

CURRICULUM VITA

RUSSELL D. MIARS

October, 2006

Education

The University of Iowa

Ph.D., 1981, Counseling Psychology

APA-Approved Program

Minor: Statistics

Kent State University

B.A., 1976, Psychology, summa cum laude

University Honors College

Employment

Counselor Education Program Graduate School of Education Portland State University Portland, OR	1997-present Associate Professor Tenured
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- Appointed Associate Professor, tenure-track in counselor education Master's program. Responsible for teaching courses in life-span human growth and development, counseling and interviewing skills, testing and assessment, career development, legal and ethical issues, and clinical supervision.
- Clinical supervisor in departmental training clinic; faculty field liaison supervisor for community track interns.
- Served on Graduate School of Education, university-wide, and counselor education program committees.
- Advising load of 20-25 Master's students.
- Served as Counselor Education Program Director April 2004-2006

Counselor Education Program Graduate School of Education Portland State University Portland, OR	1993-1997 Assistant Professor
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- Full-time, fixed-term faculty appointment teaching graduate Master's courses in life-span human growth and development, counseling and interviewing skills, testing and assessment, career development, legal issues, and clinical supervision.
- Field internship supervisor; training supervisor in departmental clinic.
- Served on School of Education, university-wide, and Continuing Education faculty committees.
- Student advising load of 15-20 Master's students.

Northwest Resource Group Lake Oswego, OR	1993-1997 Private Practice
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- Part-time private practice of counseling and psychotherapy with an interdisciplinary group of mental health professionals.
- Brief managed care therapy, consultation and psychological evaluations.
- Special interest: individual psychotherapy from an existential-humanistic perspective.

Psychological Services Center Pacific University Portland, OR	1993-1995 Adjunct Clinical Faculty
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- Provided three hours of individual clinical supervision per week to three doctoral students completing advanced practica in the university's Psy.D. training clinic.
- Quarterly supervisor's meeting to review training and supervision issues.

Counseling & Student Development Center Indiana University of Pennsylvania Indiana, PA	1984-1992 Associate Professor Tenured Department Chair & Director
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- Twelve month faculty position providing management and clinical leadership for 3 full-time senior staff counselors and 8 graduate assistant/practicum students on a residential and commuter campus of 13,000.
- Maintained an individual caseload of 7-9 clients weekly
- Provided 2-4 hours clinical supervision weekly to student trainees and senior staff.
- Conducted staff searches, prepared and administered departmental budget, managed daily administrative concerns of department, maintained liaison relationships with all Student Affairs units, including Health Center, Advising & Testing, Career Services, Residence Life, and Student Development Programs.
- Served on numerous university committees and task forces including creation of Learning Assistance Center, University Long-Range Planning, Human Relations Commission, New Student Orientation, and the Center's external evaluation by outside consultants.
- Developed department's use of personal computers as part of counseling service delivery system.
- Served as elected department chairperson for two, three-year terms.
- Performed annual faculty and staff evaluations; completed chairperson's review for faculty tenure and promotion.
- Received Psychologist License, June, 1984.
- Supervised licensure of six faculty psychologists.
- Promoted to Associate Professor with tenure, Sept., 1986.

Department of Psychology Indiana University of Pennsylvania Indiana, PA	1986-1992 Adjunct Doctoral Faculty Associate Professor
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- Taught graduate Practicum and Intervention I in clinical Psy.D. program.
- Served as committee member on several dissertations and numerous Clinical Proficiency Exams.
- Senior clinical supervisor for doctoral students placed in Counseling Center.

Counseling & Student Development Center Indiana University of Pennsylvania Indiana, PA	1981-1984 Assistant Professor Staff Psychologist
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- Full-time counseling psychologist (generalist).
- Averaged 12-15 personal and career counseling clients weekly; 2-4 groups or developmental workshops weekly, coordinated training and supervision of 5-9 practicum students and 1-2 pre-doctoral interns.
- Consultation and training with residence hall staff and university health center; crisis "on-call" rotation.
- Taught Introduction to Psychology or Abnormal Psychology each semester.

