

HELEN RUNYAN
 Associate Professor
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EDUCATION

2009-2012	Ph.D. Counseling, Old Dominion University CACREP Accredited Dissertation: <i>Classroom management competencies for school counselors: A Delphi study</i>
2006-2008	M.S. Counseling, Old Dominion University CACREP Accredited
2004-2006	B.S. Psychology, Regent University Organizational Leadership and Management (Minor)

PROFESSIONAL LICENSURE/CERTIFICATION

Service to the Armed Forces Reconnections Workshops Facilitator	American Red Cross	2021-present
Approved Clinical Supervisor	Center for Credentialing and Education #3787	2020-present
ASIST-certified	LivingWorks	2019-present
EMDR-trained Counselor	Trauma Recovery Network/HAP	2019-present
School Counseling Leadership Specialist	American School Counselor Association	2019-2024
Cultural Competency Specialist	ASCA	2018- 2023
Mental Health Specialist	ASCA	2018- 2023
Licensed Professional Counselor & Registered, Approved Supervisor	Virginia	#0701005419 March 2013-present
National Certified Counselor	National Board for Certified Counselors	#246451 February 2009-present

PROFESSIONAL EXPERIENCE

Service to the Armed Forces Reconnections Workshops Facilitator	American Red Cross	December 3, 2021-present
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- Facilitate Mind and Body workshops for all ages
- Facilitate Reconnection workshops for children and teens
- Facilitate Reconnection workshops for adults
- Facilitate virtual Reconnection workshops

Co-founder Women's Resource Collaborative January 11, 2021-present

- Organize and form a team to provide mental health services to trauma victims
- Provide direct services to clients

Disaster Behavioral Health Team Member Virginia Dept. of Behavioral Health & Developmental Services August 29, 2019-present

- Deploy to disasters as called to address mental health distress
- Work in coordination with existing local emergency response programs

Crisis Care Team Member Virginia Beach Medical Reserve Corps June 4, 2019-present

- Work in coordination with existing local emergency response programs
- Provide counseling in major crises (e.g., V.B. Strong initiative)

Consultant Macmillan Learning March 6, 2019

- Tested and evaluated *Achieve Read & Practice* online textbook

Consultant Theravue March 1, 2019

- Tested and evaluated Skills-based online program

Ad Hoc Reviewer Springer Publications February 2019-present

- Review proposals for new books and editions

Chapter Faculty Advisor Alpha Omega Lambda chapter of Chi Sigma Iota May 2017-present

- Receive and transmit all communications with the CSI Headquarters office
- Certify that all prospective members have met eligibility criteria for CSI membership
- Coordinate and oversee activities of the CSI Chapter Executive Committee and members
- Assure that the annual plan report is completed and submitted promptly
- Serve as liaison with counseling faculty and other faculty in counseling departments or centers
- CSI Excellence in Counseling Research Grants Committee Member

Conference Reviewer American Counseling Association June 2017-present

- Reviewed proposals for presentations for the ACA 2018-2022 Annual Conferences

Ad Hoc Reviewer Sage Publications February 2016

- Reviewed *School Counseling Practicum and Internship: 30 Essential Lessons* for publication

Reviewer Journal of School Counseling September 2015-2021

- Review manuscripts for potential publications

Clinical Team Member Regent University July 2013-present

- Teach Skills, Practicum, and Internship courses
- Meet with team to review students' skills
- Create professional development plans for students in need of extra support

Faculty Leader CourseSmart June 2013-August 2016

- Offered suggestions on enhancements or new features to improve CourseSmart
- Provided feedback on planned enhancements or new features
- Provided recommendations on enhancing training and communications for faculty and students
- Participated in focus groups

