

# **Julie A. States, Ph.D.**

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## **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**

- 2025-present    **Associate Teaching Professor** Biobehavioral Health Penn State University
- 2019-2025      **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  
Alumni Group Faculty Liaison  
Alumni Engagement Network – College of HHD  
Faculty Advisor – BBH Society
- 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 (JCCEOA, Inc.), Punxsutawney, PA
- 1987 **Residential Program Staff**  
Indiana County Group Homes, Indiana, PA

**Presentations**

States, J. (2025). Ethics Unplugged: An Immersive, Reflective Experience Designed to Inspire, Connect and Empower You in Your Professional Role. Continuing education program sponsored by the Greater Pittsburgh Psychological Association (APA approved). Pittsburgh, PA

States, J. (2025). The Inner Landscape: An Actor's Compass for Navigating Self and Role. Professional training program presented at the Goodman Theatre, Chicago, IL.

States, J. (2025). Respond, Don't React: A communication workshop for theatre students and faculty. Professional development program presented at the Pennsylvania State University, Department of Theatre

States, J. (2024). Effective Communication for Theatre Faculty. Professional development program presented at the Pennsylvania State University, Department of Theatre.

States, J. (2024). Respond, Don't React: Effective Communication Skills. Professional development program presented at the Pennsylvania State University, Department of Theatre.

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 Highlights (Last 10 Years – Ethics Highlighted)**

2025 Can You Turn My LVAD Off? I Want to Die. Columbia University **Bioethics** Program  
2025 From Coma to Consciousness: Are We Worried? Columbia University **Bioethics** Program  
2025 4-Day Intensive Health **Ethics** Conference – Providence Healthcare System  
2024 Richard B. Lippin Lecture in **Ethics**  
2024 Personalizing Mindfulness Meditation Practice: Finding the Right Fit for Clients  
2024 International Conference on Professional **Ethics** and Canadian **Bioethics** Association  
2023 Broadening Understanding and Inclusion through Learning & Dialogue 2  
2023 Internal Family Systems  
2023 Suicide Prevention  
2023 Social Media in Clinical Practice  
2023 Inclusive Teaching  
2023 **Clinical Ethics**  
2023 Child Abuse Mandated Reporting  
2022 Broadening Understanding and Inclusion through Learning & Dialogue 1  
2022 Teaching Consultation – Schryer Center for Teaching Excellence  
2021 Internal Family Systems  
2021 PA child Abuse Training  
2021 **Ethical Issues**

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2021 Suicide Assessment

2021 Overcoming Cognitive Bias

2021 Obsessive Compulsive Disorders

2020 Dialectical Behavior Therapy

2019 The Essentials of Screening and Assessing Suicidal Patients

2019 Child Abuse Reporting in Pennsylvania

2018 Mindfulness in Therapy

2017 Suicide **Ethics** and Risk Management Considerations

2017 Radical Acceptance: Pathway of Emotional Healing and Spiritual Freedom

2017 Child Abuse Recognition and Reporting Pennsylvania

2015 Transforming Resistance Effectively

2015 The **Ethics** of Working with Transgender and Gender Nonconforming Adults

2015 The Darker Side of **Ethics** in psychotherapy: Morality and Codes

2015 Policy and Political Advocacy for Psychologists

2015 PA Child Abuse Recognition and Reporting

2015 Multicultural Competence

2015 Integrative Psychotherapy for Adults with Serious Mental Illness

2015 **Ethical** and Boundary Issues

2015 Energy Psychology Approaches for Trauma and Anxiety

2015 CBT and Mindfulness