Counseling Center University of Maryland College Park, Maryland	1980-1981 Pre-Doctoral Intern
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- Ten month full-time paid internship at large university counseling center.
- Averaged 6-8 time-limited and long term counseling clients with emotional-social, educational-vocational or marital concerns.
- Intake evaluations two hours per week.
- Individual clinical supervision two hours weekly.
- Co-led year-long psychotherapy group.
- Structured time-limited group(self-esteem).
- Supervision of doctoral level practicum students.
- Training through Diagnostic/Therapy Issues seminar; Clinical case conferences; Consultation seminar; Administrative Issues seminar.
- Staff Development and weekly Research & Development seminars.
- Member of Research Committee.

Other Professional Experience

Psychology Trainee, 1980, Great River Mental Health Center, Muscatine, Iowa
 Research Fellowship, 1979-80, Counselor Education Division, University of Iowa
 Psychology Extern, 1979, Veteran's Administration Hospital, Knoxville, Iowa
 Practicum, College Teaching, 1979, Counseling Psychology, University of Iowa

Dissertation

Relational Communication in Short-term Counseling Dyads, 1981.
Carl S. Davis, Ph.D., Chair.

Refereed Publications

Chapters

Miars, R. D. (2004, 4th ed.; 2000, 3rd ed.). *Stress and Trauma: Coping in Today's Society*. In D. Capuzzi & D.R. Gross (Eds.), *Youth at risk: A resource for counselors, teachers and parents*. Alexandria, VA: American Counseling Association.

Miars, R.D. & Halverson, S. E. (2001, 3rd ed.; 1997, 2nd ed.). *The helping relationship*. In D. Capuzzi & D.R. Gross (Eds.), *Introduction to counseling*. Needham Heights, MA: Allyn and Bacon.

Miars, R.D. (1998). *Group counseling: Career and lifestyle issues*. In D. Capuzzi & D.R. Gross (Eds.), *Introduction to group counseling* (2nd ed.). Denver, CO: Love Publishing Company.

Miars, R.D. (1996). *Stress and coping in today's society*. In D. Capuzzi & D.R. Gross (Eds.), *Youth at risk: A resource for counselors, teachers and parents* (2nd ed.). Alexandria, VA: American Counseling Association.

Articles

Halverson, S.E., Miars, R.D. & Livneh, H. (2006). An exploratory study of counselor education students' moral reasoning, conceptual level, and counselor self-efficacy. *Counseling and Clinical Psychology Journal*, 3(1), 17-30.

Miars, R.D. (2002). Existential authenticity: A foundational value for counseling. *Counseling and Values*, 46, 218-225.

Mills, J.A., Bauer, G.P. & Miars, R.D. (1989). Use of transference in short-term dynamic psychotherapy. *Psychotherapy*, 26, 338-343.

VandeCreek, L., Miars, R. & Herzog, C. (1987). Client anticipations and preferences for confidentiality of records. *Journal of Counseling Psychology*, 34, 62-67.

Tracey, T. J. & Miars, R.D. (1986). Interpersonal control in psychotherapy: A comparison of two definitions. *Journal of Clinical Psychology*, 42, 585-592.

Tracey, T.J., Sedlacek, W.E. & Miars, R.D. (1983). Applying ridge regression to admissions data by race and sex. *College and University*, 58, 313-317.

Miars, R.D., Tracey, T.J., Ray, P.B., Cornfeld, J.L., O'Farrell, M., & Gelso, C.J. (1983). Variation in supervision process across trainee experience levels. *Journal of Counseling Psychology*, 30, 403-412.

Jepsen, D.A., Dustin, R. & Miars, R.D. (1982). The effects of problem-solving training on adolescents' career exploration and career decision-making. *Personnel and Guidance Journal*, 61, 149-153.

