

Julie A. States, Ph.D.

Education

- 2001 **Doctor of Philosophy in Counseling Psychology**
West Virginia University
- 1990 **Master of Arts in Community Counseling**
Indiana University of Pennsylvania
- 1989 **Bachelor of Science in Rehabilitation Counseling**
Indiana University of Pennsylvania

Licenses and Certifications

Licensed Psychologist (PS015297)

Teaching Experience/Appointments

- 2019-present **Assistant Teaching Professor - Biobehavioral Health – Penn State University**
BBH 301W- Values and Ethics in Biobehavioral Health, Research, and Practice
BBH 446- Human Sexuality
BBH 302 – Health and Diversity
- 2010- 2019 **Instructor – Human Development and Family Studies –Penn State University**
HDFS 301- Values and Ethics in the Helping Professions
HDFS 420 – Adolescent Development
- 2001-2019 **Instructor – World Campus, Penn State University**
HDFS 301 – Values and Ethics in the Helping Professions
CNED540 – Trends and Issues in Addiction Counseling (2002-2007)
- 2001-2010 **Seminar Instructor – Penn State University** Doctoral Internship Seminars
- Group Therapy
 - Spiritual and Religious Issues in Counseling
 - Supervision of Supervision
- 2004-2010 **Affiliate Assistant Professor of Education** (Counseling Psychology)
- Penn State University
 - CNPSY 595A – Doctoral Counseling Psychology Practicum (2007-2010)
- 2001-2002 **Instructor - Penn State University**
CN ED 420: At Risk Youth
CN ED 597G: Trends and Issues in Addiction Counseling

- 1999 **Guest Lecturer - West Virginia University**
CCMD 345: Introduction to Clinical Medicine.
- 1998-1999 **Instructor - West Virginia University**
COUN 301: Counseling Techniques
CPSY 382: Stories that Heal – (teaching assistant)
- 1993-1996 **Psychology Instructor -Mount Aloysius College, Cresson, PA**
PSYCH 101: Introduction to Psychology
PSYCH 103: Psychology of Human Relations

Professional Clinical Experience

- 2002-Present **Private Practice – Licensed Psychologist**
State College, PA
- 2001-2010 **Staff Psychologist, Group Coordinator, Practicum Coordinator**
Counseling and Psychological Services
The Pennsylvania State University • State College, PA
- 2000-2001 **Pre-doctoral Internship in Professional Psychology**
Counseling and Psychological Services
The Pennsylvania State University • State College, PA
- 1998-2000 **Doctoral Practicum in Counseling Psychology**
Carruth Center for Counseling and Psychological Services
West Virginia University • Morgantown, WV
- 1998 **Doctoral Practicum in Counseling Psychology**
Olympic Center - Preston • Kingwood, WV
- 1990-1997 **Drug and Alcohol Counselor**
Altoona Hospital Drug and Alcohol Services, Altoona, PA
- 1990 **Graduate Internship in Counseling**
Community Action, Punxsutawney, PA
- 1989 **Undergraduate Internships in Rehabilitation Counseling**
Office of Vocational Rehabilitation, Pittsburgh, PA
Easter Seals Society, Pittsburgh, PA
- 1988-1990 **Summer Youth Employment and Training Program Counselor**
Summer
Community Action (JCCEO, Inc.), Punxsutawney, PA
- 1987 **Residential Program Staff**
Indiana County Group Homes, Indiana, PA

Presentations

States, J. (2018). Neuropsychiatric Lyme Disease: Implications for Clinical Practice. Professional development program presented at Pennsylvania Psychological Association.

States, J. (2010). Think Group First: Group Therapy in College Counseling Centers. Professional development program presented at the University of San Diego.

States, J. (2009). Critical Issues in Group Counseling. Professional development program presented at Penn State University Psychological Clinic.

States, J. (2007) Group Counseling. Professional development program presented at Bucknell University Counseling Center.

States, J. (2006). Spiritual and Religious Issues in Counseling. Professional development program presented at Penn State University Counseling Center.

States, J. (2004). Spiritual and Religious Issues in Counseling. Professional development program presented at Ithaca College Counseling Center.

Odenweller-Lewis, T., States, J., Kocerak, C., & Montgomery, S. (2001). Safe Passage: Training Interns for Multicultural Competence. Presented at the Eighth Midwestern Conference on Diversity Issues and the Role of Counseling Centers, Urbana-Champaign, Il.

States, J. & Jacobson, B. (2000, July). Drug and Alcohol Issues in Vocational Rehabilitation. Presented at the Office of Vocational Rehabilitation, Clarksburg, WV.

States, J. (2000, June). Coping with Caregiver Stress. Presented at Berkeley Senior Center, Martinsburg, WV.

States, J. (2000, May) Caregiver Support Issues for Professionals. Presented at Allegheny College, Cumberland, MD.

States, J. (2000, March) Caregiver Support Issues for Professionals. Presented at Berkeley Senior Center, Martinsburg, WV.

States, J. (1999, October). The Knight in Rusty Armor: Exploring Life's Journey through Guided Imagery. Presented at a Doctoral Colloquium of West Virginia University Department of Counseling, Rehabilitation Counseling, and Counseling Psychology, Morgantown, WV.

