

## **Megan A. Whitbeck, PhD, NCC**

University of Scranton  
800 Linden Street  
McGurkin Hall 443  
Scranton, PA 18510  
Pronouns: She/her/hers  
570.941.7497 | Megan.whitbeck@scranton.edu

---

### **EDUCATION**

**Ph.D.**, Counseling and Counselor Education, University of North Carolina at Greensboro (CACREP Accredited), May 2023

*Cognate: Public Health*

*Minor: Educational Research Methodology*

**M.A.**, Clinical Mental Health Counseling, University of Central Florida (CACREP Accredited), December 2018

**B.S.**, Psychology, SUNY Cortland, May 2016

### **TEACHING EXPERIENCE**

**Assistant Professor**, Department of Counseling and Human Services, University of Scranton, August 2023 - Present

- Teach undergraduate and graduate level courses in the Clinical Mental Health Counseling and Counseling and Human Services programs.
- Mentor Clinical Mental Health Counseling Graduate students as academic advisor.

#### **Courses Taught:**

##### Graduate Courses

**COUN 504 Appraisal Techniques**, *Fall 2023, Spring 2024*

**COUN 505 Research Methods**, *Spring 2024*

**COUN 590 Clinical Mental Health Counseling Practicum**, *Fall 2023, Spring 2024*

##### Undergraduate Courses

**CHS 341 Group Dynamics**, *Fall 2023*

## General Teaching Experience

### **Relationship Educator**

December 2018-May 2020

*University of Central Florida, Marriage and Family Research Institute, Project Harmony*

- Facilitated Prevention and Relationship Enhancement Program (PREP) evidence-based curricula during workshops and couples' retreats
- Taught communication skills, conflict resolution skills, and stress management to couples and individuals
- Assisted in data collection operations

### Invited Guest Lectures

Silverio, N. & **Whitbeck, M. A.**, (2023). *Relationship Education*. Invited Virtual Guest Lecture for Dr. Christian Chan's master's level Couples Counseling class. October 2023.

Silverio, N. **Whitbeck, M. A.**, & Meinersmann, L. (2021, October). *Relationship Education*. Invited presentation in Dr. Christian Chan's CED 691 Couples Counseling class.

**Whitbeck, M. A.** (2021, January). *Cognitive Behavior Therapy*. Invited narrated presentation through the Nicholas A. Vacc Counseling and Consulting Clinic for Advanced Practicum students.

Silverio, N. & **Whitbeck, M. A.** (2021, February). *Let's Have Fun: A Couple's Workshop*.

Invited presentation through the Nicholas A. Vacc Counseling and Consulting Clinic.

Silverio, N., Carroll, N., & **Whitbeck, M. A.** (2019, June). *Communication skills building for couples*. Invited guest lecturer for Dr. Sejal Barden's master's level couples counseling class.

## **CLINICAL EXPERIENCE**

### **UNCG, Nicholas A. Vacc Counseling and Consulting Clinic**

August 2020-May 2023

*On-Call Crisis Consultant*

- Provide immediate crisis intervention consultation for counselors-in-training working with clients in crisis
- Help student assess client level of safety, suicidality, and risk of harm
- Collaborate with 1<sup>st</sup> and 2<sup>nd</sup> year doctoral students to support student counselor

### **UNCG, Nicholas A. Vacc Counseling and Consulting Clinic**

August-December 2020

*Advanced Doctoral Practicum Student*

*Supervisor: Joy Kelly Phifer, PhD, LCMHCA, NCC, CCTP*

- Conducted over 40 hours of telehealth individual counseling sessions for college students experiencing anxiety, grief and loss, mood instability, and stress
- Engaged in weekly group supervision and bi-weekly triadic and individual supervision sessions
- Completed thorough and timely individual case notes, assessments, and other documentation
- Reviewed recordings of counseling sessions in depth to assess clinical strengths and areas of growth

**Aspire Health Partners, Turning Point Program**

December 2018-July 2020

*Registered Mental Health Counselor Intern (IMH 18077)**Supervisor: Marissa Gore, LMHC, M-CAP, QCS*

- Facilitated psychosocial rehabilitation counseling groups for clients with severe and persistent mental illness on topics such as social skills, symptom management, independent functioning, communication skills, depression, anxiety, body image, and wellness
- Conducted telehealth individual and group counseling
- Managed caseload of 15-20 clients while completing timely, thorough, and accurate clinical records and documentation
- Participated in 2 weekly treatment team meetings