Presentations at Professional Meetings

Halverson, S. & Miars, R.D. (2002). Intentional Development of Counselors: A Longitudinal Assessment of Cognitive and Moral-Ethical Development. Refereed presentation made at the Association of Counselor Educators and Supervisors Convention, Park City, UT.

Miars, R.D. (2000). The Evolution of Ethical Responsibility and Legal Liability in Clinical Instruction and Supervision. Refereed presentation made at the Western Association of Counselor Educators and Supervisors Convention, Los Gatos, CA.

Miars, R.D. (1999). Spontaneous Role Reversal as a Supervision Technique for Counseling Impasses. Refereed presentation made at the Association of Counselor Education and Supervision Convention-, New Orleans, LA.

Miars, R.D. (1998). Authenticity, Pou Sto, and Moral Courage. Invited presentation made at the 11th Annual Meeting of the Art of the Psychotherapist Course, Sonoma, CA.

Miars, R.D. (1998). The Developmental Container of Supervision. Keynote address presented at the Oregon Counselors Association meeting, Salem, OR.

Miars, R.D. (1997). Legal & Ethical Issues for Community College Counselors. Invited address at the Columbia Counselors annual meeting, Mt. Hood Community College, Gresham, OR.

Miars, R.D. (1996). Subjectivity and the Therapeutic Self. Invited workshop presented at the 9th Annual Meeting of the Art of the Psychotherapist Course, Santa Cruz, CA.

Miars, R.D. & Mills, J.A. (1989). Process Issues in the Psychotherapy of Eating Disorders. Workshop presented at the meeting of the Western Pennsylvania College Counselors Association, Pittsburgh.

Miars, R.D. (1989). Barriers to Helping the Eating Disordered Student. Invited address at the Pittsburgh Educational Network for Eating

Disorders Conference, Pittsburgh.

Tracey, T.J. & Miars, R.D. (1985). Interpersonal Control in Psychotherapy: A Comparison of Two Definitions. Paper presented at the annual meeting of the American Psychological Association, Los Angeles.

Miars, R.D. (1982). Perceived variation in supervision process across trainee experience levels. In P.B. Ray (Chair), Supervisory process and supervisee level: Homeostatic or variant. Symposium presented at the meeting of the American Psychological Association, Washington, D.C.

Miars, R.D. (1982). Relational communication in short-term counseling dyads. In C.S. Davis (Chair), Studying the counseling process from an interactional perspective. Symposium presented at the meeting of the American Psychological Association, Washington, D.C.

Miars, R.D. (1981). Commission VII Student Interest Group paper session. Program chaired at the meeting of American College Personnel Association, Cincinnati.

Miars, R.D. (1980). A Comparison between automated standard and coping desensitization of test anxiety. Paper presented at the meeting of the American Psychological Association, Montreal.

Miars, R.D. (1980). Differentiating two types of test anxious college students. In F. Scott and R. Miars (Co-Chairs), Commission VII Student Paper Session. Paper presented at the meeting of American College Personnel Association, Boston.

Miars, R.D. (1978). The role and function of the trainer in a psychobehavioral approach to training. In A. Turock (Chair), Innovations in interpersonal skills training. Symposium presented at the meeting of the American Personnel & Guidance Association, Washington, D.C.

Turock, A. & Miars, R.D. (1977). Interpersonal process recall: An experiential workshop. Workshop presented at the meeting of the Iowa Personnel and Guidance Association, Des Moines, IA.

Miars, R.D. (1976). Assets and liabilities of paraprofessionals in a campus community mental health center. In D. Hopkinson (Chair), Counseling center and community psychology: Current frustrations and future developments. Symposium presented at the meeting of the American Psychological Association, Washington, D.C.

