


Andrew M. Bland

Millersville University Psychology Dept.
Susan P. Luek Hall, Room 223-A
P.O. Box 1002 | Millersville, PA 17551
(717) 871-4749 | Andrew.Bland@millersville.edu
 <https://orcid.org/0000-0003-2156-3470>

Education

Ph.D., Counseling Psychology
Indiana State University (Terre Haute, IN)

August 2007 - August 2013.

- APA-accredited program.
- Dissertation: *Unemployment and Marital Quality in Single- and Two-Earner Marriages.*

M.A., Psychology
University of West Georgia (Carrollton, GA)

August 2001 - December 2003.

- Program accentuated psychology in the humanistic, existential, and transpersonal traditions, with emphasis given to psychology as a holistic/integrative, phenomenological, multicultural, and transformative science of human experience.
- Thesis: *The Tree of Life: A Theory of Musical Creativity and its Role in Personal and Social Development.*

B.S., Psychology
University of Georgia (Athens, GA)

September 1996 - December 2000.

- Minor in Journalism and Mass Communication.

License

Psychologist

- Pennsylvania #PS017689

Teaching

Associate Professor
Millersville University, Psychology Dept. (Millersville, PA)

August 2014 - present.

- Courses instructed: *General Psychology* (PSYC 100 – both majors-only and general education sections), *Personality Theory* (PSYC 335), *Family Systems: A Psychological Approach* (PSYC 403), *Counseling Strategies* (PSYC 447), *Psychology and Creativity in Art, Music, and the Written Word* (PSYC 462 – interdisciplinary Perspectives course), *Directed Projects in Psychology* (PSYC 495), *Child Development in the Family System* (PSYC 530), *Classroom Intervention* (PSYC 540), *Psychotherapy and Intervention Skills* (PSYC 631), *Theories of Family Dynamics* (PSYC 637), *Clinical Interviewing and Appraisal Skills* (PSYC 670 – designed course), *Psychological Assessment I* (PSYC 671), *Personality Assessment* (PSYC 673), and *Career Development* (SCCN 645).

Adjunct Faculty
Xavier University, Dept. of Psychology (Cincinnati, OH)

January - May 2014.

- Courses instructed: *General Psychology* (PSYC 101).

Adjunct Faculty**Ivy Tech Community College, Social and Behavioral Science (Terre Haute, IN)***August 2010 - May 2012.*

- Courses instructed: *Introduction to Psychology* (PSYC 101), *Lifespan Development* (PSYC 201), *Abnormal Psychology* (PSYC 205), and *Social Psychology* (PSYC 253).

Graduate Teaching Assistant**Indiana State University, Dept. of Communication Disorders and Counseling, School, and Educational Psychology (Terre Haute, IN)***June 2008 - July 2010.*

- Courses instructed: *Techniques of Counseling* lab (COUN 533 – appointed *Lead Lab Instructor*) and COUN 615 *Intro to Group Work* lab (COUN 615).
- Served as teaching assistant and/or guest lecturer in: *Foundations of Mental Health Counseling* (COUN 434/534) and *Theories of Counseling* (COUN 633).

Graduate Teaching Assistant**University of West Georgia, Psychology Dept. (Carrollton, GA)***August 2001 - December 2003.*

- Courses instructed: *Personal Relationships* (PSYC 1030).
- Served as teaching assistant in: *Introduction to General Psychology* (PSYC 1101), *Humanistic Psychology* (PSYC 2000), *History and Philosophy of Psychology* (PSYC 4030/5030), *Psychology of Myth and Symbol* (PSYC 4070/5070), and *Explorations into Creativity* (PSYC 4500/5550).

**Clinical
Experience
(* = Supervised
Training)*****Licensed Psychologist*****Samaritan Counseling Center (Lancaster, PA)***September 2016 - present.*

- Providing individual, couples, and family therapy and psychological assessments in an outpatient counseling center that emphasizes holistic approaches to healing, health, and prevention.
- Participating monthly in interdisciplinary case conferences.
- Population includes adults and older adults with concerns involving anxiety/mood, trauma, interpersonal relationships, sexual identity, work-life balance, and existential issues. Some clients are EAP-referred.

Doctoral Intern & Post-Doctoral Fellow***Talbert House (Cincinnati, OH)***August 2012 - July 2014.*

- APPIC-accredited internship program (August 2012 - August 2013) + post-doctoral fellowship (August 2013 - July 2014). Internship program became APA-accredited in March 2015.
- Emphasis given to building competency as a generalist practitioner, to integrating mental health and addictions service provision, and to interdependently addressing mental health and medical concerns. Received training in mindfulness- and acceptance-based EBPs, motivational interviewing, trauma work, and primary care behavioral health.
- Provided individual/family therapy and facilitated a men's interpersonal process group in an adult outpatient community mental health center that served underprivileged populations. Provided therapeutic services in a men's corrections facility. Administered children's psychological assessment batteries to aid in diagnosing and treatment/education

planning.

- Population included individuals with severe anxiety/mood and personality concerns; with intellectual and medical disabilities; with substance use issues; and with histories of trauma, psychosis, aggression, sexual offending, sex work, and/or criminal behavior.

Doctoral Student Therapist & Intake Therapist*

Hamilton Center, Vigo County Support Services (Terre Haute, IN)

August 2008 - July 2012.

- Provided individual/couples therapy in the adult outpatient division of a semi-rural community mental health agency. Population included adults with the full range of DSM-IV Axis I and II disorders. Most clients were unemployed and uninsured.
- Administered personality and intelligence testing and mental status exams for the Disability Determination Bureau to assist with eligibility status, for the Dept. of Child Services to evaluate parental competency, and for the agency's inpatient unit to aid in diagnosing and treatment planning.
- Facilitated an assault/trauma recovery support group. Provided collateral care for clients in jail and in local hospitals. Conducted screening interviews for court-ordered anger management and other forensic programs. Worked with walk-in clients in the crisis intervention center as needed.

