

# Bernasha M. Anderson, M.Ed.

## EDUCATION

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LOYOLA UNIVERSITY CHICAGO, Chicago, Illinois  
*Doctor of Philosophy, Counseling Psychology, APA Accredited* Anticipated graduation: May 2018

UNIVERSITY OF HOUSTON, Houston, Texas  
*Master of Education, Counseling, APA Accredited* December 2011  
Thesis: Effects of racial socialization on racial attitudes of African American pre-schoolers  
Thesis Committee Chairperson: Nicole Coleman, Ph.D.

FLORIDA STATE UNIVERSITY, Tallahassee, Florida  
*Bachelor of Science, Psychology* April 2006

## CLINICAL EXPERIENCE

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*Clinical Extern* September 2015 – Present

**The University of Chicago**  
**Student Counseling Service**, Chicago, Illinois  
Supervisor: Adia Gooden, Ph.D.

Responsibilities:

- Facilitate individual and group therapy, and consultation services to a diverse graduate and undergraduate student population
- Conduct psychosocial interviews
- Maintain a caseload of 8--10 individuals, and 1-2 groups
- Collaborate on an multidisciplinary team with department staff for the purposes of case conceptualization and treatment planning

*Practicum Extern* September 2014 – August 2015

**The Village of Hoffman Estates**  
**Health and Human Services Department**, Hoffman Estates, Illinois  
Supervisor: Monica Saavedra, Psy.D.

Responsibilities:

- Facilitated individual, group, family, and couples therapy to an ethnically and socioeconomically diverse population
- Conducted psychosocial assessments and administer self-report measures
- Maintained a caseload of 6-8 individuals, 1-2 groups, and 2-3 couples/families
- Collaborated on an interdisciplinary team with department staff, externs, and interns for the purposes of case conceptualization and treatment planning
- Advertised and recruited couples and community resource providers for couples workshop
- Developed curriculum and facilitated couples workshop
- Utilized empirically validated therapeutic techniques including sand tray, client-centered, cognitive-behavior, acceptance and commitment, and family therapy frameworks
- Developed and implemented a social-emotional prevention project at John Muir elementary school
- Participated in a weekly experiential and didactic multicultural competency and community psychology seminar, and a family therapy psychotherapy seminar

*Advisor*

August 2013 - May 2014

**Loyola University Chicago, ACE Trio Program**, Chicago, Illinois

Supervisors: Anita Thomas, Ph.D. and Rufus Gonzales, Ph.D.

Responsibilities:

- Facilitated academic advising to undergraduate students enrolled in the ACE Trio program, a student support program serving first generation college attending students who have high financial needs
- Implemented empirically validated techniques to assist students in goal setting
- Facilitated career exploration and planning with undergraduate students

*School-Based Family Counselor*

March 2012 - August 2013

**Family Services of Greater Houston**, Houston, Texas

Supervisor: Alfredo Tijerina, LMSW-AP, ICPS

Responsibilities:

- Provided direct clinical services including individual, family, and group therapy to approximately 50 culturally diverse and historically underserved high school students in the greater Houston area
- Assisted with presenting concerns related to grief/loss, suicide, trauma, abuse/neglect, college/vocational/career planning, self-injury and domestic violence
- Facilitated psycho-educational groups addressing substance abuse, and resiliency and health
- Conducted suicide risk assessments
- Utilized empirically validated counseling techniques including cognitive-behavior therapy, solution-focused brief, psychodynamic and person-centered therapy
- Documented students' progress using agency assessment tools
- Assisted students in completing college/university and financial aid applications
- Coordinated students' exploration of various colleges/universities by facilitating their exposure to college/university campuses, and college courses
- Collaborated on multidisciplinary team with school faculty/staff and parents in the integration of district policies and procedures

*Lead Case Manager*

September 2011 - February 2012

**Riverside General Hospital Partial Hospitalization Program**, Houston, Texas

Supervisor: Bekah Williams, M.S., LPC

Responsibilities:

- Prepared clinical reports such as intake interviews, patient histories, and behavioral observations for adult patients presenting with severe mental illness and emotional disturbances
- Provided provisional DSM-IV diagnoses to aid in treatment planning
- Collaborated with interdisciplinary treatment team to develop and implement patient treatment plans
- Assisted clinical director in supervising case management team
- Researched and provided information to patients regarding community programs and community resources
- Served as a patient advocate and coordinated patient centered events such as clothing drives, book drives, and talent shows
- Maintained and updated patients' charts regularly, reflecting patients' medical and psychological history and progress

*Practicum Clinician*

January 2011 - June 2011

**Communities in Schools**, Houston, Texas

Supervisors: Deborah Nicolls and Harriet Arvey, Ph.D.