Teaching Achievements

Indiana University of Pennsylvania

PC 101 - General Psychology (undergraduate)

PC 357 - Abnormal Psychology (undergraduate)

PC 630 - Methods of Intervention I (graduate)

Portland State University

Assigned Courses:

COUN 567 - Using Tests in Counseling

COUN 566 - Appraisal of Instruments

COUN 509 - Practicum Clinic

COUN 543 - Interpersonal Relations: Counseling Skills

COUN 509 - Internship-Community

COUN 510 - Human Growth & Development

Developed Courses:

COUN 570 - Ethical & Legal Issues in Counseling

COUN 553 - Advanced Therapeutic Strategies

COUN 569 - Developmental Foundations of Counseling

COUN 580 - Supervision

COUN 508 - Supervision I: Theory & Process

COUN 508 - Supervision II: Skills & Practice

COUN 508 - Supervision III: Legal & Ethical Issues

COUN 506 - Developmental Therapy

COUN 506 - Advanced Clinical Ethics

Significant Professional Development Activities

Sabbatical

Sabbatical leave (Winter & Spring Quarters, 2001).

- Lived in Riga, Latvia for six months in conjunction with spouse's Fulbright Teaching Fellowship.
- Developed an understanding of higher education and mental health systems in post-Soviet society.
- Completed work on a journal article submitted for publication review.
- In conjunction with the International Institute of Humanistic Studies taught advanced clinical theory and skills to Russian counselors and therapists: The Art of the Psychotherapist Course IV (5 days, Moscow, April 2001); Essential Constructs of Existential-Humanistic Psychotherapy and, Supervision of Existential-Humanistic Psychotherapy (1 day, St. Petersburg, June 2001).

Sabbatical

Sabbatical leave (Summer, 1991) at California School of Professional Psychology-Berkeley/Alameda.

- Studied existential psychotherapy with James F.T. Bugental, Ph.D., Distinguished Adjunct Professor.
- Reviewed all of Dr. Bugental's theoretical writings and methods of clinical training. Work resulted in an unpublished manuscript, "Not Treatment but Coaching: Psychotherapy Reconceived."

- Taught Test & Measurements as CSPP summer adjunct faculty.

Art of the Psychotherapist Post-doctoral Training Courses

- Annual, five-day residential-intensive training with James F.T. Bugental, Ph.D., A.B.P.P. Have attended 8 out of 13 years since 1989.
- Didactic and experiential training in the existential-humanistic psychotherapy orientation.
- Process consultation and clinical supervision.
- Master therapist designation, October, 1991.
- Training group became self-directing in 1995 with members providing advanced theoretical/experiential training to each other.

Continuing Education (since 1993)

- Diversity Issues in Counseling: Multicultural Counseling in the 21st Century, (10 hours) 10/04
- Association for Counselor Education & Supervision national conference content sessions (9 hours), 10/02
- The Evolution of Counselor Training, WACES 2000 (13 hours) 11/00
- Advanced Concepts in Ethics and Risk Management (6 hours), 10/00
- Ethics in Psychotherapy: Strategies for Decision Making (6 hours), 10/99
- Association for Counselor Education & Supervision national conference content sessions (6.7 hours), 10/99
- Art of the Psychotherapist Training Course (35 hours), 10/98
- Psychological Ethics and Clinical Practice (6 hours), 12/97
- Art of the Psychotherapist Training Course (35 hours), 10/97
- A Feminist Therapy Workshop (7 hours), 3/97
- Signs Along the Way: Identifying & Dealing with Nightmare Clinical Situations (6 hours), 2/97
- Art of the Psychotherapist Training Course (35 hours), 10/96
- Legal and Ethical Issues in Counseling (6 hours), 10/96
- Solution Focused Treatment of Depression (8 hours), 6/95
- The Therapeutic Alliance: Challenging Enigma (6 hours), 6/95
- Solution-Oriented Brief Therapy: Introduction (10 hours), 3/95
- Diagnostic & Statistical Manual IV (10 hours), 1/94
- Supervision III: Legal & Ethical Issues (10 hours), 3/94
- Supervision II: Skills and Process (10 hours), 3/94
- Supervision I: Theory, Process & Skills of Supervision (10 hours), 2/94