Doctoral Practica/Supervised Fieldwork*

Rose-Hulman Institute of Technology, Student Counseling Center (Terre Haute, IN)

August 2010 - May 2011.

- Provided individual/couples therapy, formal assessments, crisis walk-in, campus outreach, and consultation services.
- Population included young adults with Asperger's, substance abuse, severe anxiety, trauma, and psychosis in addition to phase of life and adjustment concerns.

Indiana State University, Counseling Clinic (Terre Haute, IN)

October 2008 - July 2010.

- Facilitated interpersonal process groups for undergraduate students.
- Topics included: (a) diversity in personality and communication styles, (b) cultural influence on personal values, and (c) assertiveness and leadership.

Ivy Tech Community College, Student Counseling Center (Terre Haute, IN)

January - November 2008.

- Provided individual/couples therapy, crisis walk-in, outreach, and consultation services.
- Population included non-traditional students and individuals with severe anxiety, mood, and personality concerns.

Expressive Therapist II

Tanner Behavioral Health Services (Carrollton & Villa Rica, GA)

May 2006 - July 2007.

- Facilitated group therapy in a partial hospitalization program for children/adolescents with emphasis given to psychoeducation and experiential modalities. Also worked with adult groups as needed.
- Conducted assessments of clients' recreational pursuits, family dynamics, and spiritual development as part of the intake process. Consulted with

clients' schools. Served on the community education committee.

Lead Counselor

Inner Harbour Hospital, FOCUS Program (Rockmart, GA)

August 2004 - May 2006.

- Managed a constructive therapeutic milieu in a wilderness-based residential treatment program for adolescent sexual offenders. Provided educational assistance to children with intellectual and developmental disabilities.
- Hired, trained, supervised, and evaluated counseling staff.

Publications: Peer Reviewed

Empirical Research

- **Bland, A. M.** (2020). The existential obituary writing technique for emerging adults: Thematic and content analyses. *The Humanistic Psychologist*. Advance online publication. <https://doi.org/10.1037/hum0000176>
- DeRobertis, E. M., & **Bland, A. M.** (2020). From personal threat to cross-cultural learning: An eidetic investigation. *Journal of Phenomenological Psychology*, 51(1), 1-15. <https://doi.org/10.1163/15691624-12341368> (Lead article)
- **Bland, A. M.**, & McQueen, K. S. (2018). The distribution of Chapman's Love Languages in couples: An exploratory cluster analysis. *Couple and Family Psychology: Research and Practice*, 7(2), 103-126. <https://doi.org/10.1037/cfp0000102>
- **Bland, A. M.**, & McQueen, K. S. (2018). Unemployment and marital quality in Great Recession America: An exploratory canonical correlation. *Journal of Humanistic Psychology*. Advance online publication. <https://doi.org/10.1177/0022167818779964>
- **Bland, A. M.** (2018). Facilitating and assessing personal growth in helper development using Hart's (2014) *Four Virtues*. *The Humanistic Psychologist*, 46(1), 6-29. <https://doi.org/10.1037/hum0000078>

Practice Innovations

- **Bland, A. M.** (2019). The Personal Hero Technique: A therapeutic strategy that promotes self-transformation and interdependence. *Journal of Humanistic Psychology*, 59(4), 634-657. <https://doi.org/10.1177/0022167818763207>
- **Bland, A.** (2016, December). Beyond SMART goals: A humanistic approach to treatment planning that satisfies managed care requirements. *Society for Humanistic Psychology Newsletter*. <https://www.apadivisions.org/division-32/publications/newsletters/humanistic/2016/12/treatment-planning.aspx>
- **Bland, A. M.** (2014). Corrective experiences in corrections counseling. *Journal of Theoretical and Philosophical Criminology*, 6(1), 46-74. <https://www.jtpcrim.org/Jan-2014/Article-2-Andrew-Bland.pdf>
- **Bland, A. M.** (2013). A vision of holistic counseling: Applying humanistic-existential principles in the therapeutic relationship. *Journal of Holistic Psychology*, 2(1), 277-282 & 334-337.

Applied Theoretical Articles

- **Bland, A. M.** (2020). Existential givens in the COVID-19 crisis. *Journal of Humanistic Psychology*, 60(5), 710-724. <https://doi.org/10.1177/0022167820940186>
- DeRobertis, E. M., & **Bland, A. M.** (2020). Lifespan human development and "the humanistic perspective": A contribution toward inclusion. *The*

Humanistic Psychologist, 48(1), 3-27. <https://doi.org/10.1037/hum0000141>
(Lead article)

- DeRobertis, E. M., & Bland, A. M. (2018). Tapping the humanistic potential of Self-Determination Theory: Awakening to paradox. *The Humanistic Psychologist*, 46(2), 105-128. <https://doi.org/10.1037/hum0000087> (Lead article)
- Bland, A. M., & DeRobertis, E. M. (2017). Maslow's unacknowledged contributions to developmental psychology. *Journal of Humanistic Psychology*. Advance online publication. <https://doi.org/10.1177/0022167817739732> (Invited contribution to a special issue)

Reference Works and Critical Literature Reviews

- Bland, A. M., & DeRobertis, E. M. (2019). The humanistic perspective. In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of personality and individual differences*. Springer. https://doi.org/10.1007/978-3-319-28099-8_1484-2 (Invited contribution)
- Bland, A. M. (2019). Remembering Mike Arons (1929-2008): An annotated bibliography. *The Humanistic Psychologist*, 47(3), 285-315. <https://doi.org/10.1037/hum0000118>
- Bland, A. M., & DeRobertis, E. M. (2018). Humanistic psychology. In D. S. Dunn (Ed.), *Oxford bibliographies in psychology*. Oxford University Press. <https://doi.org/10.1093/obo/9780199828340-0225> (Invited contribution)
- Bland, A. M., & Roberts-Pittman, B. J. (2014). Existential and chaos theory: "Calling" for adaptability in career decision-making. *Journal of Career Development*, 41(5), 382-401. <https://doi.org/10.1177/0894845313498303>
- Bland, A. M. (2010). The enneagram: A review of the empirical and transformational literature. *Journal of Humanistic Counseling, Education, and Development*, 49(1), 16-31. <https://doi.org/10.1002/j.2161-1939.2010.tb00084.x>

