourth Annual Summer Institute, Family Research Consortium III, June 20, 2002.

Thomas, A. J., Lagotolla, J., & McIntosh, D. *Acculturation, racial identity, and racial socialization of African American parents*. American Counseling Association Annual Conference, March 23, 2000.

Thomas, A. J. *Impact of racial identity on childrearing beliefs of African Americans*. American Psychological Association Annual Conference, August, 1997.

Thomas, A. J. *Developing multicultural competency for work with families*. The Fourteenth Annual Teachers College Winter Roundtable: Cross-cultural Psychology and Education, February 14, 1997.

Thomas, A. J. *Understanding the racial socialization process*. The Thirteenth Annual

Teachers College Winter Roundtable: Cross-cultural Psychology and Education, February 23, 1996.

Baptiste, I., Hayes, S., Lawrence, R., & Thomas, A. J. *Exploring faculty perceptions of the importance of multicultural adult education: Who cares?* Annual Alliance/ACE conference, October 7, 1995.

Thomas, A. J. *Racial identity and racial socialization attitudes of African-American parents*, poster session. American Psychological Association Annual Conference, August 11, 1995.

Thomas, A. J. *Parental influences on racial identity development of African- American children and adolescents*, poster session. Illinois Psychological Association Annual Conference, November 5, 1994.

McCurtis, K., Speight, S. L., Thomas, A. J. *An investigation of racial identity, self-esteem, and academic achievement with African-American high school students*. Twenty-fifth Annual Convention of the Association of Black Psychologists, August 3, 1993.

Speight, S. L., Anderson, M. E., Thomas, A. J., Wysocky, K., Ugolini, K., Perry, R. J., Haliburton, A., McCurtis, K., & Pancini, T. *Operationalizing multicultural training in doctoral programs and internships*. The Tenth Annual Teachers College Winter Roundtable on Cross-Cultural Counseling and Psychotherapy, February 19-20, 1993.

#### WORKSHOPS PRESENTED

Schwarzbaum, S., & Thomas, A. J. *Development of the cultural self through storytelling: Implications for counselor training*. American Counselor Educator and Supervisor conference, October, 2005.

Thomas, A. J. *Sex outside the city*. Teen Summit 2: My life, my choices “What we don’t talk about...” The Metropolitan Board of the Chicago Urban League, June 7, 2003.

Thomas, A. J. *Working with African American students*. Maine Township High School District 207 January Institute, January 17, 2003.

Thomas, A. J. *Setting the stage for great things to come*. Educational Opportunity Outreach Programs Professional Development meeting, University of Illinois Chicago, October 25, 2002.

Thomas, A. J. *Exploring hidden bias*. College of Lake County Staff/Faculty orientation, August 22, 2002.

Thomas, A. J. *Multiculturalism: How families affect how we see the world*. Child Law Summer Institute, Loyola University Chicago Law School, July 16, 2002.

Thomas, A. J. *Counseling African American students*. 27<sup>th</sup> Annual All-City School Counselors’ Conference, May 31, 2002.

Thomas, A. J. *Developing multicultural awareness and sensitivity*. Maine Township Agency Day, May 9, 2002.

Thomas, A. J. *Children, youth, and their systems*. Northwest Suburban Council for Community Services, March 13, 2002.

Thomas, A. J. *Culturally sensitive treatment of African American women*. Oakton Community College, Continuing Education program, March 1, 2002.

Thomas, A. J., & Shigetani, M. *Celebrating cultural diversity and mediating conflict*. Catholic Charities USA Annual Conference, September 8, 2001.

Schwarzbaum, S., & Thomas, A. J. *Cultural perspectives in health care*. Oakton Community College Continuing Education program, April 19, 2001.

Thomas, A. J. *Expand multicultural awareness and sensitivity*. "Training Opportunities Team" United Way of Central Minnesota, February 27 and 28, 2001.

Thomas, A. J. *Developing multicultural competency*. Oakton Community College Continuing Education program, February 22, 2001.

Thomas, A. J. *Developing multicultural awareness and sensitivity*. Arlington Heights Memorial Library, December 1, 2000.

Thomas, A. J. *Managing diversity in a multicultural environment*. Catholic Charities USA Annual Conference, October 1, 2000.

Thomas, A. J. *Diversity issues in organizations*. Catholic Charities USA Annual Conference, September 29, 2000.

Thomas, A. J. *Am I really different?* Illinois Mental Health Counselors Association's Annual Conference, April 28, 2000.

Holmes, H., & Thomas, A. J. *Reclaiming our spirit: Reclaiming our families*. Illinois Association of Marriage and Family Therapy Annual Conference, April 8, 2000.

Thomas, A. J. *Strong independent Black woman syndrome*. Woodson Public Library, March 11, 2000.