Holt, B., & States, J. (1998, April). Gerotechnology. Presented at the conference of the State Health Education Council of WV, Inc., Davis, WV.

States, J. (1997, November). Drug and Alcohol: Issues and Abuse. Presented for West Virginia University Center on Aging, Senior Companion Program, Morgantown, WV.

Publications

States, J. (2006). Reconnection: The Spiritual Journey in Recovery. In Helmeck, K. (Ed.) Therapists Notebook for Integrating Spirituality into Counseling: Homework, Handouts, and Activities to Use in Psychotherapy. Haworth Press.

States, J. (2002). Trends and Issues in Addiction Counseling Study Guide. The Pennsylvania State University: University Park, PA.

Professional Development

- 2002 Unlike Other Addictions: The Unique Treatment Needs of the Compulsive Gambler
- 2002 Gambling Behavior Conference
- 2003 Re-visioning Arab/Arab American Student Issues and Needs After the Trauma of 9/11
- 2003 Opportuning and Risk: Working with Trauma
- 2003 Creating Meaning: the Role of Spirituality in Counseling College Students
- 2003 Secondary Trauma in Counseling Center Staff: The Neglect of Self-Care
- 2003 Suicide Prevention: A Mandatory Assessment Intervention Approach
- 2003 Under Wraps: De-coding Power, Symbolism and Diversity in How We Clothe Ourselves
- 2003 **Ethics** of Record Keeping for Mental Health Professionals
- 2003 Schizophrenia Disorder; History, Assessment, and Treatment
- 2004 Positive Psychology: Something New or Something Old?
- 2004 Spirituality and Psychology
- 2005 Developing Group Interventions in College Counseling Centers
- 2005 Live Supervision of a Group at Impasse
- 2005 Spirituality and Group Psychotherapy
- 2005 Here, Now, and Then
- 2005 I Hate it When that Happens: Law and **Ethics** for Psychologists
- 2007 Practical Applications and New Directions in Cognitive Behavioral Therapy
- 2007 Risk Management with Life Endangering College Students – **Laws and Ethics**
- 2007 Buddhist Psychology: East Meets West in Theory and Practice
- 2009 Suicide Prevention Conference
- 2009 Writing it Our; Journaling as an Adjunct to Therapy
- 2009 **Ethical** Decision Making for Psychologists
- 2009 Complementary and Alternative Medicine
- 2009 Ideal and Real Mate Personality: Does Congruence Matter
- 2009 Using Undergraduate Process Groups to Help Create a Positive Campus
- 2009 Promoting the Wellness of our Own Staff
- 2009 Falling Awake: Utilizing Mindfulness to Foster Mental Health and Wellbeing
- 2009 Students with Asperger's Disorder and the College Experience
- 2010 Accessing our Spiritual Intelligence
- 2010 New Trends in CBT
- 2011 Cognitive-Behavioral Approaches to Treating PTSD
- 2012 Therapeutic Communication
- 2012 The Nuts and Bolts of Legal and **Ethical** Practice
- 2013 Breathing: The Mater Key to Self-Healing
- 2013 Couples No-fault Counseling
- 2013 Attention Deficit Hyperactivity Disorder
- 2013 A Practical Model for **Ethical** Decision Making for Psychologists

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- 2015 **Ethical** and Boundary Issues
 - 2015 CBT and Mindfulness
 - 2015 Energy Psychology Approaches for Trauma and Anxiety
 - 2015 PA Child Abuse Recognition and Reporting
 - 2015 Integrative Psychotherapy for Adults with Serious Mental Illness
 - 2015 Multicultural Competence
 - 2015 Policy and Political Advocacy for Psychologists
 - 2015 The Darker Side of **Ethics** in psychotherapy: Morality and Codes
 - 2015 The **Ethics** of Working with Transgender and Gender Nonconforming Adults
 - 2015 Transforming Resistance Effectively
 - 2017 Radical Acceptance: Pathway of Emotional Healing and Spiritual Freedom
 - 2017 Child Abuse Recognition and Reporting Pennsylvania
 - 2017 Suicide **Ethics** and Risk Management Considerations
 - 2018 Mindfulness in Therapy
 - 2019 Child Abuse Reporting in Pennsylvania
 - 2019 The Essentials of Screening and Assessing Suicidal Patients
 - 2020 Dialectical Behavior Therapy
 - 2021 PA child Abuse Training
 - 2021 Obsessive Compulsive Disorders
 - 2021 Internal Family Systems
 - 2021 Overcoming Cognitive Bias
 - 2021 Suicide Assessment
 - 2021 **Ethical** Issues
 - 2022 Teaching Consultation – Schryer Center for Teaching Excellence
 - 2022 Broadening Understanding and Inclusion through Learning & Dialogue 1
 - 2023 Inclusive Teaching
 - 2023 Internal Family Systems
 - 2023 Suicide Prevention
 - 2023 **Clinical Ethics**
 - 2023 Child Abuse Mandated Reporting
 - 2023 Social Media in Clinical Practice
 - 2023 Broadening Understanding and Inclusion through Learning & Dialogue 2
 - 2024 Personalizing Mindfulness Meditation Practice: Finding the Right Fit for Clients
 - 2024 Richard B. Lippin Lecture in **Ethics**
 - 2024 International Conference on Professional **Ethics** and Canadian **Bioethics** Association