Founder and Sole Proprietor Runyan Counseling March 2013-present

- Counsel clients of all ages and backgrounds
- Headstrong partner

Associate Professor Regent University August 2012-present

Dissertations Completed

- Dissertation Chair for:
 - Denise Houser, 2022, *Posttraumatic Growth in Families Following Traumatic Loss of a Child*
 - Angela Fung, 2021, *Impact of God Attachment and Spirituality on Caregivers' Self-Esteem and Compassionate Love*
 - Linda Herbert, 2018, *The Lived Experiences of Combat-Related Amputees: A Phenomenological Study*
 - Vanessa Kent, 2018, *Mentoring Doctoral Student Mothers in Counselor Education: A Phenomenological Study*
- Dissertation Committee for:
 - Graham
 - Harris
 - Johns
 - Buford
 - Thomas
 - Nicholas
 - Perry

Dissertations in Progress

- Dissertation Chair for
 - McNutt, *Research Perceptions in Art Therapy*
 - Flowers, *A Phenomenological Inquiry Examining Mental Health Stressors Associated With Reentry Among African American Males*
 - McKinney, *Music and Empathy*
 - Kerrigan, *Updating Trauma Curricula Standards in CACREP: Foundational Skills, Knowledge and Counselor Disposition*
 - McLean, *Military Members' Transitioning to Civilian*
- Dissertation Committee for:
 - Collins, *Keeping Confidentiality: Impacts on Experienced Intimacy for the Counseling Professionals' Intimate Partner*
 - Buquo, *The Lived Experiences of Foster Parents with the School System While Advocating for their Child's Well Being*

Courses Taught

- Addiction Therapies for Individuals and Families II online
- Assessment Techniques in Counseling on campus and online
- Career and Lifestyle Development online
- Clinical Mental Health Counseling online
- Concepts of Family Systems on-campus and online

- Counseling Children and Adolescents online
- Counseling of Women online (M.A. and Ph.D.)
- Counseling Skills and Techniques on campus and hybrid
- Crisis, Trauma, and Clinical Mental Health on campus and online
- Internships I, II, and III hybrid (Ph.D.)
- Multicultural Counseling online
- Practicum and Advanced Skills on campus and online
- Principles of School Counseling online
- Professional Ethics in Human Service Fields
- Program Development and Evaluation for School Counselors online
- Proposal Development online (Ph.D.)
- Psychopathology & Diagnosis
- School Counseling Internship on campus and online
- Theories of Human Sexuality online (M.A. and Ph.D.)
- The True, The Good, & The Beautiful

Committees Served on

- Chair of Department Faculty Search Committee
- School of Psychology and Counseling school representative on University CIRC Committee

Adjunct Instructor Old Dominion University August 2011-May 2014

- Theories and Practice of Prevention on campus
- Introduction to Human Services on campus
- Human Services Internship on campus
- Foundations of Career Development on campus
- Advanced Counseling and Psychotherapy Techniques online
- Internship in Mental Health Counseling online
- Practicum in Counseling online
- School Culture, Learning, and Classroom Management on campus
- Non-Profit Fund-Raising in Human Services on campus and online

Director CARE NOW August 2010-June 2012

- Blair and Lafayette-Winona Middle Schools Norfolk, VA
- Phoebus High School Hampton, VA
- Started as co-director in August 2010
- Conducted and coordinated pilot study in ninth-grade summer school, adapting original middle school material as necessary
- Assumed responsibility as Lead Director of three schools as CARE NOW rapidly expanded due to its successful implementation

Co-Facilitator School Counselor Supervision Group September 2010-June 2011

- Newport News Public Schools Newport News, VA
- Advised school counselors of the importance of supervision to continuing professional development
- Facilitated meaningful discussions, including case conceptualizations
- Established group norms and redirected communication when necessary to accomplish goals

Group Facilitator Old Dominion University September-December 2010

- Growth Group

- Reduced anxiety level of group participants due to newly experiencing and participating in a small group
- Recorded groups and analyzed videos to improve group leadership skills and presence

Co-Teacher Old Dominion University May-August 2010

- Advanced Counseling and Psychotherapy Techniques
- School Counseling Program Development

Group Facilitator Norfolk Community Services Board March-May 2010
Anger Management group

