

# SHANTEL L. POWELL, PH.D.

Shantel L. Powell, Ph.D. (*she/her*)  
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NYS Licensed Psychologist #024999

## EDUCATION

<b>Cornell University</b> Certificate in Women's Entrepreneurship	<b>August 2023</b>
<b>Small Business Development Center, University at Albany</b> Small Enterprise Economic Development (SEED) Program	<b>December 2022</b>
PhD, Counseling Psychology <b>University at Albany</b>	<b>May 2020</b>
<b>Dissertation:</b> <i>Big Black &amp; Strong: Does Identification with the Strong Black Woman Archetype Strengthen the Association Between Racism-Related Stress and Emotional Eating?</i>	
APPIC Predoctoral Internship <b>Counseling &amp; Wellness Center</b> <b>University of Florida</b>	<b>August 2019</b>
BS, Psychology <b>University of Florida</b>	<b>April 2011</b>
American Psychological Association's Advanced Training Institute (ATI) Research Methods with Diverse Racial & Ethnic Groups <b>Michigan State University</b>	<b>June 10-14, 2013</b>
<b>Albany County Department of Mental Health</b> <i>Supervising Psychologist</i>	<b>Dec 2023 – present</b>
<b>Powell Holistic Incorporated,</b> <i>Founder and CEO</i> <ul style="list-style-type: none"><li>• Life Coaching Services</li><li>• Clinical Private Practice for individuals in New York State</li></ul>	<b>April 2022 – present</b>

## COMMUNITY ENGAGEMENT

<b>Girls Incorporated, Albany NY</b> <i>Volunteer</i> <ul style="list-style-type: none"><li>• Conducted workshops for girls aged 5-16 on healthy relationships and stress management.</li></ul>	<b>Jan 29<sup>th</sup>, Feb 17<sup>th</sup> 2024</b>
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## CLINICAL EXPERIENCE

### **The College of Saint Rose Counseling Center, Albany NY**

*Jan 2023 – July 2023*

#### *Director*

- Planned and developed timely, relevant, and holistic campus counseling services, including brief psychotherapy, that meet the unique needs of the student body.
- Built relationships with other campus offices (i.e., Residential Life, Office of Spiritual Life, Athletics)
- Provided 24-hour counseling coverage to meet the emergency needs of students
- Responded to parent's concerns regarding student's educational and career problems
- Developed short- and long-range department goals and objectives and devised methods to improve counseling programs' overall effectiveness.
- Supervised professional and clerical staff at the Counseling Center
- Developed an Inter-college Crisis, Memorandum of Agreement
- Updated the Counseling Center Policy and Procedures Manual
- Provided individual counseling, crisis assessment, intervention, consultation, follow-up, and referral services
- Engaged in campus-related outreach events:
  - Take Back The Night, April 20<sup>th</sup>, 2023
  - Accepted Student's Day, April 15<sup>th</sup>, 2023
  - Force de Femme, Panelist, March 22<sup>nd</sup>, 2023
  - Accepted Student's Day, March 18<sup>th</sup>, 2023
- Perform other duties incidental to the work described herein

### **The University at Albany's Counseling and Psychological Services, Albany, NY**

*April 2020 – Feb 2022*

#### *Senior Counselor*

- Provided individual psychotherapy (maintained caseload of 45-60 clients/semester)
- Supervised doctoral psychology trainees
- Conducted 4-5 (30) minute triage appointments on a weekly basis
- Provided 5.5 hours of weekly on-call services
- Provided 24-hour After hour Crisis Intervention Services two weekends per semester
- Provided 4-6 outreach presentations per semester
- Co-facilitator of LGBTQ+ Support process group
- Co-created and Co-facilitated the Breathing Space process group in response to Black racial violence
- Co-created the "What's Going on?" process group as a spinoff to the Breathing Space Group
- Co-created and Co-facilitated the Come Together process group in response to COVID-19 social isolation
- University Police Department Community Response Unit Liaison
- Residential Life Liaison
- Academic Advising Liaison
- LGBTQ + Advisory Council Member
- 2021 Gender and Sexuality Month Planning Committee, Member
- 2021 Gender and Sexuality Month, Presenter
- 2021 Future Success Symposium, Panel Member
- Co-facilitator of the Diversity, Equity, and Inclusion Advisory Board
- Summer 2021 Orientation Committee

### **The University of Florida's Counseling & Wellness Center, Gainesville, FL**

*Aug 2018 – Aug 2019*

#### *Psychology Intern*

- Planned and executed a week-long Children and Families Mental Health Consultation project in Jamaica

- Provided individual psychotherapy (maintained caseload of 13-22 clients/semester)
- Supervised MS psychology trainees
- Conducted 3- 4 (30) minute triage appointments weekly
- Provided 4.5 hours of weekly on-call services
- Provided 24-hour After hour Crisis Intervention Services
- Provided 4-6 outreach experiences per semester
- Facilitated Queer People of Color (QPOC) process group
- Facilitated Invincible Black Woman (IBW) process, group
- Facilitated Taming the Anxious Mind (TAM) skills-based group

