

# DONNA MCDONALD, PhD

The Counseling and Testing Center  
The University of Akron, Ohio  
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## EDUCATION AND CREDENTIALS

Licensed Psychologist: Ohio license #5550; 1999

Ph.D. in Counseling Psychology: December 1997

Michigan State University, East Lansing, MI

APA Accredited

Dissertation: A Qualitative Comparison of Employed and Public Assistance Dependent Low-Income African-American Single Mothers.

Masters in Counseling Psychology: May 1990

Ball State University, Muncie, IN

CACREP Accredited

Master's Thesis: The Relationship between Gender, Dating, and Self-Esteem in Adolescence

Bachelors in Psychology: March 1988

Michigan State University, East Lansing, MI

Member of Honors College

Undergraduate Thesis: Self-Esteem and Dating in High School Students

Specialized Training and Expertise:

Dialectical Behavior Therapy

Collaborative Assessment and Management of Suicide

Trauma focused therapies including Prolonged Exposure Therapy

Transdiagnostic Treatments

Training and Supervision

Emerging adult and adolescent populations/First generation students/College mental health

Low-income populations

## COUNSELING AND ADMINISTRATIVE EXPERIENCE

Associate Director – Training/Psychologist: July 2013 to present

The Counseling and Testing Center, The University of Akron, Akron OH

- Director of APA accredited doctoral internship in health service psychology
- Providing agency leadership in coordination with other administrative team members
- Leading team of psychologists in the supervision of interns and practicum counselors
- Designing and conducting orientation and on-boarding activities for new interns
- Conducting weekly training seminars and group supervision; Creating training schedules
- Co-facilitating diversity discussions for staff and interns
- Providing individual supervision to doctoral interns and practica trainees; providing

- written evaluations, formative and summative feedback
- Conducting annual doctoral intern search; leading search committee
- Ensuring compliance with all accreditation, licensing, HR, and ethical standards for the training and supervision of psychologists in training
- Completed APA self-study and coordinated site visit for re-accreditation of the internship program; received highest re-accreditation of ten years
- Completing annual program reports and reviews
- Consulting with and providing feedback to intern's academic programs
- Creating and administering remediation plans when necessary; managing trainee grievances
- Identifying problems; revising clinical and personnel policies in response
- Adapted clinical and training practices to telepsychology and remote work environments
- Initiating systems level practices related to diversity and trauma informed principles
- Providing focused short and longer term therapy to university students; Presenting issues include mood and anxiety disorders, adjustment issues, personality disorders, trauma, developmental issues, relational and family of origin concerns, identity issues and discrimination, suicidal and other risky behaviors, career and educational concerns
- Managing client crises, providing clinical consultation, and initiating emergency procedures
- Completing treatment plans, providing diagnoses, completing necessary documentation
- Facilitating process and psycho-educational therapy groups
- Providing university outreach programming
- Creating on-line mental health resources for the university community
- Completing learning disability, ADHD, personality, and career assessments
- Consulting with university professionals and health providers regarding college mental health
- Serving on professional committees

Assistant Director – Training/Psychologist: June 2006 - July 2013

The Counseling and Testing Center, The University of Akron, Akron OH

- Coordinated practicum counselor training program
- Recruited and interviewed prospective trainees
- Designed and conducted orientation activities and training
- Supervised doctoral practica trainees and interns
- Designed and conducted the Supervision of Supervision seminar for interns
- Reviewed and created policy related to training
- Consulted with faculty members of practica trainees' academic programs
- Completed Student Affairs internship experience focused on college mental health needs and services; wrote report of findings
- Completed individual and group counseling, outreach workshops, and assessments

Psychologist: September 2001 – June 2006

Portage Path Behavioral Health, Akron, OH

- Provided individual therapy for a diverse caseload of adults in a community mental health setting; many with severe mental illness and a lack of essential resources
- Created treatment plans and provided diagnoses
- Provided documentation for disability status
- Managed crises and involuntary emergency admissions
- Provided clinical consultations

- Co-led DBT skills group and participated in DBT reflection team
- Created and led group for mood disorders