Clinical Supervisor Old Dominion University January 2010-June 2012
Conducted individual, triadic, and group clinical supervision with master's level counseling students

Group Co-facilitator Norfolk Community Services Board January-May 2010
Co-facilitated Mood Disorders group with LCSW

Counseling Clinician Norfolk Community Services Board January-May 2010
Met with individual clients for intake and counseling sessions

Research Assistant Quality School Counseling Initiative November 2009-June 2010
Old Dominion University
Consulted and advised school counselor supervisors on how to lead their school counseling teams to achieve Recognized American School Counselor Association (ASCA) Model Program (RAMP) status for their schools

Reviewer Chi Sigma Iota's (CSI) Counselors' Bookshelf April 2009-2015
Reviewed potential entries in the Professional Books section

Independent Living Caseworker Barry Robinson Center, Norfolk, VA January-June 2009
Counseled residents individually and in groups to prepare them to lead successful lives outside of residential treatment

School Counseling Intern Norfolk Public Schools, VA January-December 2008
Practicum and internship in elementary and middle schools

Counseling Intern Norfolk Community Services Board January-May 2008
Co-facilitated living skills and women's groups

PUBLICATIONS

Peer--Reviewed Journal Articles

Kaczmarczyk, K., Runyan, H., Knight, J., Thompson, M., Daniels, E., Durant, P. (2022). School counselor self-care. [Manuscript submitted for publication].

Kent, V., Runyan, H., Savinsky, D., & Knight, J. (2020). Mentoring doctoral student mothers in counselor education: A phenomenological study. *The Professional Counselor, 10*(4), 532–547.

<https://doi:10.15241/vk.10.4.532>

- Runyan, H., Grothaus, T., & Michel, B. (2018). Classroom management competencies for school counselors: A Delphi study. *Professional School Counseling, 22*(1), 1-12. <https://doi>
- Michel, R. E., Hays, D. G., & Runyan, H. I. (2015). Faculty member attitudes and behaviors toward male counselors in training: A social cognitive career theory perspective. *Sex Roles, 72*, 308-320. <https://doi.org/10.1007/s11199-015-0473-1> [Invited manuscript]
- Michel, R., Hall, S., Hays, D., & Runyan, H. (2013). A mixed methods study of male recruitment in the counseling profession. *Journal of Counseling and Development, 91*, 475-482. <https://doi.org/10.1002/j.1556-6676.2013.00120.x>

Books/Booklets/Book Chapters

- Grothaus, T., Runyan, H., & Sacco-Bene, C. (2019). Solution-focused counseling as a positive intervention. In G. J. McAuliffe (Ed.), *Positive counseling: A guide to assessing and enhancing client strength and growth* (pp. 173-183). Cognella Academic Publishing.
- Runyan, H., & Knight, J. (2018). Career counseling and individuals with disabilities. In C. Williams & T. Hourihan (Eds.), *Career, lifestyle, and spiritual development: Work, purpose, calling and God* (pp. 292-312). Cognella Academic.
- Knight, J. & Runyan, H., (2018). Career development in elementary and middle school. In C. Williams & T. Hourihan (Eds.), *Career, lifestyle, and spiritual development: Work, purpose, calling and God* (pp. 134-150). Cognella Academic.
- Runyan, H. (2013). Racism. In B. Erford & R. Byrd (Eds.), *Applying techniques to common encounters in school counseling: A case-based approach*. Pearson. [Invited chapter]
- Runyan, H., & Grothaus, T. (2013). De-escalating extreme behaviors/emotions. In B. Erford & R. Byrd (Eds.), *Applying techniques to common encounters in school counseling: A case-based approach*. Pearson.

Encyclopedia Entries, Interviews & Book Reviews

- Runyan, H. (2009). [Review of the book *School counseling to close the achievement gap: A social justice framework for success*, by C. Holcomb-McCoy]. *The Counselor's Bookshelf: Professional Books*. CSI, International.