**Aspire Health Partners, Turning Point Program***Master's Level Intern*

May-December 2018

*Supervisors: Andrea Scott, LMHC, MCAP; Susan Hambleton, PhD; Amanda Cypret, LMHC, RPT-S*

- Facilitated over 230 hours of group therapy with clients diagnosed with severe and persistent mental illness
- Led individual counseling sessions with clients with various diagnoses and presenting problems such as symptom management, social anxiety, and posttraumatic stress disorder
- Completed timely clinical notes with descriptions of client presentation and symptoms
- Completed QPR Suicide Risk Assessment Training, CPI Training, and CPR Training

**University of Central Florida**

May-December 2018

*Aspire Integrated Health Care Intern*

- Collaboratively created wellness plan with integrative care team for client based on clinical assessment
- Engaged in additional integrated health care trainings such as integrative care clinics, Trauma- Focused Cognitive Behavioral Therapy online course, and QPR Suicide Prevention Training

**University of Central Florida, Community Counseling and Research Clinic**

August 2017-May 2018

*Master's Level Practicum Student**Supervisors: K. Dayle Jones, Ph.D., LMHC; Dr. Columbus Brand, PhD, LMHC, LMFT*

- UCF Community Counseling and Research Center
- Conducted 65 total hours of individual counseling sessions, utilized appropriate assessments and interventions for clients experiencing anxiety, depression, relationship issues, and adjustment related disorders
- Engaged in weekly live triadic and group supervision meetings
- Led a psychoeducational relationship education group (12-hours) for couples on topics including expectations, communication, and conflict resolution strategies

## CLINICAL SUPERVISION EXPERIENCE

**COUN 590** Clinical Mental Health Counseling Practicum, Fall 2023, 4 supervisees  
**COUN 590** Clinical Mental Health Counseling Practicum, Spring 2024, 5 supervisees  
**CED 781B** Clinical Supervision Internship  
**CED 781A** Clinical Supervision Practicum

## PUBLICATIONS

**Whitbeck, M. A.** (2024). Measuring empathy fatigue: Theoretical, empirical, and practical perspectives. In Stebnicki, M. A. (Ed.), *Transcending empathy fatigue: Cultivating empathy resiliency*. Cognella. [In Press]

Deaton, J. D., & **Whitbeck, M. A.** (2024). *Help, teach, counsel*: How terminology changes in the ProQOL-5 impact score reliability. *Measurement and Evaluation in Counseling and Development*, 57(2), 147–161. <https://doi.org/10.1080/07481756.2024.2308829>

Dillman Taylor, D., Tabet, S. M., **Whitbeck, M. A.**, Carlson, R., Barden, S. & Silverio, N. (2023). The factor structure of the Outcome Questionnaire-45.2 with economically vulnerable adults. *The Professional Counselor*, 13(3), 193-205. doi:10.15241/ddt.13.3.193

Deaton, J. D., & **Whitbeck, M. A.** (2023). Affective Responses, Coping, and Mental Health Outcomes: An Exploratory Needs Assessment (Brief Report).

Cannon, J. L. & **Whitbeck, M. A.** Mindfully Coping with COVID-19: Mindfulness in Supervision. SACES Spring 2021 Newsletter.

Barden, S. M., Taylor, D. D., Silverio, N., Carlson, R. G., **Whitbeck, M.**, Carroll, N., & Velez, M. (2021). Motivations to Enroll and Engage in Relationship Education Programs: A Qualitative Investigation of Key Process Factors. *Journal of Couple & Relationship Therapy*, 1–19. <https://doi.org/10.1080/15332691.2020.1867685>

**Whitbeck, M. A.**, Vitagliano, L., Wachter Morris, C., & Wester, K. (In preparation). Confident in crisis: Factors that relate to counselor trainees' crisis self-efficacy.

## ***Presentations***

### *National*

**Whitbeck, M. A.**, & Cannon, J. L. (2021, October). *Mindfully coping with COVID-19: Using Mindfulness Practices to Support Counselor Trainee Wellness*. Presentation given at the Association for Counselor Education and Supervision Conference, Atlanta, GA.

**Whitbeck, M. A.**, Gerringer, B. & Chan, C. D. (2021, March). *Transforming community engagement: Developing a trauma-informed and culturally responsive virtual speaker series*. Poster presented at the 2021 CSI Days Virtual Conference.

**Whitbeck, M. A.** (2019, April). *How internalized stigma impacts clients with schizophrenia: The battle within*. Poster presented at the American Counseling Association National Conference, New Orleans, LA.