Book Reviews

- Bland, A. M. (2020, January). Review of the book *Integrated care for the traumatized: A whole person approach*, by Serlin, Krippner, & Rockefeller (Eds.). *Independent Practitioner*, 40(1), 17-25. (Invited contribution)
- Bland, A. M. (2018, April). Review of the book *Do parents matter?* by LeVine and LeVine. *Society for Humanistic Psychology Newsletter*. <https://www.apadivisions.org/division-32/publications/reviews/parents-matter.aspx>
- Bland, A. M. (2015). Review of the book *The divide: American injustice in the age of the wealth gap*, by Taibbi. *Journal of Theoretical and Philosophical Criminology*, 7(2), 137-142. <https://www.jtpcrim.org/AUGUST2015/Bland.pdf>
- Bland, A. (2009). Review of the book *APA Publication Manual, 6th ed.*, by the American Psychological Association. *The Hoosier Counselor*, 46(3), 8-9.

Publications: Book

- Bland, A. M., & Arons, S. M. (Eds.). (2020). *The new-old: Recollections, reflections, and reconnoiterings of Mike Arons*. University Professors Press.

Publications: Professional Newsletters

- Bland, A. M. (2020, April). Danger and opportunity in the COVID-19 crisis. *Samaritan Counseling Center 2019 Annual Report to the Community*, 12-13.
- Bland, A. M. (2020, March). *Les temps modernes: Humanistic psychology*

and diagnostic alternatives (Letter from the editor). *Society for Humanistic Psychology Newsletter*. <https://www.apadivisions.org/division-32/publications/newsletters/humanistic/2020/03/diagnostic-alternatives>

- **Bland, A.** (2019, October). The crisis of creativity, and *The Courage to Create* revisited. *The Samaritan Connection*, 30, 10.
- **Bland, A.** (2019, March). On good friends. *Samaritan Counseling Center 2018 Annual Report to the Community*, 17.
- **Bland, A.** (2018, July). *Les temps modernes*: Humanistic psychology and mindfulness (Letter from the editor). *Society for Humanistic Psychology Newsletter*. <https://www.apadivisions.org/division-32/publications/newsletters/humanistic/2018/07/humanistic-psychology-mindfulness.aspx>
- **Bland, A.** (2018, April). The lightning bolt: A hope- and compassion-centered symbol of progress. *Samaritan Counseling Center 2017 Annual Report to the Community*, 4.
- **Bland, A.** (2017, November). Healthy resilience, healthy living. *The Samaritan Connection*, 28, 4.
- **Bland, A.** (2017, March). The crisis of conversation: From endangerment of communication to compassion, curiosity, and compromise. *Samaritan Counseling Center 2016 Annual Report to the Community*, 20. (Invited contribution)
- Karter, J., Gallagher, K., & **Bland, A.** (2016, July). From the new editors: *Les temps modernes*. *Society for Humanistic Psychology Newsletter*. <https://www.apadivisions.org/division-32/publications/newsletters/Humanistic/2016/07/modern-times.aspx>
- **Bland, A.** (2013, April-May). Toward a definition of psychological health: Appreciating Maslow's conceptual vision. *AHP (Association for Humanistic Psychology) Perspective*, 6-11. <https://doi.org/10.1037/e649862013-002>
- **Bland, A.** (2012, October-November). What would a humanistic DSM-5 look like? *AHP Perspective*, 11-13. <https://doi.org/10.1037/e649852013-004>
- **Bland, A.** (2010). Reflections on practicum experience. In D. Polizzi & M. Draper (Eds.), *Surviving your clinical placement: Reflections, suggestions, and unsolicited advice* (pp. 89-93). Carolina Academic Press. (Invited contribution)
- **Bland, A.** (2010). Selecting music for therapy sessions. *The Hoosier Counselor (Newsletter of the Indiana Counseling Association)*, 47(1). (Invited contribution)
- **Bland, A.** (2008, February-March). Tribute: Mike Arons (1929-2008). *AHP Perspective*, 9.
- **Bland, A.** (2007, April-May). Looking out to look in: Multicultural psychology and changing social character. *AHP Perspective*, 8-12. <https://doi.org/10.1037/e511432011-002> (Cover story)
- **Bland, A.** (2005, August-September). Collective resonance through music therapy with a group of sexual abuse victims. *AHP Perspective*, 15-16. (Second cover story)

Under Review

- DeRobertis, E. M., & **Bland, A. M.** *Humanistic and positive psychologies: The continuing narrative after two decades*. Initial manuscript submitted.
- Schneider, K. J., & **Bland, A. M.** Kirk Schneider's path to existential-humanistic psychology. Invited book chapter submitted for inclusion in: J. Falk and L. Hoffman (Eds.), *Becoming an existential-humanistic therapist: Stories from the*

journey. University Professors Press. (Invited by Dr. Schneider to serve as editor of his narrative.)