**Albany Family Medicine Community Care, Albany, NY**

September 2016- May 2017

*Psychologist Trainee*

- Conducted phone screens, and short-and long-term individual psychotherapy in an integrative care setting

**Supervisors: Angela Antonikowski, Ph.D.**

**Office of Career and Professional Development, University at Albany**

June 2015-July 2016

*Career Counselor*

- Counseled undergraduates, graduates, and alumni to assist in their vocational development.
- Prepared students for vocational experiences by encouraging them to explore various learning opportunities
- Administered career assessments
- Resume and cover letter assistance
- Conducted career workshops

**Supervisors: Noah Simon, MA & Catherine Parker, MS**

**Counseling and Psychological Services, The College of Saint Rose**

August 2014-May 2015

*Assistant Clinical Director*

- Supervised MA and PhD psychology trainees
- Provided individual psychotherapy
- Facilitated Dialectical Behavioral Therapy (DBT) groups
- 24-hour Crisis Intervention Services

**Supervisor: Ronald J. Hamer, Ph.D.**

**Office of Career and Professional Development, University at Albany**

August 2013-August 2014

*Career Counselor*

- Counseled undergraduates, graduates, and alumni to assist in their vocational development.
- Facilitated a "Sexuality (LGBTQ) in the workplace" panel
- Counseled students regarding educational issues
- Administered career assessments
- Resume and cover letter assistance
- Conducted career workshops

**Supervisors: Noah Simon, MA & Catherine Parker, MS**

**St. Catherine's Center for Children, Albany, NY**

June 2013- May 2014

*Psychologist Trainee*

- Conducted psycho-educational groups for adults and teenagers in Marillac homeless shelter
- Provided individual psychotherapy for adolescents in a foster home setting
- Delivered individual psychotherapy for adolescents in a residential setting

**Supervisors: Judith Tate, Ph. D. & Brian Perrotto, MA**

**Psychological Services Center, Albany, NY**

September, 2012 – August 2013

*Psychologist Trainee*

- Diverse client caseload
- Counseled individuals to assist them with their vocational development
- Conducted phone screens, and short-and long-term individual psychotherapy
- Provided individual psychotherapy and career counseling
- Administered psychological and career assessments.
- Prepared clinical reports and case conceptualization.

**Supervisors: LaRae Jome, Ph.D., Jessica Martin, Ph.D., and Elana Gordis, Ph.D.**

## **CLINICAL SUPERVISION EXPERIENCE**

**ESPY 840: Clinical Supervision & Consultation, University at Albany**

September-December 2014

*Supplemental Supervisor*

- Provided 22 hours of clinical supervision to 2 Master's level MHC.

## **COMMUNITY-BASED EMPOWERMENT PROGRAMS**

**Albany Public Library (Howe & Pine Hills Branch), Albany, NY**

June 2014 – November 2014

*Group Facilitator, Wombmen's Circle: Healing the Sistah Soul*

A six-week women's community discussion group co-sponsored by the Albany Public Library System. The mission of Wombmen's Circle is to share, empower, educate, and to encourage authentic living in mind, body, and soul.

### **Discussion topics include:**

Career & Life Planning	Educational Advancement
Emotional & Psychological Health	Health & Nutrition
Relationships & Emotional Regulation	Self-esteem & Beauty

## **TEACHING EXPERIENCE**

**ECPY 204U: Principles of Career and Life Planning, University at Albany**

September 2012- July 2013

*Instructor*

- Albany, NY Instructor for (5) sections of an undergraduate course on career development and career choice
- Assisted students with writing resumes and cover letters
- Responsible for all aspects of the course (lectures, grading, etc.)

**Supervisor: LaRae Jome, Ph.D.**

## **RESEARCH AND OTHER RELEVANT WORK EXPERIENCE**

**Albany Infant and Mother Study (AIMS), Albany, NY**

Sep 2016- May 2018

*Research Assistant*

- The Albany Infant and Mother Study is an ongoing study of pregnant women and their babies born at Albany Medical Center.
- AIMS is sponsored by the JPB Foundation and Harvard School of Public Health

- Examines how prenatal psychosocial stress and aspects of the physical environment may jointly influence babies' growth, health, and development.
- Examines the biological and epigenetic mechanisms that may link experiences like stress during pregnancy and exposure to environmental toxicants with infant health.

**Supervisor: Allison Appleton, Ph.D.**

**Saint Anne's Institute, Albany, NY**

Sep 2014-August 2016

*Child Care Worker*

- Supervise up to (12) female residents in an intensive needs' community-based preventative service agency
- Provide a safe, therapeutic, and healthy environment for residents
- Responsible for daily implementation of agency practices and policies

**Supervisor: Pam Roulhac**

**Department of Educational and Counseling Psychology, University at Albany**

Fall 2011-Spring 2012

*Graduate Research Assistant*

- Performed literature reviews and data collection for a Race-Based Validation study.