Responsibilities:

- Facilitated individual and group therapy to approximately 10 underserved minority high school students in the greater Houston area
- Facilitated psycho-educational groups including healthy choices and self-esteem groups
- Coordinated community resources for youth and their parents
- Assisted in the coordination of school-wide events geared toward student development

*Practicum Clinician*

January 2010 - January 2011

**The Women's Home**, Houston, Texas

Supervisor: Cynthia Kay, M.A., LPC-S

Responsibilities:

- Provided individual psychotherapy to homeless women diagnosed with mood, personality, and substance-related disorders
- Facilitated multiple psychotherapy and psycho-educational groups focused on goal setting, art therapy, and spirituality
- Conducted comprehensive intake interviews, and psychosocial assessments
- Conducted suicide risk assessments and assisted clients with safety plans and referrals when appropriate
- Developed case conceptualizations and actively worked with an interdisciplinary team in the evaluation of clients' progress and treatment
- Coordinated and co-facilitated process groups during client weekend retreat

*Hotline Counselor*

January 2005 - January 2008

**211 BIG BEND Telephone Crisis Hotline**, Tallahassee, Florida

Responsibilities:

- Provided individual counseling to clients with a history of substance abuse, psychosis, suicidality, and domestic violence
- Provided short-term, solution-focused interventions and conducted suicide risk assessments with callers in crisis
- Facilitated trainings as a member of the agency's training team for incoming counselors
- Provided agency approved referral information for community resources

## **WORK EXPERIENCE**

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*Graduate Assistant*

June 2014-Present

**Chicagoland Partners for English Language Learners**

**Loyola University Chicago**, Chicago, Illinois

Responsibilities:

- Serve as a member of a grant-funded interdisciplinary team that promotes school districts' efforts to enhance English language learning for local students
- Provide qualitative data analysis and quantitative data input and analysis utilizing SPSS
- Complete needs assessments reports for local school districts
- Maintain program's website

*Clinical Training Assistant*

Aug 2014-June 2015

**Loyola University Chicago**, Chicago, Illinois

Responsibilities:

- Update and maintain training site information database for current master and doctoral level students who are searching for clinical training experiences

- Develop and implement student needs surveys used to help develop professional training workshops relevant to students' interests
- Outreach to existing training sites in order to obtain current training program information
- Assist in the development and planning of clinical training workshops including: the utilization of clinical supervision, cover letter and resume writing, and interviewing skills

*Instructional/Graduate Assistant*

July 2009-Aug 2011

**University of Houston**, Houston, Texas

Responsibilities:

- Counseled the University Center's management and student staff on how to address workplace concerns
- Facilitated and coordinated monthly career developmental workshops, and Fall/Spring student staff orientations for the University Center
- Researched, updated, and adapted University Center's student staff training handbook
- Developed University Center's student staff assessment tool to help identify professional training seminars relevant to students' needs
- Presented a workshop at the Association of College Unions International regional conference 2009 entitled, "Stress Management in the Workplace"

*Scholarship Counselor*

Dec 2007- Aug 2008

**The Children's Forum/T.E.A.C.H. Scholarship Program**, Tallahassee, Florida

Responsibilities:

- Advised students on the college admission process
- Developed and maintained successful relationships with students and college staff
- Processed new applications and student degree plans
- Administered intake assessments that evaluated students' academic readiness
- Maintained recipient files and updated recipient records
- Bridged gap between college contacts and students

## RESEARCH EXPERIENCE

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*Research Assistant*

Promoting Resiliency and Identity Development through Empowerment (PRIDE). Department of Counseling Psychology, Loyola University Chicago, Chicago, IL. Principal Investigator Associate Dean for Academic Affairs & Research, Anita Thomas, Ph.D.