Conference Presentations

- **Bland, A. M.** (Upcoming – postponed due to COVID-19). *How do emerging adults portray themselves in their own obituaries? Thematic and content analyses* [paper presentation]. 7th Annual Conference of the Society for Qualitative Inquiry in Psychology, Cambridge, MA.
- **Bland, A. M., & Verber, M. A.** (Upcoming – postponed due to COVID-19). *There are no straight lines in nature – or in therapy: The lightning bolt metaphor for realistically conceptualizing therapeutic progress* [APA-approved CE workshop]. 13th Annual Conference of the Society for Humanistic Psychology, New Orleans, LA.
- **Bland, A. M.** (Upcoming – postponed due to COVID-19). *Looking back to look forward: What psychology, education, and global society today can learn from Mike Arons (1929-2008)* [paper presentation]. 13th Annual Conference of the Society for Humanistic Psychology, New Orleans, LA.
- Guz-Montgomery, J., Lankford, A., Creed, R., Rios-Santos, K., Purrington, W., Latourrette, C., Bargdill, R., & **Bland, A. M.** (2020, July). *Eco-martyrs, self-actualization, and misconceptions of Maslow* [paper presentation]. Division 32 hospitality suite at the annual convention of the American Psychological Association, Virtual.
- **Bland, A. M.** (2019, June). *Ethical conundrums in mental health case studies: A mixed methods exploration* [paper presentation]. 6th Annual Conference of the Society for Qualitative Inquiry in Psychology, Boston, MA.
- **Bland, A. M.** (2018, May). *Thematic analyses of the relevance of Frankl's Man's Search for Meaning for promoting identity integration and intentionality in emerging adults* [paper presentation]. 5th Annual Conference of the Society for Qualitative Inquiry in Psychology, Pittsburgh, PA.
- **Bland, A. M.** (2018, May). The assumptions behind mental health outcomes instruments: A latent thematic analysis. In L. B. Silverstein (Chair), *Using qualitative research to re-envision evidence-based practice* [symposium]. 5th Annual Conference of the Society for Qualitative Inquiry in Psychology, Pittsburgh, PA.
- **Bland, A. M.** (2017, October). *Assessment meets automation: A humanistic psychologist's response to computerized intellectual testing* [paper presentation]. University of West Georgia Psychology 50th Anniversary Reunion and Conference, Carrollton, GA and Pennsylvania State System Psychology Conference, Millersville, PA.
- **Bland, A.** (2017, May). *A validation of the effectiveness of the existential obituary writing technique* [paper presentation]. 4th Annual Conference of the Society for Qualitative Inquiry in Psychology, New York, NY.
- **Bland, A.** (2017, March). *Who is your hero? An experiential technique to promote self-transformation and interdependence* [APA-approved CE workshop]. 10th Annual Conference of the Society for Humanistic Psychology, Pittsburgh, PA.
- **Bland, A.** (2016, October). *A humanistic approach to treatment planning in the era of managed care* [paper presentation – invited]. Pennsylvania State System Psychology Conference, Slippery Rock, PA.
- **Bland, A.** (2016, May). *Hart's "four virtues": A tool for cultivating balance and self-awareness in beginning counselor development* [paper presentation]. 3rd Annual

Conference of the Society for Qualitative Inquiry in Psychology, Ramapo, NJ.

- **Bland, A.** (2015, October). An exploration of the Buddhist foundations of Acceptance and Commitment Therapy. In E. Keener (Chair), *Positive psychology: Spirituality and forgiveness* [symposium – invited]. Pennsylvania State System Psychology Conference, Slippy Rock, PA. (Unable to attend; distributed written materials in my absence)
- **Bland, A.** (2015, May). *How can qualitative research facilitate understanding and promote transformation of the synthetic drug epidemic?* [conversation roundtable]. 11th International Congress on Qualitative Inquiry, Urbana-Champaign, IL.
- **Bland, A., & Fleming, J.** (2015, February). *The role of classroom response (clicker) systems in multimodal education* [paper presentation]. Lancaster Learns, Lancaster, PA.
- **Bland, A.** (2013, May). *How can qualitative research improve criteria for measuring mental health treatment outcomes?* [conversation roundtable]. 9th International Congress on Qualitative Inquiry, Urbana-Champaign, IL.
- **Bland, A.** (2013, February). *Cultivating presence and second-order change in the therapeutic relationship: Toward an evidence-based approach* [paper presentation]. M³: Making a Life, Making a Living, Making a Difference conference (Indiana Counseling Association), Terre Haute, IN.
- Leggett, D., & **Bland, A.** (2011, April). *From conflict reduction to transformative process: A review of marriage theory, research, assessment, and therapy for the 21st century* [poster]. 24th Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- **Bland, A.** (2010, November). *Out of the fishbowl and into the water: Reflections on facilitating a group experience to develop leadership skills in school counseling students* [paper presentation]. 6th Critical Questions in Education conference (Academy for Educational Studies), Chicago, IL.
- **Bland, A.** (2010, April). *Toward reflective approaches in career decision-making* [poster]. 23rd Great Lakes Regional Counseling Psychology Conference, Akron, OH.
- **Bland, A.** (2010, April). *Expressive therapy techniques for grieving children of military families* [paper presentation]. Supporting Families in Times of Challenge conference (Indiana Counseling Association), Indianapolis, IN.
- **Bland, A., & Hodorek, S.** (2009, October). *Beyond the telephone game: The value of primary texts in the professional training of counselors and psychologists* [paper presentation]. 5th Critical Questions in Education conference (Academy for Educational Studies), St. Louis, MO.
- **Bland, A., & Draper, M.** (2008, April). *Kabbalah and the creative process: Shaping the product, person, and public* [poster]. Center for the Study of Health, Religion, and Spirituality conference, Indiana State University, Terre Haute, IN.
- **Bland, A.** (2005, May). *Yesterday's papers or guidebook for tomorrow? The future of humanistic psychology in the 21st century* [paper presentation]. Renaissance II for the Third Millennium: Emerging Visions of Human Being conference, Bari, Italy. (Invited presentation. Unable to attend; read by Sandrine Arons in my absence)
- **Bland, A.** (2004, March). *An exploration into composers' relationships with their music* [paper presentation]. Celebration of Graduate Student Research, University of West Georgia, Carrollton, GA. (Invited presentation)
- **Bland, A.** (2003, April). *History and development of West Georgia's humanistic*

psychology program [paper presentation]. 6th Student Psychology Annual Research Conference, University of West Georgia, Carrollton, GA.