Thomas, A. J. *The future of multicultural counseling: Integrating multiple identities*. Illinois Counseling Association's 51st Annual Conference, November 20, 1999.

Thomas, A. J. *Strong independent Black woman syndrome*. Oakton Community College Women's Day Program, November 14, 1999.

Thomas, A. J. *Multicultural diversity*. Catholic Charities USA Annual Conference, October 3, 1999.

Thomas, A. J. *African American spirituality: A guide for treatment*. The Spirituality and Psychology Group of the Illinois School of Professional Psychology, Meadows Campus, Spirituality and Psychology 1999 Conference, March 6, 1999.

Schwartz, E., Thomas, A. J., McHolland, J. D. *How spirituality impacts the life of the therapist*. The Spirituality and Psychology Group of the Illinois School of Professional Psychology, Meadows Campus, Spirituality and Psychology 1999 Conference, March 6, 1999.

Thomas, A. J. *Addressing multicultural issues in assessment*. Catholic Charities USA Annual Conference, February 16, 1999.

Thomas, A. J. *Understanding diversity*. Consumer Credit Counseling Services of Greater Chicago, Feb. 9, 1999.

Thomas, A. J. *Multicultural issues in treatment and assessment*. Youth Outreach Services, November 20, 1998.

Kempa, M., & Thomas, A. J. *Culturally sensitive treatment of eating disorders*. Illinois Counseling Association Conference, November 5, 1998.

Thomas, A. J. *Addressing multicultural issues in assessment*. Central States Institute of Addictions, November 3, 1998.

Thomas, A. J. *Brief therapy*. Youth Outreach Services, March 13, 1998.

Keenan, C., & Thomas, A. J. *Are we compatible? Divorce prevention and premarital counseling*. Illinois Counseling Association Conference, November 6, 1997.

Thomas, A. J. *Empowering African American families*. Illinois Association for Marriage and Family Therapy Annual Conference, April 12, 1997.

Thomas, A. J. *Caring for Children with Attention Deficit Disorder with and without Hyperactivity*. "Keeping in Touch with Foster Families", Central Baptist Children's Home/Family Services Foster Parent Conference, May 17 and 19, 1997.

Thomas, A. J. *Treatment approaches with African Americans*. Secondary School Counselor Council, 5th Annual Mini Conference, February 11, 1997.

Thomas, A. J. *Promoting affirming parenting skills for African Americans*. Illinois Counseling Association Conference, November 9, 1996.

Thomas, A. *Counseling African Americans: Understanding racial identity*. Illinois School of Professional Psychology, November 5, 1996.

Smith, S., & Thomas, A. *Harassment free workplace training*. Perfection Spring and Stamping, Arlington Heights, IL, October, 1996.

Thomas, A., & Smith, S. *Embracing diversity workshop: Unlearning oppression, removing obstacles, and building inclusion*. Sherman Hospital, Elgin, IL, September, 1996.

Thomas, A. *DSM IV: Understanding the new diagnostic manual*. Workplace Solutions: Human Resource Consulting Group, May 1, 1996.

Thomas, A. J. *Culturally Diverse Therapists: Finding Our Voice*. Illinois Association for Marriage and Family Therapy Annual Conference, April 13, 1996.

Dolson, B., & Thomas, A. J. *Developing competency for multicultural family therapy*. Illinois Association for Multicultural Counseling Annual Conference, March 6, 1996.

Thomas, A. J. *Advanced family therapy: Developing multicultural competency*. National-Louis University Continuing Education Course, February 10, 1996.

Thomas, A. J. *Working with African-American families: Understanding racial socialization*. Family Therapy Conference, Alumni Association of the Family Institute, November 18, 1995.

Thomas, A. J. *Counseling African-Americans: Understanding racial identity*. Illinois Counseling Association Fall Conference, November 3, 1995.

Thomas, A. J. *DSM IV: Understanding the new diagnostic manual*. Alexian Brothers Hospital, October 11, 1995.

Hayes, S., & Thomas, A. J. *Unlearning oppression*. Farrugut High School, Faculty development workshop, June 22, 1995.

Hayes, S., & Thomas, A. J. *Unlearning oppression*. Illinois School Counselors Annual Conference, May 19, 1995.

Thomas, A. J. *Family counseling with African American parents: Using culturally affirming parenting and identity socialization*. Illinois Association for Multicultural Counseling Annual Conference, March 1, 1995.

Thomas, A. J., & Speight, S. L. *Multicultural issues in family therapy*. Midwest Family Conference, sponsored by the Alumni and the Family Institute. November 6, 1993.

## CONSULTATION

Clinical consultant, Family Focus Evanston, August 2001- May 2003.

Clinical consultant, YWCA Glen Ellyn, February 1997- May 2001.

## **REFERENCES**

Available upon request.