Program Coordinator/Psychologist: September 1999 – September 2001

Portage Path Behavioral Health, Akron OH

- Designed, coordinated and led employment program for public assistance recipients who had a psychiatric diagnosis
- Provided individual and group therapy for clients of the program
- Provided career-focused trainings and groups
- Coordinated and provided presentations for GED and Work-force training programs
- Worked in coordination with Department of Job and Family Services
- Wrote program proposal and was granted funding for a second year of the program

Psychologist/Psychology Resident: December 1997 - September 1999

Northeast Ohio Psychological Associates, Cuyahoga Falls, OH

- Counseled families, children, adolescents and adults in a private practice setting; clients were often involved with Child Protective Services
- Used play therapy to facilitate improvements in traumatized children
- Worked with adults with parenting concerns
- Completed court-ordered evaluations for foster care children, court-ordered parenting evaluations, and sexual-abuse evaluations
- Provided court testimony
- Consulted with Child Protective Services workers and Foster Care workers.

Psychology Resident: January 1998 - May 1999 (half-time employment)

The Counseling, Testing and Career Center, The University of Akron, Akron, OH

- Designed program to meet the counseling needs of college students on public assistance based on dissertation research
- Wrote and obtained a grant from the Kellogg Foundation to fund the program
- Designed and led career-focused groups for students on public assistance
- Facilitated the creation of a network of campus services for students receiving public assistance
- Provided individual counseling to first generation, adult learners and low-income students
- Administered budget
- Created marketing materials
- Completed program evaluation

Doctoral Internship (APA accredited): July 1996 - July 1997

The Counseling, Testing and Career Center, The University of Akron, Akron, OH

- Provided therapy for a diverse population of university students
- Designed and conducted psycho-educational outreach and in-house workshops
- Supervised doctoral practica trainees
- Completed learning disability and career assessments
- Co-led Improving your Self-Esteem group

### Doctoral Practica

Cristo-Rey Community Center (Community Agency serving Latinx population):

January – May 1996; Lansing, MI

Michigan State University Counseling Center: August 1993 - May 1994; East Lansing, MI

Clinical Therapist/Group Therapist: August 1990 - August 1992

Children's Division, Oakland Family Services, Pontiac, MI

- Counseled individuals, couples and families who were victims and perpetrators of abuse
- Facilitated groups for adult and child survivors of sexual abuse
- Taught parenting classes
- Worked with child protective service workers and the court system
- Led group therapy and skill building activities for children and adolescents from families managing chemical dependency
- Provided training and supervision for volunteer mentors

### Master's Level Practica:

Marion Family Services (Community Agency working with Child Protective Service referrals)

August 1989 - June 1989; Marion, IN

Ball State University Practicum Clinic: Spring and Fall Semester, 1989; Muncie, IN

## **TRAINING, PSYCHO-EDUCATIONAL WORKSHOPS AND TEACHING**

### Training Seminars Developed and Conducted

The Counseling and Testing Center, The University of Akron, Akron OH

- Foundational Topics:
  - The Therapy Relationship
  - Working with Emotions in Therapy
  - Common Factors and Interviewing Skills
  - Conducting Intakes
  - Collaborative Treatment Planning
  - Career and Educational Counseling
  - How to Conduct Outreach and Develop Presentations
- Professional Issues:
  - Ethics, Legal Issues and Personal Integrity
  - Ethical Self-Care
  - Consultation in University Settings
  - Professionalism and Communication
  - Establishing Safety in Training Relationships
- Suicide:
  - Assessing Suicidal Risk
  - Working with Suicidal Clients: CAMS and DBT approaches
- College Mental Health
  - Developmental and Socio-Emotional Concerns for Emerging Adults
  - College Student Success and Retention
  - First Generation College Students
- Diversity:
  - Diversity Dialogue Facilitator