- Carpenter, R., Smith, T., & **Bland, A.** (2003, April). *Psychology and the Holocaust* [panel discussion]. 6th Student Psychology Annual Research Conference, University of West Georgia, Carrollton, GA.
- Bailey, A., Olle, J., **Bland, A.**, & McNeal, M. T. (2002, April). *The Current Events Forum at West Georgia* [panel discussion]. 5th Student Psychology Annual Research Conference, University of West Georgia, Carrollton, GA.

Trainings, Workshops, and Invited Lectures

Mindfulness

- **Bland, A.** (Annually since 2015). *Mindfulness as primary prevention*. Lecture to Dr. Laura Granruth's SOWK 307: Social Work and Health Care course, Millersville University, Millersville, PA. (Invited presentations)
- **Bland, A.** (Annually since 2015). *Mindfulness and the mind-body connection for college students*. Training for members of the Body and Mind Health Peer Educator program, Millersville University, Millersville, PA. (Invited presentations)
- **Bland, A.** (2019, March). *Beginner's mind as an alternative to perfectionism*. Presentation to the staff at Samaritan Counseling Center, Lancaster, PA. (Invited presentation)
- **Bland, A.** (2017, February). *Psychology and mindfulness*. Presentation to the Psychology Club, Millersville University, Millersville, PA. (Invited presentation)
- **Bland, A.** (2016, December). *Finals week mindfulness meditation*. Workshop at The Final Stretch, Millersville University, Millersville, PA. (Invited presentation)
- **Bland, A.** (2016, April). *The value of mindfulness for overcoming self-stigma*. Workshop at the Coming Out of the Shadows: Breaking the Silence to Shed Light on Mental Health conference (Millersville University Office of Diversity and Social Justice), Millersville, PA.
- **Bland, A.** (2016, April). *Mindfulness and the creative process*. Presentation to the Creative and Expressive Arts Club, Millersville University, Millersville, PA. (Invited presentation)
- **Bland, A.** (2015, October). *Centering through coloring: The "art" of mindfulness*. Workshop at the Essentials of Happiness: 2015 International Policy Conference, Millersville University, Millersville, PA. (Invited presentation)

Trauma

- **Bland, A.** (Upcoming – postponed due to COVID-19). *Trauma, attachment, and the healing process*. Presentation to the clinical staff at Samaritan Counseling Center, Lancaster, PA. (Invited presentation)
- **Bland, A.** (Upcoming – postponed due to COVID-19). *Relational and expressive approaches to trauma work with children*. Training for the clinical staff at T. W. Ponessa and Associates, Lancaster, PA. (Invited presentation)
- **Bland, A.** (2019, August). *Relational-contextual approaches to healing trauma*. Training for the clinical staff at T. W. Ponessa and Associates, Lancaster, PA. (Invited presentation; received \$300 honorarium)
- **Bland, A., Felizzi, M., Redcay, A., & Smith, C.** (2018, April). Panel discussion accompanying a screening of the film *Resilience* at Millersville University, Millersville, PA.
- **Bland, A.** (2018, January). *Understanding trauma*. Presentation to Sunnyside Mennonite Church, Lancaster, PA. (Invited presentation; received \$200

honorarium)

Humanistic-Existential Therapy

- **Bland, A.** (2019, July). *Humanistic-existential therapies: An overview*. Two-day experiential workshop within the Post-Masters Advanced Clinical Certificate program offered by the Millersville University School of Social Work, Millersville, PA. (Invited presentation; received \$200 honorarium)
- **Bland, A.** (2018, October). *Personal hero identification in existential-humanistic therapy*. Training for Dr. Ruthellen Josselson's doctoral psychology students, Fielding Graduate Institute, Baltimore, MD. (Invited presentation; received \$200 honorarium)
- **Bland, A.** (2018, June). *Humanizing mental health outcome measures*. Presentation to the clinical staff at Samaritan Counseling Center, Lancaster, PA.
- **Bland, A.** (2017, June). *Integrating person-centered planning and treatment outcomes*. Training for the clinical staff at Samaritan Counseling Center, Lancaster, PA. (Invited presentation.)
- **Bland, A.** (2017, May). *Humanistic-interpersonal treatment planning*. APA-approved CE presentation to the Lancaster Lebanon Psychological Association, Lancaster, PA. (Invited presentation)
- **Bland, A.** (2016, October). *Developing the therapist as a person: Implications for effective clinical practice*. Training for Dr. Michael Alcee's doctoral psychology interns, Ramapo College, Ramapo, NJ. (Invited presentation)
- **Bland, A.** (2014, April). *From 'what to do' to 'how to be' in clinical practice: The interdependence of therapeutic relationships, process, and sustainable outcomes*. Training for doctoral psychology interns at Talbert House, Cincinnati, OH. (Invited presentation)

Working with Impoverished Clients

- **Bland, A.** (2016, August). *Foss et al.'s CARE model: Preventing pitfalls and effectively fostering resilience in impoverished clients*. Training for new employees at Community Action Partnership of Lancaster County, Lancaster, PA. (Invited presentation)
- **Bland, A.** (2016, June). *Collaborative resilience-based counseling for impoverished clients: The effectiveness of Foss et al.'s CARE model*. Presentation at the Global Poverty: Human Needs, Economic Justice, and Social Change CE conference (Millersville University Learning Institute), Lancaster, PA.
- **Bland, A.** (2013, July). *Engaging and promoting meaningful change for impoverished clients*. CE training for the clinical staff at Talbert House, Cincinnati, OH.