Governance Activity: University, School, Department, Program

University

- Graduate Council, 1995-1997

- General Student Affairs Committee, 1997-2000 (Chair 1999-2000)

Graduate School of Education

- GSE Program & Policy Committee, 2006-2008
- Dean's Coordinating Council, 2004-2006
- Technology Task Force, 2001-03
- Monthly faculty meetings; Annual retreats
- Dean's Advisory Committee, 1993-95
- Doctoral Admissions Committee, 1995-97
- Research & Instructional Support Committee, 1997-98
- Promotion and Tenure Committee, 1998-2000

G.S.E. Continuing Education

- Counseling Advisory Committee, 1993-95
- Addictions Advisory Committee, 1995-96

Department

- Counselor Education Program Director, 2004-2006
- Bi-Monthly faculty meetings
- Doctoral program proposal
- Promotion and Tenure Committee, 1994-95

Counselor Education Program

- New Student Admissions Committee
- New Student Orientation Program
- Intern Orientation Program
- Program faculty meetings (3 hours/ month)
- CACREP accreditation self-study

Professionally-related Service

GSE Continuing Education Instructor, Supervision Series, 1995-2006

- Supervision I: Theory & Process
- Supervision II: Skills & Practice
- Supervision III: Legal-Ethical Issues and Relationship Dilemmas

Post-degree Licensure Supervision

- Have provided post-Master's clinical supervision to 9 PSU graduates to meet requirements to become Licensed Professional Counselors in Oregon

In-service Consultation to Community

- Served as Clinical Consultant/Supervisor to Mt. Hood Community College Counselors, Spring Quarter, 1999
- Presented "Ethical Issues in Clinical Practice" to professional counselors at The William Temple House, February, 1999

- Presented two workshops, "Stress Management for Teachers" to Lincoln High School faculty, October, 1995 and January, 1996
- Presented "Coping with Job Stress" to 25 teachers in the Columbia Regional Program-Vision Services, May, 1995

Psychologist Support Panel

- Participated as a panel member on the Oregon Psychological Association's Psychologist Support Panel, a group of screened and trained professionals offering consultation and support to impaired professionals, or those involved in stressful legal-ethical dilemmas. Served 11/95-11/98.

Manuscript Reviews

- Conducted revision review of nationally utilized text, *The Skilled Helper*, 7th edition, by Gerard Egan. Brooks/Cole Publishing, November, 2000.
- Conducted pre-revision review of textbook manuscript, *Interviewing in Action*. Brooks/Cole Publishing, August, 2000.
- Conducted blind review of textbook manuscript, *Learning from Mistakes in Social Work*. Brooks/Cole Publishing, June, 2000.
- Conducted blind review of textbook manuscript, *Managing Clinical Supervision*. Brooks/Cole Publishing, May, 2000
- Conducted second refereed review of textbook manuscript, *Ethics: An Introduction to Theory and Practice*. Brooks/Cole Publishing, July, 1998.
- Conducted refereed review of textbook manuscript, *Ethics: An Introduction to Theory and Practice*. Brooks/Cole Publishing, October, 1997.
- Conducted blind review of four textbook chapters, *Human Growth and Development* (3rd ed.). Brooks/Cole Publishing, October, 1997.
- Conducted blind review of textbook proposal, *Reinventing Intervention: Ideas and Tools for Brief Therapy and Crisis Intervention*. Prentice-Hall Publishing, June, 1997.

Memberships in Professional Societies

- Association of Counselor Educators & Supervisors (ACES), Member
- American Counseling Association (ACA), Member
- American Psychological Association (APA), Member
- APA Division 17 (Counseling Psychology), Member