Barden, S. M., Dillman-Taylor, D., & **Whitbeck, M. A.** (2018, April). *Examining the effect of a couple intervention program on parental outcomes*. Presentation at the American Counseling Association National Conference, Atlanta, GA.

State/Regional

**Whitbeck, M. A.** & Willis, B. T. (2023). *Advocating for counseling via a strong professional identity: Benefits for clients and counselors*. Educational presentation for the Pennsylvania Counseling Association annual conference. November 2023.

Silverio, N. & **Whitbeck, M. A.** (2021, April). *Reclaim your space: Radical self-care while learning and working from home*. Presentation at the NCACES Graduate Student Virtual Conference, North Carolina.

**Whitbeck, M. A.** (2019, January). *How internalized stigma impacts clients with schizophrenia: The battle within*. Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.

**Whitbeck, M. A.,** & Dillman-Taylor, D. (2019, January). *Analyzing the factor structure of the Outcome Questionnaire-45.2 for an economically vulnerable population*. Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.

**Whitbeck, M. A.,** & Dillman-Taylor, D. (2018, April). *Analyzing the factor structure of the Outcome Questionnaire-45.2 for an economically vulnerable population*. Poster presented at the Graduate Research Forum at the University of Central Florida, Orlando, FL.

**Whitbeck, M. A.,** Velez, M., Garcia, G., Miranda, M., Romero, M., & Coca, K. (2018, January). *Does the working alliance predict psychological distress in participants in psychoeducational groups?* Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.

Barden, S. M., & **Whitbeck, M. A.** (2018, January). *Does it work? Relationship education for economically vulnerable couples*. Presentation at 10th University of Central Florida Counseling Conference, Orlando, FL.

**Whitbeck, M. A.,** Diaz, A., & Quintero-Mora, R. (2017, January). *Communication through grief and loss for couples*. Poster presented at the University of Central Florida Counseling Conference, Orlando, FL.

**Whitbeck, M. A.,** & Collings, R. (2016, April). *The study place project: Protocols*. Presentation at Transformations: Student Creativity and Research Conference, Cortland, NY.

Tremblay, F., Tavares, K., **Whitbeck, M. A.,** Herbst, J., Scardino, V., Scheu, J., & Jaimungal, C. (2015, April). *Psychometrically evaluating the potential of social acuity stimuli*. Poster presented at Transformations: Student Creativity and Research Conference, Cortland, NY.

## SERVICE

### Professional Service

Committee Member, AARC Diversity and Social Justice (DISJ)	2023- Present
<i>Teaching and Supervision in Counseling</i> Editorial Board Member	2023- Present
AARC Conference Proposal Reviewer	2023- Present

### Departmental Service

Chi Sigma Iota National Counseling Academic and Professional Honors Society International: Chi Delta Rho Chapter Faculty Advisor	2023- Present
Committee Member, Counselor Training Center Research Group	January 2024- Present
Standards Work Group Committee Member	Present
Assessment Action Committee Member	Present

## CERTIFICATIONS AND LICENSES

Registered Mental Health Counselor Intern (FL; IMH 18077)	February 2019- Present
NBCC National Certified Counselor (1165128)	February 2019- Present

## PROFESSIONAL MEMBERSHIPS AND AWARDS

### Professional Memberships

• Pennsylvania Counseling Association (PCA)	Present
• American Counseling Association (ACA)	Present
• Association for Assessment and Research in Counseling (AARC)	Present
• Southern Association for Counselor Education and Supervision (SACES)	Present
• Association for Counselor Education and Supervision (ACES)	Present
• Chi Sigma Iota (CSI)	Present

### Grants

• Chi Sigma Iota Excellence in Counseling Research Grant (\$1,387)	January 2023
• Donald Hood Student Grant Research Award (\$500), Association for Assessment and Research in Counseling (AARC)	June 2021
• Research and Practice Grant (\$500), Southern Association for Counselor Education and Supervision (SACES)	July 2021

### Academic Awards and Honors

• President: Chi Sigma Iota, Upsilon Nu Chi Chapter, UNCG	May 2021-May 2022
• UNC Greensboro Alpha Delta Pi's Professor of the Semester	Fall 2021
• President-Elect: Chi Sigma Iota, Upsilon Nu Chi Chapter, UNCG	August-May 2021
• Third Place Award at the UCF CEDHP Annual Graduate Research Forum	March 2018