DSM-5

- **Bland, A.** (2014, June). *Common DSM-5 diagnoses for adult behavioral health and addictions service providers*. Training for the clinical staff at Talbert House, Cincinnati, OH. (Invited presentation)
- **Bland, A., & Cihlar, B.** (2013, October-November). *Transition to the DSM-5*. APA-approved full-day CE trainings for the clinical staff at Talbert House, Cincinnati, OH. (Invited presentations)
- **Bland, A., Cornell, M., & Lambert, C.** (2013, August). *Transition to the DSM-5*. APA-approved full-day CE training for the clinical staff at Talbert House, Cincinnati, OH.

Miscellaneous

- **Bland, A., & Felizzi, M.** (2020, February). *Careers in helping professions*.

Presentation to the Psychology Club, Millersville University, Millersville, PA. (Invited presentation)

- **Bland, A.** (2018, February). *Careers in psychology: Helping professions*. Presentation to the Psychology Club, Millersville University, Millersville, PA. (Invited presentation)
- Fleming, J., & **Bland, A.** (2014, November). *Engaging students with i-Clickers*. Training for faculty/administrators at Millersville University, Millersville, PA. Sponsored by MU's Center for Academic Excellence. (Invited presentation)
- **Bland, A.** (2014, June). *Preparing for the EPPP*. Training for doctoral psychology interns at Talbert House, Cincinnati, OH. (Invited presentation)
- **Bland, A.** (2014, February). *Introduction to community mental health*. Lecture to Dr. Jen Gibson's PSYC 200: Orientation to the Major course, Xavier University, Cincinnati, OH. (Invited presentation)

Research and Manuscripts in Progress

- **Bland, A. M.** *The presence of humanistic-existential psychology principles in mental health outcome measurement: A progress report.*
- **Bland, A. M.** *Psychologists' familiarity with qualitative methods.*
- **Bland, A. M., & McQueen, K. S.** *Maslow or Alderfer: Whose model best describes today's emerging adult women?*
- **Bland, A. M., & DeRobertis, E. M.** *Maslow's underacknowledged contributions to abnormal psychology.*
- **Bland, A. M., & McQueen, K. S.** *Five Love Languages and attachment styles.*

Service: Professional

Clinical Supervision

Millersville University, Psychology Dept. (Millersville, PA)

September 2014 - present.

- Supervising masters-level clinical and school psychology trainees in their development of counseling and assessment skills.

Talbert House (Cincinnati, OH)

March - June 2014.

- Supervised masters and doctoral psychology trainees in adult outpatient and corrections programs.

Indiana State University, University Hall Counseling Clinic (Terre Haute, IN)

January 2009 - May 2012.

- Served as doctoral student supervisor in a masters-level training clinic that served local children and families.

Executive Committee Service

Society for Qualitative Inquiry in Psychology (SQIP, Section 3 of Division 5 of the American Psychological Association)

May 2016 - present.

- President (August 2020-present).
- Membership chair (May 2016-present).
- Member of communications committee (May 2016-present).

Society for Humanistic Psychology (SHP, Division 32 of the American Psychological Association)

April 2016 - present.

- Treasurer (August 2019-present).
- Member of annual conference planning committee (August 2019-present).
- Member of publication committee (April 2016-present).

Member of Editorial Board

- *Journal of Humanistic Psychology* (since 2017)
- *Journal of Theoretical and Philosophical Criminology* (since 2016)

Additional Peer Review

- Served as ad hoc reviewer for *The Humanistic Psychologist* (2020), *Couple and Family Psychology: Research and Practice* (2020), *Spiritual Psychology and Counseling* (2020), and *Community, Work, and Family* (2013).
- Reviewed a submission to an edited volume on the legacy and theorizing of Alan Watts by invitation from its editor, Dr. Peter Columbus (2019).
- Served on the 2019 SQIP conference program committee; reviewed proposals for the 6th Annual Conference of the Society for Qualitative Inquiry in Psychology.
- Reviewed a proposal for a humanistic-oriented developmental psychology textbook by invitation from Palgrave-Macmillan (2019).

Primary Editor

- **Bland, A. M., & Karter, J. M.** (Eds.). (2016-present). *Newsletter of the Society for Humanistic Psychology* (Division 32 of the American Psychological Association). Appointed by SHP past-president Dr. Kirk Schneider.
- **Bland, A.** (Ed.). (2004). *Directory of graduate programs in humanistic-transpersonal psychology* (6th ed.). Association for Humanistic Psychology and Division 32 of the American Psychological Association.
- **Bland, A.** (Ed.). (2001-2003). *The Crucible*, 6-8. University of West Georgia Psychology Dept. (Monthly periodical)

Thesis Committee Reader

- Shimer, B. (In progress). *The impact of gratitude on mindfulness in college students* [undergraduate psychology honors thesis]. Millersville University, Millersville, PA. (Chair)
- Iati, M. (2020). *Perceptions and attitudes about intimate partner violence* [undergraduate psychology honors thesis]. Millersville University, Millersville, PA. (Chair)
- Wade, E. (2019). *LBGTQ school policy in Pennsylvania: An exploratory content analysis* [master's thesis]. Millersville University, Millersville, PA. (Chair)
- Miller, A. (2019). *Increasing online social interaction to reduce mild to moderate depressive symptomatology: A randomized controlled trial* [undergraduate psychology honors thesis]. Millersville University, Millersville, PA. (Chair)
- Rice, A. (2019). *The relationship between acculturation, acculturative stress, and non-suicidal self-injury for first- and second-generation emerging adult immigrants in the United States* [undergraduate psychology honors thesis]. Millersville University, Millersville, PA. (Chair)
- Hyman, J. (2006). *Psychology's perspective on healing as applied to nature-based therapy programs for adolescents* [master's thesis]. Naropa University, Boulder, CO.

