

Mary Sanderfer, Ph.D, LPC, NCC, EMT

Assistant Professor
Regent University

EDUCATION

Ph.D Counselor Education and Supervision **2009-2012**
Old Dominion University, Norfolk, VA
(CACREP Accredited)

Dissertation Title: *The Effectiveness of Court Mandated Anger Management: A Provider's Perspective*
Chair: Dr. Ted Remley

M.A. Community Counseling **2005-2007**
Regent University, Virginia Beach, VA
(CACREP Accredited)

B.A. Psychology **2001-2005**
University of Louisville, Louisville, KY

PROFESSIONAL LICENSURE/CERTIFICATION

Licensed Professional Counselor (LPC) **December 2013 to Present**
Virginia Board of Counseling

Emergency Medical Technician (EMT) **June 2015 to Present**
National Registry of Emergency Medical Technicians

National Certified Counselor (NCC) **November 2008 to Present**
National Board for Certified Counselors

CLINICAL EXPERIENCE

Clinical Services QA Advisor **2017-2020**
ValueOptions Federal Services, Military OneSource, Chesapeake, VA
Ensured the delivery of service to internal and external customers for the Military OneSource Contract; Ensured stability of processes to support compliance with all state and federal laws; Compiled and reported monitoring evaluation data.

Clinical Director **2016-2018**
Quality of Life Counseling Center, Hampton, VA
Supervised staff; reviewed clinical documentation; provided clinical supervision; assisted with the development of policy and procedure; conducted training on clinical practices.

Clinician **2013 – 2014**

Pendleton Child Service Center, Virginia Beach, VA

Provided inpatient and outpatient counseling to children (ages 5-12) and their families; conducted individual, family, and group therapy to include topics such as social skills, stress, behavior modification, family situations; utilized expressive art and play therapy techniques; conducted clinical assessments; developed and implemented therapeutic treatment plans.

Clinician **2009-2012**

The New Y-CAPP, INC., Hampton, VA

Conducted clinical assessments; conducted individual and group therapy; implemented crisis intervention, constructed treatment utilizing theory and expressive arts; facilitated clinical staffing.

GRADUATE TEACHING EXPERIENCE

Lecturer **2018-2019**

Old Dominion University, Norfolk, VA

Taught courses in the master's in counseling program.

Adjunct Professor **2017 – 2018**

Regent University, Virginia Beach, VA

Taught courses in the counseling and psychology graduate program in counseling.

Assistant Professor **2014-2016**

Hampton University, Hampton VA

Taught courses in the master's and doctoral counseling programs; developed instructional plans; worked with colleagues to develop or modify curriculum; assessed student progress; performed academic advisement; conducted research; coordinated practicum and internship experiences; sought external funding through grant work; served on academic and administrative committees.

Adjunct Professor **2012 – 2014**

South University, Virginia Beach, VA

Taught clinically based courses in the master's in counseling program

Adjunct Professor **2012 – Current**

Old Dominion University, Norfolk, VA

Teach courses in graduate and undergraduate programs in counseling and human services.

 RESEARCH EXPERIENCE
Hampton University, Hampton, VA**Governor's School Research Mentor****2015-2016**

Co-conducted an original quantitative research study concerning the correlation between an instrument measuring depression (PHQ-9) and depressive personality traits (CAT-PD-SF); developing proposal; recruited subjects.

Old Dominion University, Norfolk, VA**Doctoral Dissertation****2011-2012**

Conducted original quantitative research study concerning the effectiveness of court mandated anger management; developed instrument; recruited subjects, manuscript; oral defense.

Old Dominion University, Norfolk, VA**Graduate Research Assistant****2011-2012**

Conducted quantitative and qualitative research protocol concerning the study of military-connected children and families; engaged in course design and instruction.

Old Dominion University, Norfolk, VA**Faculty Research Assistant****2010-2012**

Collaborated and assisted with qualitative research concerning Cognitive Behavioral Therapy and Energy Psychology; helped develop and implement experimental protocol.

Old Dominion University, Norfolk, VA**Dissertation Research Team****2010-2011**

Collaborated and assisted with qualitative dissertation research concerning the use of neuro-feedback.

University of Louisville, Louisville, KY**Honor's Research****2004-2005**

Proposed and conducted original research project concerning maternal anxiety and attention; recruited subjects; subject testing; write up; oral defense.

 GRANTS

Program: Department of Education First in the World

Hampton University First in the World Project

Grant No: P116F140087

Role: Project Evaluator

Program: HRSA Behavioral Workforce Education and Training

Hampton University Addressing Transition with Diverse Mental Health Counselors

Grant No: G02HP27935

Role: University Clinical Supervisor

Program: Vice President for Research Undergraduate Research

University of Louisville Maternal Anxiety and Depression and Children's Attentional Abilities

Grant No: N/A

Role: Project Evaluator

PUBLICATIONS

Sanderfer, M. (2015). The Effectiveness of Court Mandated Anger Management: A Provider's Perspective. *International Journal of Mental Health Counseling*.

Johnson, K.F. and **Sanderfer, M.** (2014) Child support agencies and services. In the *Encyclopedia of Human Services and Diversity* (p. unknown) Edited by Drs. Linwood H. Cousins and J. Geoffrey Golson

Sanderfer, M. (In process) Refinement and measurement invariance of the effectiveness of anger management programs measure. *Submitted to Measurement & Evaluation in Counseling*

PROFESSIONAL PRESENTATIONS

Sanderfer, M. (June 2019). *Mindful Martial Arts*. Conference for Girls: Old Dominion University in Norfolk, VA.

Sanderfer, M. (October 2017). *Coping with Stress as a Military Couple*. Military OneSource webinar.

Sanderfer, M. & Spencer, B. (October/ November 2015). *A general overview: Depression, Bipolar, and Schizophrenia*. Let's Have Conversation about Mental Health in Newport News, VA.

Grant, M., Hoquee, K., Ward, Tony, & **Sanderfer, M.** (May 2015). Minority Mentorship. Virginia Network Conference in Richmond, VA.

Sanderfer, M. & Carpenter, L. (February 2014). *PTSD in Children and Teens*. Hampton Roads School Counseling Leadership Conference in Hampton, VA.

Thompson, S.K., **Sanderfer, M.**, Dean-Nganga, L., & Keefer, M. (June 2011). *Relieving Student Counselor Anxiety: A Comparison of CT and Energy Psychology Technique-Acupressure Tapping*. Association of Comprehensive Energy Psychology Conference in Reston, VA.

Thompson, S.K., **Sanderfer, M.**, Dean-Nganga, L., & Keefer, M. (October 2011). *Relieving Student Counselor*. Virginia Association of Counselor Educators Conference in Nashville, TN.

Sanderfer, M. (April 2005). *Maternal Anxiety and Depression and Children's Attention Abilities. A study of Head Start Families*. University of Louisville Undergraduate Research Symposium in Louisville, KY.

ADVANCED PROFESSIONAL TRAINING

CPR Instructor <i>American Heart Association</i>	May 2016
Certified EMT <i>Virginia Beach Emergency Medical Services</i>	June 2015
Community Emergency Responder <i>Virginia Beach Community Emergency Response Team</i>	September 2014
Critical Incident Stress Management Training (Group) <i>Sentara Employee Assistance Program</i>	June 2007
Critical Incident Stress Management Training (Individual) <i>Sentara Employee Assistance Program</i>	April 2007

PROFESSIONAL MEMBERSHIPS

American Counseling Association (ACA)	2019 to present
Virginia Counselors Association (VCA)	2018 to present
Give an Hour	2014 to present
Virginia Beach Community Emergency Response Team	2014 to present