- Investigate prevalent social and mental health issues impacting African American families and adolescents such as identity, violence, masculinity, and present day stereotypes
- Assist in the development of research projects
- Facilitated discussion groups of African American male high school juniors and freshmen
- Evaluated program, implementing student feedback and assessing evaluator effectiveness
- Actively involved in the coordination of institutional review board approved studies

*Thesis Research Project*

**Anderson, B.**, (2011). Effects of racial socialization on racial attitudes of African American pre-schoolers. Department of Educational Psychology, University of Houston, Houston, TX. Thesis. Dr. Nicole Coleman, Chair.

*Research Assistant*

Sexual roles and hip hop sexual scripts of African American women. Department of Educational Psychology, University of Houston, Houston, TX. Principal Investigator: Nicole Coleman, Ph.D.

- Investigated prevalent social and mental health issues affecting African American women and girls, such as present day stereotypes and sex role scripts related to the Hip Hop culture
- Actively involved in the development of research projects and study procedures
- Assisted in the coordination of institutional review board approved studies
- Reviewed, cleaned, edited and transcribed study data
- Assisted in the recruitment and screening of study participants
- Assisted with data coding and data input

*Research Assistant*

Self-control and mental fatigue among college students. Department of Social Psychology, Florida State University, Tallahassee, FL. Principal Investigators: Matt Galliot, Ph.D. and Nicole Mead, Ph.D.

- Recruited, interviewed, and assigned subjects to participate in studies
- Collected, transcribed and analyzed data from subject interviews
- Worked closely with a research group to maintain studies' protocol
- Assisted with developing and implementing studies' procedures and techniques

## TEACHING EXPERIENCE

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*Instructor*

August 2014 - December 2014

**Loyola University Chicago School of Education**

**Goudy Elementary School, Parent and Student Saturday Programming** Chicago, Illinois

Supervisor: Anita Thomas, Ph.D.

Responsibilities:

- Developed adolescent and parent support program curriculums
- Co-facilitated the parents' support and psychoeducational group

*Instructor*

January 2014-May 2014

**Loyola University Chicago School of Education**

**Helen M. Peirce Elementary School, Gender Identity Learning** Chicago, Illinois

Supervisor: Elizabeth Vera, Ph.D.

Responsibilities:

- Co-created program to address the unique needs of Chicago Uptown middle school students
- Promoted the development of positive gender identities, better hope for the future, and self-esteem

*Teaching Assistant*

August 2013-May 2014

**Loyola University Chicago**, Chicago, Illinois

Supervisor: Michael Gaubatz, Ph.D.

Responsibilities:

- Assisted course instructor in conducting lectures for masters level courses
- Facilitated small group assemblies during break-out sessions
- Performed supportive and clerical duties
- Maintained students' academic records

*Elementary School Teacher*

January 2006 - January 2007

**Dade/Broward County School Board**, Miami/Fort Lauderdale, Florida

Supervisor: Valerie Ward

Responsibilities:

- Taught Reading, Language Arts, Science, Social Studies and Math to second grade students implementing a diverse range of teaching intervention in full class, small and individual format
- Developed and implemented daily lesson plans
- Conducted evaluations of students' reading progress using school board reading programs and prepared students for SAT
- Facilitated parent-teacher conferences to address student, parent and school-based concerns
- Completed data input used to maintain and update student records and chart school and district's academic progress
- Developed and maintained rapport with students, parents, faculty/staff which served to foster a classroom environment conducive to student engagement and learning

*Teacher Assistant*

January 2006 - April 2006

**Florida State University Neuroscience Department**, Tallahassee, Florida

Supervisor: Friedrich Stephan, Ph.D. and John Thompson Ph.D.