**Service:
University**

Committee Service

Multidisciplinary Studies Curriculum Committee (MDST), Millersville University (Millersville, PA)

August 2019 - present.

- Reviewing proposals from individual students and academic departments for cross-departmental programs of study. Contributing to the development of requirements for a multidisciplinary B.S. degree.

Academic Standards Committee, Millersville University (Millersville, PA)

August 2019 - present.

- Participating in academic dismissal appeal hearings.

Undergraduate Course and Program Review Committee (UCPRC), Millersville University (Millersville, PA)

August 2016 - May 2019.

- Reviewed proposals for new undergraduate courses/programs and for substantive modifications to existing ones.
- Chair of a subcommittee that reviewed proposals for interdisciplinary Perspectives courses (2017-2019).

Psychology Dept., Millersville University (Millersville, PA)

August 2014 - present.

- Member of the graduate and undergraduate faculty committees (since 2014 and 2015, respectively).
- Co-chair of the 2017 *Pennsylvania State System Psychology Conference (PaPC)* and member of the planning committee for the 2019 PaPC conference, both hosted by MU.
- Chair (2019-20) and member (2014-15, 2015-16, 2018-19, 2020-21) of search committees for graduate clinical training faculty.
- Member of the psychology dept. facilities committee (since 2018) and of the planning committee for a virtual celebration for students graduating from psychology graduate programs during COVID-19 (2020).

Campus Service

Exploratory Advising Program, Millersville University (Millersville, PA)

August 2015 - present.

- Assisting undeclared students with selecting a major, choosing relevant general education courses, and encouraging their involvement in campus activities and utilization of appropriate campus services.

New Faculty Orientation, Millersville University (Millersville, PA)

August 2015 - present.

- Mentoring second-year faculty on the journey toward tenure (2019-present).
- Invited by the Office of the Associate Provost for Academic Administration to speak on the *Your First Year at MU: What to Expect* panel and to deliver a presentation on the reappointment process (2015).

Safe Zone Mentoring Program, Millersville University (Millersville, PA)

March 2015 - present.

- Member of a campus-wide program that provides easily-recognizable faculty/staff to the university community for support and resources regarding issues related to sexual and gender diversity.

Administrative Service in Academic and Clinical Training Programs

Millersville University, Psychology Dept. (Millersville, PA)

August 2014 - present.

- Mentoring adjunct teaching faculty by appointment from the department chair (since 2018), conducting classroom observations of pre-tenured faculty (since 2019).
- Developed a proposal for a new course (PSYC 670: *Clinical Interviewing and Appraisal Skills*) to bring the assessment component of the Clinical Psychology master's program into alignment with current LPC licensing standards (course approved in 2018).
- Composed flexible common learning objectives/outcomes for sections of PSYC 100: *General Psychology* (2018).
- Assisted with the proposal for and development of a new graduate course in trauma work (2018-19).
- Supervising the Luek Hall Clinic by appointment from the department chair (since 2016). Facilitated clinic renovation, including (a) selecting and overseeing the installation of a digital recording system and of new furnishings and décor (2018-2019), (b) developing a procedural manual for the recording program and providing trainings in its operation (since 2018), and (c) maintaining the recording software (since 2018).
- Providing academic advisement to graduate psychology trainees, to undergraduate psychology majors and minors, and to undergraduate students in MU's Exploratory Program (since 2015).
- Serving as Core Competency Exam (CCE) coordinator by appointment from the psychology graduate programs committee (since 2018). (CCEs are a milestone in psychology graduate students' promotion to degree candidacy.) Developing questions, offering review sessions, organizing and facilitating exam administration, scoring and debriefing exams, and tracking students' performance (since 2015).
- Reviewing applications and interviewing prospective students for the clinical psychology master's program (since 2015).
- Participating in open house sessions for prospective undergraduate and graduate students (since 2014).
- Collaborating with psychology faculty to update and maintain resources in the department's psychological testing library (since 2015).

Talbert House Psychology Internship Program (Cincinnati, OH)

May - July 2014.

- Appointed to (a) develop self-study materials for APA accreditation and (b) revise an agency-wide evidence-based practice manual to reflect the transition to DSM-5 as well as best practice updates.

Indiana State University, Dept. of Communication Disorders and Counseling, School, and Educational Psychology (Terre Haute, IN)

February 2008 - May 2012.

- Interviewed prospective students for master's and doctoral programs.
- Compiled a community guide for incoming students with suggestions for housing, recreational and cultural activities, etc.

University of West Georgia, Psychology Dept. (Carrollton, GA)

August 2001 - December 2003.

- Planned, promoted, and archived colloquia, conferences, and celebrations.

- Served as moderator at the annual *Student Psychology Annual Research Conference*.
- Maintained the department's web page (including an online portfolio for SACS accreditation renewal) and student list-serve.
- Compiled the department's history and archives. Catalogued/transcribed unpublished papers by emeritus faculty. Organized film collection.

Organizational Leadership

Creative and Expressive Arts Club, Millersville University (Millersville, PA)
February 2016 – March 2020.

- Served as faculty advisor for a campus-wide organization that promoted interdisciplinary exploration of the creative process.

Counseling Psychology Doctoral Student Organization, Indiana State University (Terre Haute, IN)

August 2009 - May 2010.

- President of an organization that promoted professional identity development and faculty-student communication.

Current Events Forum, University of West Georgia (Carrollton, GA)

September 2001 - December 2002.

- Founding member/organizer of a campus-wide organization that encouraged constructive interdisciplinary dialogue following 9-11.

Service: Community

Lancaster Cooperative Preschool (Lancaster, PA)

September 2015 - May 2016.

- Co-facilitated classroom activities on a monthly basis.

Wind Song Retreat Center (Franklin, GA)

January - August 2004.

- Facilitated programs promoting mindfulness-based practices and a harmonious relationship with nature.