Newsletter/Magazine Articles

- Runyan, H. (2017, May). The President's message. *The Virginia Counselor: The Official Newsletter of the Virginia Counselors Association, 2*.
- Runyan, H. (2017, March). The President's message. *The Virginia Counselor: The Official Newsletter of the Virginia Counselors Association, 2*.
- Runyan, H. (2017, January). The President's message. *The Virginia Counselor: The Official Newsletter of the*

Virginia Counselors Association, 2.

Runyan, H. (2016, November). The President's message. *The Virginia Counselor: The Official Newsletter of the Virginia Counselors Association, 2.*

Runyan, H. (2016, October). The President's message. *The Virginia Counselor: The Official Newsletter of the Virginia Counselors Association, 2.*

Runyan, H., Laoch, A., & Harrichand, J. (2016, October). VCA Leadership Academy. *The Virginia Counselor: The Official Newsletter of the Virginia Counselors Association, 15.*

Runyan, H. (2016, July/August). Classroom management the school counseling way. *ASCA School Counseling Magazine, 53(6), 36-41.*

Runyan, H. (2015, November). Virginia Association for Multicultural Counseling and Development (VAMCD). *The Virginia Counselor: The Official Newsletter of the Virginia Counselors Association, 12.*

Anderson, K., Grothaus, T., Stone, T., Upton, A., & Runyan, H. (2011, February 2). Supporting students of military families. *VSCA Voice, 10.*

Thompson, S., Sanderfer, M., Davis, J., & Runyan, H. (2010). Solving the supervision Rubik's Cube: Adding dimension to cultivating supervisee development. *Southern Association for Counselor Education and Supervision (SACES) Newsletter, 6(3), 9.*

ASCA Policy Statement

Grothaus, T., Hauserman, D., Gertel, S., & Runyan, H. (2011). *The school counselor and the identification, prevention, and intervention of behaviors that are harmful and place students at-risk.* Policy statement adopted by ASCA.

PRESENTATIONS

National and International Conferences

Kerrigan, R., Compton, L., & Runyan, H. (2022, March 18). *What experts say every counselor should know about trauma.* [Education session]. 2022 CAPS Virtual Conference.

Thompson, M., Vaughn, J., Daniels, E., Schuster, L., Knight, J., & Runyan, H. (2021, October 8). *My role, my responsibilities, my purpose: The need for post-graduate school counseling clinical supervision.* [Education session]. 2021 ACES Conference; Atlanta, GA.

Runyan, H. (2021, April). *The lived experiences of combat-related amputees.* [Education session]. 2021 ACA Virtual Conference.

Runyan, H. (2019, November 15). *Patient perspective: A veteran's pain journey* [Education session]. iPain International Pain Conference, Los Angeles, CA.

Runyan, H., & Towns, D. L. (2019, October 10). *Improving persistence and accelerating dissertation completion rates through use of detailed timelines* [Education session]. Association for Counselor Education and Supervision (ACES), Seattle, WA, United States. <http://aces2019.net/resources/ACES-2019-Conference-Program-FINAL-v2.pdf>

- Patty, K., Kocher, N. & Runyan, H. (2018, April 29). *The wellness model: Wholeness begins with you*. Presented at the American Counseling Association conference, Atlanta, GA.
- Runyan, H. (2017, July). *The role of the counselor in spiritual growth in children*. Presented at the Association for Child and Adolescent Counseling conference, Arlington, VA.
- John, J., Knight, J., & Runyan, H. (2017, July). *Understanding child and adolescent spiritual and religious development in the school setting*. Presented at the ASERVIC annual conference, Richmond, VA.
- Runyan, H. & Michel, B. (2014, July). *Create better classroom lessons through effective classroom management*. Presented at the ASCA annual meeting, Orlando, FL.
- Runyan, H. & Hall, S. (2011, October). *Male recruitment and retention in graduate counseling programs*. Presented at the ACES national conference, Nashville, TN.
- Ward, C. A., Runyan, H., & Grothaus, T. (2011, October). *The sup group: Structured group supervision of practicing school counselors*. Presented at the ACES national conference, Nashville, TN.
- Grothaus, T. & Runyan, H. (2011, July). *RAMPlify your resources via peer partnerships*. Presented at the annual meeting of ASCA, Seattle, WA.
- Ward, C., Runyan, H., & Grothaus, T. (2011, July). *Peer power! Promoting professional and program growth with group supervision*. Presented at the ASCA annual meeting, Seattle, WA.