Responsibilities:

- Assisted instructor in evaluating students' performance for Physiological Psychology lab PSB 3004C
- Facilitated weekly discussion groups for approximately 10 students on topics related to functional anatomy, physiology, and sheep brain dissection
- Assisted in exam preparation
- Coordinated lab set up and clean up
- Graded student exams and assignments

## LEADERSHIP EXPERIENCE

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*Vice-Chairperson/Presidential Appointee*

August 2010 - April 2011

**University of Houston Student Fees Advisory Committee**, Houston, Texas

Responsibilities:

- Allocated university wide funding to registered student organizations
- Reviewed university departmental requests
- Participated in funding deliberation sessions

*Community Service Chairperson*

February 2003 - April 2006

**W.E.B. Dubois Honor Society**, Tallahassee, Florida

Responsibilities:

- Facilitated the organization's outreach program including participation at Dance Marathon and F.A.C.E., a local children's center
  - Maintained members' community service hours records log
  - Developed and coordinated fundraising activities
- The Iterative Partnership Paradigm: Creating Healthy, Sustainable University/School District/Community Organization Relationships that Work

## PUBLICATIONS

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Israel, M.S., Goldberger, N., Vera, E., Heineke, A., & **Anderson, B.** (in press). The iterative partnership paradigm: Creating healthy, sustainable university/school/district/community organization relationships that work. In J.J. Slater, R. Ravid & R.M. Reardon (Eds.), *Building and maintaining collaborative communities: Schools, university, and community organizations.* (pages TBD). Charlotte, NC: Information Age Publishing.

## PRESENTATIONS

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- Floro, M., Chang, H., **Anderson, B.**, Alder, N. (2014, August). Measuring internalization of stereotypes among Asian American women. Poster session presented at the American Psychological Association, Division 35, Washington, DC.
- Floro, M., Chang, H., **Anderson, B.**, Alder, N. (2014, August). Internalization of stereotypes and interracial dating in African American women. Poster session presented at the American Psychological Association, Division 35, Washington, DC.
- Anderson, B.** (2013). Counseling African Americans. Guest lecture presented for School Psychology multi-cultural course at Loyola University Chicago, Chicago, IL.
- Anderson, B.** (2012). Cyberbullying: A national epidemic. Workshop presented at Cristo Rey Jesuit College Preparatory school orientation, Houston, TX.
- Anderson, B.** (2012). Safety in the work place: Safety guidelines and harassment. Workshop presented at Cristo Rey Jesuit College Preparatory school orientation, Houston, TX.
- Anderson, B.** (2010). Effects of racial socialization on racial attitudes of African American pre-schoolers: A thesis abstract. Poster presented at the Graduate Student Organization Symposium, University of Houston, Houston, TX.
- Anderson, B.** (2010). Stress Busters. Workshop presented at the University of Houston's Spring Student Staff Orientation, Houston, TX.
- Anderson, B.** (2009). Stress management 101. Workshop presented at the Association of College Unions International Regional Conference, Arlington, TX.

## FELLOWSHIPS

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- Graduate Assistant Tuition Fellowship, Loyola University Chicago, Fellowship program grants 12-credit tuition waiver, \$11,000 stipend per year and requires 20 hours per week work commitment.
- Association of College Unions International Region 12 graduate student annual conference registration grant, University of Houston, \$350 stipend for the 2010 ACUI annual conference registration fees.
- Graduate Assistant Tuition Fellowship, University of Houston, Fellowship program grants 12-credit tuition waiver, \$10,000 stipend per year and requires 20 hours per week work commitment.

## REFERENCES

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- Michael Gaubatz, Ph.D., Clinical Psychology Professor; The Chicago School of Professional Psychology, 325 N Wells, Chicago, IL 60654-1822. Voice: 312.339.8763; email [mgaubatz@thechicagoschool.edu](mailto:mgaubatz@thechicagoschool.edu).
- Monica Saavedra, Psy.D., Assistant Director and Training Director, The Village of Hoffman Estates, Health and Human Services Department Village of Hoffman Estates Department of Health and Human

Services 1900 Hassell Road Hoffman Estates, IL 60169. Voice: 847-781-4850; email [monica.saavedra@hoffmanestates.org](mailto:monica.saavedra@hoffmanestates.org).

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Department Village of Hoffman Estates Department of Health and Human Services 1900 Hassell Road  
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