- Social Justice in Psychological Practice
- Cultural Humility
- Multicultural Therapy
- Relational-Cultural Therapy
- Multicultural Career Counseling
- Exploring Your Identity
- SES in Therapy
- Evidence Based Practices:
  - Transdiagnostic Approaches
  - DBT (3 sessions: DBT individual therapy, DBT skills, Putting DBT into Practice)
  - Emotion Focused Therapy (3 sessions: EFT Principles 1 and 2, Putting EFT into Practice)
  - Motivational Interviewing
  - Complex Trauma Treatment
  - Gottman's Couple's Therapy
- The Essentials of Supervision:
  - Getting Started with Effective Supervision
  - Ethical and Legal Issues in Supervision
  - Models and Theories of Supervision
  - Diversity Issues in Supervision
  - Relational Issues and Trauma Informed Supervision
  - Techniques of Supervision

#### Selected Student Workshops Developed and Led

The Counseling and Testing Center, The University of Akron, Akron OH

- Study Skills Topics: Creating a Study Skills Plan; Time Management; Overcoming Procrastination; Increasing Motivation; Test Taking; Overcoming Test Anxiety
- Diversity: Diversity on Campus; First in the Family to Attend College; A Parent and a Student
- Relationships: How to Help a Friend, Conflict Resolution and Communication Skills; Creating Healthy Relationships
- Stress and Well-Being: Stress Management; Peace, Love and Happiness (positive psychology)
- Substance Abuse: Discussing Our Choices

Instructor - CEP 860: Stress Management: Michigan State University, E. Lansing, MI Fall semester 1995

### **RESEARCH, CONSULTATION AND RELATED EMPLOYMENT**

Research Associate/Assistant: August 1992 - June 1996

Institute for Children, Youth and Families; Michigan State University, East Lansing, MI

- Coordinator and member of the VoICES research team, a qualitative participatory research project investigating the lives of low income African American single mothers with the goal of developing community specific intervention and prevention programs
- Conducted focus groups and interviewed community members
- Developed structured interview
- Analyzed data through content analysis and use of descriptive statistics
- Wrote literature reviews and final reports
- Developed community based recommendations

Consultant: June 1995 - June 1996

SmartWORKS; Flint, MI

- Wrote grant proposals to obtain funding for programming in the public school system
- Conducted interviews to determine organizational needs and stressors
- Created personalized work-related stress management plan

Consultant: February 1995 - February 1996

W. K. Kellogg Foundation; Battle Creek, MI

- Worked as part of a team designed to facilitate community initiatives for childcare
- Wrote county reports outlining demographics and childcare needs

Graduate Assistant: September 1989 - May 1990; Tutoring Center; Ball State University

- Supervised undergraduate study skills tutors

Graduate Assistant: September 1988 - June 1989; The Indiana Academy; Ball State University

- Completed literature review of the socio-emotional needs of gifted adolescents
- Designed residential programming for the Indiana Academy to meet those needs

Ropes Course Facilitator: 1995 – 1996; Lansing, MI

- Facilitated team building activities using a low ropes course

Supervisor/Camp Counselor: Summers 1985 – 1989; Silverman Village/Camp Tamarack

- Provided camp experience for children with emotional impairments and behavior difficulties
- Supervised camp personnel
- Created and ran counselor in training program for troubled adolescent girls

Resident Assistant: Academic Years 1986 – 1987 & 1987 - 1988, Michigan State University

- Created programming for university residence hall students
- Managed resident conflict

## **PUBLICATIONS, CONFERENCE PRESENTATIONS AND SCHOLARLY WRITING**

McDonald, D., & Manalo, J (2023, September). *Trauma informed training and supervision*. [Proposed Conference presentation]. Association of Counseling Center Training Agencies 2023 Convention, Kansas City, MO

McDonald, D. (2021, October). *Evidence based training for a generalist setting*. [Conference presentation]. Association of Counseling Center Training Agencies 2021 Convention, virtual conference.