State and Regional Conferences

- Runyan, H. (2017, October 13). School counselors as leaders: Changing schools from the inside out. Presented at the annual meeting of the Virginia School Counselor Association (VSCA), Hampton, VA.
- Runyan, H. (2016, October). Social justice in schools: The new wave of multiculturalism. Presented at the annual meeting of the Virginia School Counselor Association (VSCA), Hampton, VA.
- Runyan, H. (2016, May). So, you think you can present? How to present at conferences. Presented at the VAMCD annual conference, Richmond, VA.
- Anderson, K., Stone, T., Runyan, H., Upton, A., & Grothaus, T. (2012, October). Serving those who serve: School counselors and military families. Presented at the annual meeting of VSCA, Newport News, VA.
- Runyan, H. & Moreno, M. (2011, November). Military families dealing with deployment: A strengths-based counseling approach. Presented at the annual convention of the Virginia Counselors Association, Portsmouth, VA.
- Runyan, H. (2011, October). The Quality School Counseling Initiative: Bridging the gap between research and practice. Presented at the VSCA annual meeting, Richmond, VA.
- Upton, A., Runyan, H., & Grothaus, T. (2011, October). Supervision for school counselors: Benefits, barriers, and strategies for success. Presented at the VSCA annual meeting, Richmond, VA.
- Runyan, H. (2011, March). Building a RAMP between professors and professionals. Presented at the annual Virginia Association for Counselor Education and Supervision (VACES) Graduate Student Conference, Williamsburg, VA.
- Runyan, H. (2010, March). The role of culturally responsive classroom management in school counselor preparation programs. Presented at the annual VACES Graduate Student Conference, Williamsburg, VA.
- Runyan, H. & Jamison, R. (2009, October). Culturally responsive classroom management. Presented at the VSCA annual meeting, Newport News, VA.

Invited Addresses, Workshops, Seminars

- Runyan, H. (2021, November 29). Dealing with difficult people. Neighbors Building Neighborhoods Academy, Norfolk, VA.
- Runyan, H. (2021, November 14). Career considerations for the modern Christian counselor: Multicultural considerations. Regent Chapter of The American Association of Christian Counselors, Virginia Beach, VA.

- Runyan, H. (2021, March 30). Crisis counseling. Presented at Bethel University, St. Paul, MN.
- Runyan, H. (2020, October 25). My Christian integration in the counseling profession: Partnering with the Wonderful Counselor. Presented at Fall Forum of AACC chapter at Regent University, Virginia Beach, VA.
- Runyan, H. (2019, November 9). Are you okay? Presented at the annual Crosswalk Youth Conference, Williamsburg, VA.
- Runyan, H. (2019, February 15). Panelist at middle school parent session during Walking Wisely Weekend at Grace Bible Church, Virginia Beach, VA.
- Runyan, H. (2018, November 9). Increasing resilience. Presented at the first Western Tidewater Counselor's Association Meeting, Sussex, VA.
- Runyan, H. (2017, May 6). Unity: An essential component of community. Keynote at the 2016-17 CSI Annual Induction Ceremony, Virginia Beach, VA.
- Runyan, H. (2016, April 14). Multicultural competence: Community, connection, and collaboration. Presented at the Hampton Roads 3Event annual conference, Norfolk, VA.
- Runyan, H. (2013, September). Building healthy relationships: The foundations of strong communities. Invited presentation at the Norfolk Neighborhood Expo sponsored by the city of Norfolk, VA.
- Runyan, H. (2011, Spring). Social and cultural foundations. Presented as part of the NCE and Comprehensive Exam Review sponsored by the Omega Delta chapter of CSI, Norfolk, VA.
- Runyan, H. (2010, Fall). Group work. Presented as part of the NCE and Comprehensive Exam Review sponsored by the Omega Delta chapter of CSI, Norfolk, VA.