Latinos United of Carroll County (Carrollton, GA)

August 2001 - May 2002.

- Participated in establishing a community center to improve quality of life for the area's marginalized immigrant population.

Memberships

- *American Psychological Association (APA)* (Member #89068229—since 2007)
- *Association for Humanistic Psychology (AHP)* (Member #21—since 2004)
- *Lancaster Lebanon Psychological Association (LLPA)* (Member #00048—since 2015)
- *Pennsylvania Psychological Association (PPA)* (since 2014)
- *Quantitative and Qualitative Methods* (Division 5 of APA) (since 2011)
- *Society for Humanistic Psychology* (Division 32 of APA) (since 2004)
- *Society for the Psychology of Aesthetics, Creativity, and the Arts* (Division 10 of APA) (since 2007)
- *Society for the Teaching of Psychology* (Division 2 of APA) (since 2016)

Awards and Honors

- Nominated by Dr. Eugene DeRobertis for the *Carmi Harari Early Career Award*, Society for Humanistic Psychology (Division 32 of the American Psychological Association), June 2019.
- Received one of two awards given to alumni for “outstanding contributions to humanistic psychology” at the *University of West Georgia Psychology 50th Anniversary Reunion and Conference*, October 2017.
- Recognized by MU’s Center for Academic Excellence for “taking risks and engaging students in new ways” in *CAE Innovative Practices Spotlight*, Millersville University, December 2015.
- Received the *Edward C. Roeber Memorial Scholarship* (annual award selected and presented by counseling psychology program faculty), Indiana State University, February 2011. (Awarded \$500)
- Received *Outstanding Graduate Assistant Award* (for teaching assistantship—selected by faculty to represent the Counseling Psychology program, presented by the university provost), Indiana State University, April 2010.
- Awarded Graduate Fellowship and Assistantship (awarded for the duration of doctoral coursework), Indiana State University, August 2007 - May 2011. (Paid tuition plus living expense stipend)
- Received *Going the Extra Mile Award*, Inner Harbour Hospital (Rockmart, GA), January 2005.
- Received *Graduate Student Research Award* (for master’s thesis—selected and presented by the dean of the Graduate School), University of West Georgia, March 2004.
- Inducted into Phi Kappa Phi national honor society, University of West Georgia, April 2003.
- Recognized for involvement in the Current Events Forum and in Latinos United of Carroll County at *Community Leadership Conference*, Carrollton, GA, February 2002.
- Received Graduate Assistantship (awarded for the duration of master’s program), University of West Georgia, August 2001 - December 2003. (Paid tuition plus living expense stipend)

Grants and Professional Development Funding

Travel Grants: Millersville University (Millersville, PA)

- Awarded \$300 from the Faculty Grants Committee and \$694 from the Psychology Dept. to attend the *American Psychological Association Annual Convention* (Chicago, IL) and to participate in meetings of the executive board of the Society for Humanistic Psychology, August 2019.
- Awarded \$400 from the Faculty Grants Committee, \$500 from the Dean of Education and Human Services, and \$500 from the Psychology Dept. to attend and present at the *6th Annual Conference of the Society for Qualitative Inquiry in Psychology* (Boston, MA), June 2019.
- Awarded \$250 from the Faculty Grants Committee and \$450 from the Psychology Dept. to attend and present at the *5th Annual Conference of the Society for Qualitative Inquiry in Psychology* (Pittsburgh, PA), May 2018.
- Awarded \$175 from the Faculty Grants Committee and \$500 from the Dean of the College of Education and Human Services to attend and present at the *University of West Georgia Psychology 50th Anniversary Reunion and Conference* (Carrollton, GA), October 2017.
- Awarded \$175 from the Faculty Grants Committee to attend and present at the *4th Annual Conference of the Society for Qualitative Inquiry in Psychology*

(New York, NY), May 2017.

- Awarded \$175 from the Faculty Grants Committee, \$350 from the Dean of the College of Education and Human Services, and \$450 from the Psychology Dept. to attend and present at the *10th Annual Conference of the Society for Humanistic Psychology* (Pittsburgh, PA), March-April 2017.
- Awarded \$175 from the Faculty Grants Committee to attend and present at the *Pennsylvania State System Psychology Conference* (Slippery Rock, PA), October 2016.
- Awarded \$325 from the Faculty Grants Committee and \$350 from the Dean of the College of Education and Human Services to attend and present at the *3rd Annual Conference of the Society for Qualitative Inquiry in Psychology* (Ramapo, NJ), May 2016.
- Awarded \$240 from the Faculty Grants Committee, \$305 from the Psychology Dept., and \$330 from the Dean of the School of Education to attend and present at the *Qualitative Psychology: Critical and Post-Structural Possibilities* conference (Urbana-Champaign, IL), May 2015.

Professional Development Funding: Millersville University (Millersville, PA)

- Awarded \$301 from the Psychology Dept. to cover expenses for professional memberships, January 2020.
- Awarded \$301 from the Psychology Dept. to cover expenses for professional memberships, January 2019.
- Awarded \$301 from the Psychology Dept. to cover expenses for professional memberships, January 2018.
- Awarded \$314 from the Psychology Dept. to cover expenses for professional memberships, January 2017.
- Awarded \$277 from the Psychology Dept. to cover expenses for professional memberships, January and April 2016.
- Awarded \$160 from the Psychology Dept. to attend the *Freud Meets Buddha: Mindfulness, Trauma, and Process Addictions* continuing education conference (King of Prussia, PA), June 2015.
- Awarded \$300 from the Psychology Dept. to cover expenses for professional memberships, December 2014.
- Awarded \$800 from the Interim Dean of the School of Education to cover expenses for psychology licensure, September 2014.

Professional Development

- Academic transcripts and/or listings of continuing education hours earned to maintain licensure are available upon request.

Creative Work

- Available upon request.

References

- Available upon request.