McDonald, D., & Lehman, E. (2021, October). *Exploring the definition of professionalism*. [Conference presentation]. Association of Counseling Center Training Agencies 2021 Convention, virtual conference

McDonald, D. (2016, September). *Evidence based practice in a generalist setting: Implications*

- for training*. [Conference presentation] Association of Counseling Center Clinical Training Agencies 2016 Convention, Bonita Springs, FL.
- McDonald, D. (2016). *Social justice in a university setting* [invited panel member] University of Akron's Counseling Psychology Program's Professional Development Day, Akron, OH
- McDonald, D., Rieder Bennett, S., & Lee, J. (2015, April). *College success for underserved students: What psychologists can do*. [Conference presentation] Ohio Psychological Association 2015 Convention, Columbus, OH.
- McDonald, D. L., & Phillips, J. (2013). *An exploration of identities in multicultural supervision*. [Roundtable discussion] Great Lakes Counseling Psychology 2013 Conference, Grand Rapids, MI.
- McDonald, D. (2009). *Working with low-income populations*. [Invited presentation] The University of Akron's Counseling Psychology Program Professional Development Day, Akron, OH.
- McDonald, D., Moore, S., & Hayden, E. (2007). Facilitating the transition to college for students with psychiatric disabilities. *The Ohio Psychologist*.
- McDonald, D. (2002). Career counseling to facilitate the welfare-to-work transition: The case of Jeanetta. *Career Development Quarterly*, 50, 326-330.
- McDonald, D., & Javorek, M. B. (1999, March). *Career counseling for women on public assistance*. [Conference presentation] American College Personnel Association 1999 Convention, Atlanta, GA.
- Lent, E., McDonald, D., Rasheed, S., Gragg, K. (1999, August). *Lower-income clients and higher stress roles in career service delivery*. [Roundtable discussion]. American Psychological Association 1999 Convention, Boston, MA.
- McDonald, D. (1997). Service delivery issues for women on welfare. In J. Rice, & K. Wyche, (Eds). *Position paper of the Taskforce on Women, Poverty and Public Assistance*. Washington DC: American Psychological Association, Division 35.
- McDonald, D. (1997, March). *Providing appropriate services for low-income or public assistance dependent women*. [Conference presentation]. Association for Women in Psychology 1997 Convention, Pittsburgh, PA.
- McDonald, D., & McKinney, M. (1996). The VoICES project final report. Unpublished manuscript.
- McDonald, D., Melendez, M., & McKinney, M. (1996, April). *VoICES: Stress and stress mediators in the lives of low-income African-American single mothers*. [Conference presentation]. Great Lakes Counseling Psychology 1996 Conference, Ball State University, Muncie, IN.
- McKinney, M., & McDonald, D., (1996, March). VoICES: Barriers to support for low-income African-American head start families. [Conference presentation]. National Head Start 1996 Annual Meeting, New Orleans, LA.

McDonald, D., & McKinney, J. (1995). Steady dating and self-esteem in high school students. In R. Muus (ed.), *Adolescent behavior and society. A book of readings, fifth edition. McGraw-Hill Higher Education*. (Reprinted from *Journal of Adolescence*, 17, 557-564).

McDonald, D., & McKinney, J. (1994). Steady dating and self-esteem in high school students. *Journal of Adolescence*, 17, 557-564.

## PSYCHOLOGICAL ASSESSEMENT

Types of Psychological Reports Written:

- Learning Disability Assessments for Adults
- ADHD assessments for adults and children.
- Diagnostic/Personality Assessments
- Parenting Evaluations
- Child Abuse Evaluations

Selected Assessment Instruments:

- Cognitive: WAIS-IV; WISC
- Academic Achievement: Woodcock Johnson-IV; WRAT
- Self-Report Measures: Barkley Adult ADHD Rating Scales – IV; Connors Scales; PRIME-MD Patient Health Questionnaire (PHQ), BDI, BAI, CCAPS-62; PCL-5
- Neuro-psych: IVA-2 CPT
- Personality: MMPI; PAI; MCMI
- Career: Strong Interest Inventory; MBTI, Values Card Sort, Self-Directed Search

## RECENT SERVICE AND AWARDS

Strategic Planning Committee: Promise 1 Well-Being and Stewardship; The University of Akron  
April 2023 - present

Health Planning Committee (COVID-19): The University of Akron; May 2020 – April 2022

Outstanding Training Director: awarded by APA Division 17 Supervision and Training Section, 2021

## MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Division 17 (Counseling Psychology) of the American Psychological Association  
Supervision and Training Section

Association of Counseling Center Training Agencies: ACCTA

Ohio Suicide Prevention Foundation