CONFERENCES ATTENDED

- ACES Conference, Atlanta, GA. October 5-10, 2021.
- ACA Conference, Online. April 5-30, 2021.
- iPain International Pain Conference, Los Angeles, CA. November 14-16, 2019.
- Association for Counselor Education and Supervision (ACES), Seattle, WA. October 10-13, 2019.
- VACES Graduate Student Conference, Hampton, VA. February 23, 2019.
- American Counseling Association, Atlanta, GA. April 26-29, 2018.
- Virginia School Counselor Association, Hampton, VA. October 2017.
- Association for Spiritual Ethical and Religious Values in Counseling, Richmond, VA. July 2017.
- American Counseling Association, San Francisco, CA. March 2017.
- Virginia Counselors Association, Williamsburg, VA. November 2016.
- Southern Association for Counselor Education and Supervision, New Orleans, LA. October 2016.
- Virginia School Counselor Association, Hampton, VA. October 2016.
- Virginia Association of Multicultural Counseling and Development, Richmond, VA. May 2016.
- Hampton Roads Counselors Association, Norfolk, VA. April 2016.
- Virginia Counselors Association, Hot Springs, VA. November 2015.
- Virginia School Counselor Association, Hampton, VA. October 2015.
- American School Counselor Association, Orlando, FL. July 2014.
- Virginia School Counselor Association, Newport News, VA. October 2012.
- Virginia Counselors Association, Portsmouth, VA. November 2011.
- Virginia School Counselor Association, Richmond, VA. October 2011.
- Association for Counselor Education and Supervision, Nashville, TN, October 2011.
- American School Counselor Association, Seattle, WA. July 2011.
- Virginia Association for Counselor Education and Supervision Graduate Student Conference, Williamsburg, VA. February 2011.
- Virginia Association for Counselor Education and Supervision Graduate Student Conference, Williamsburg, VA. February 2010.

Virginia School Counselor Association, Newport News, VA. October 2009.

PROFESSIONAL AFFILIATIONS AND DEVELOPMENT

2006-present	American Counseling Association, Member
2006-present	Hampton Roads Counselor Association, Member
2006-present	Southern Association for Counselor Education and Supervision, Member
2006-2015	Virginia Association for Multicultural Counseling and Development, Treasurer
2006-present	Virginia Counselors Association, Member
2007-present	Virginia School Counselor Association, Member
2007-present	American School Counselor Association, Member
2008-present	Association for Counselor Education and Supervision, Member
2008-present	Chi Sigma Iota (Chair Awards/2009; Membership/2010; Excellence in Counseling Research Grants Committee Member/2019-22)
2008-present	Virginia Association for Counselor Education and Supervision, Member
2008-present	Association for Spiritual Ethical and Religious Values in Counseling, Member
2014-present	Hampton Roads School Counseling Leadership Team, Member
2015-present	Journal of School Counseling, Reviewer
2015-2016	Virginia Association for Multicultural Counseling and Development, President
2016	Virginia Counselors Association, President-elect
2016-2017	Virginia Counselors Association, President
2017-2018	Virginia Counselors Association, Past-President

AWARDS

2015 Special Recognition for the Dedicated Pursuit of Continuing Education for NCC
2015 VCA Division Member of the Year for VAMCD
2016 Southern Region Branch Leadership Development Award for ACA (as VCA President)
2016-17 5-Star Branch Award for ACA (as VCA Past-President)
2017 Southern Region Branch Leadership Development Award for ACA (as VCA Past-President)
2017 ACA Southern Region Chair's Leadership Award
2019 NBCC Foundation Approved Clinical Supervisor Training Award