**Supervisor: Alex Pieterse, Ph.D.**

**Department of Educational and Counseling Psychology, University at Albany**

Fall 2011-Spring 2012

*Graduate Research Assistant*

- Performed qualitative data coding for a study entitled, Work Transitions of Retirement Age Men study

**Supervisor: LaRae Jome, Ph.D.**

**Health Psychology Research Team, University of Florida**

May 2010- April 2011

*Undergraduate Research Assistant*

- Invited to facilitate several weekly research team meetings
- Disseminated health-related information to low-income citizens of Florida to increase their awareness on the health problems that affect low-income racial/ ethnic groups.
- Family Health Self-Empowerment (FHSE) Team member.
- Facilitated and Participated in FHSE Health Disparities Walk.
- Attended 2010 Prostate Health and Wellness Expo, Jacksonville FL.
- Recruited Members for The Black Men's Health Study.

**Supervisor: Carolyn Tucker, Ph.D.**

## **PUBLICATIONS**

Gale, M. M., Pieterse, A. L., Lee, D. L., Huynh, K., **Powell, S. L.**, Kirkinis, K. (2020). A Meta-Analysis of the Relationship between Internalized Racial Oppression and Health-Related Outcomes for People of Color. *Journal of Counseling Psychology*.

Pieterse, A. L., & **Powell, S. L.** (2016). A theoretical overview of the impact of racism. In A. Alvarez., C. Liang., & H. Neville (Eds.). *Contextualizing the Cost of Racism for People of Color: Theory, Research and Practice*. Washington DC: American Psychological Association.

## **CONFERENCE PRESENTATIONS**

**Powell, S. L.** (2019, February). Big, Black, and Strong: Strength and the Black Woman. Roundtable discussion at the 1st Annual Institution and Societies Conference, University at Albany, Albany, NY.

- Powell, S. L.** (2017, February). Getting high because I feel low: On Health and wellness in the Black Community. Roundtable discussion at the 34<sup>th</sup> Annual Winter Roundtable, Columbia University, New York, NY.
- Powell, S. L.** (2015, March). Cyst and Desist: *Polycystic Ovarian Syndrome among Black women*. Poster presentation at the 7<sup>th</sup> Annual Health Disparities Conference, Columbia University, New York, NY.
- Powell, S. L.** (2014, May). Diversity and inclusion in academia and the workplace. Speed Learning at the 2014 Eastern Association for Colleges and Employers (EACE) Annual Conference, Annapolis, MD.
- Powell, S. L.,** Almonte, J. A. (2013, October). Killing me softly: *The psychological aspect of eating for Black women*. Structured Discussion at the 13<sup>th</sup> Annual Diversity Challenge, Boston College. Boston, MA.
- Al-Jabari, R., **Powell, S. L.,** Paves, A., Nelson, T., Smutek, B. (2013, June). Food Insecurity and Distress: National Latino and Asian American Survey (NLASS). Presentation at the 6<sup>th</sup> Annual American Psychological Association's Advanced Training Institute, Michigan State University, East Lansing, MI.
- Powell, S. L.** (2013, April). Stereotype threat: *The role White educators play in maintaining the intellectual under-performance of Black students*. Roundtable Discussion at the 4<sup>th</sup> Annual Diversity in Research & Practice Conference, Columbia University, New York, NY.
- Powell, S. L.** (2012, October). Stereotype threat: *The role White educators play in maintaining the intellectual under-performance of Black students*. Poster presentation at the 2<sup>nd</sup> Annual Joint Conference in Life Transitions: Contexts and Processes, Universidad de Coimbra, Coimbra, Portugal.
- Jome, L. M., Worhach, M. A., Almonte, J. A., Cusick, M. E., Jayawickrema, A. M., Solano, N., Stauffer, K., Trekell, R. A., Greenberg, L. J., & **Powell, S. L.** (2012, August). *Meaning of work paths and transitions of retirement age men*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Powell, S. L.,** Tucker, C. M., Velez, B. (2011, April). *Academic resiliency among African American high school students of low socioeconomic status*. Poster presented at the National Conference of Undergraduate Research, Ithaca College, Ithaca, NY.

## WORKSHOP PRESENTATIONS

- Powell, S. L.,** Gale, M., (2014, April). *The Miseducation of Black Folks*. Presentation for the College of Saint Rose Office of Intercultural Leadership, Albany, NY.
- Powell, S. L.,** (2014, April). *Assertiveness Training*. Presentation for LEAD Core Program Training Day at the College of St. Rose, Albany, NY.
- Powell, S. L.,** (2013, November). *Targeted Resumes and Interviewing Skills*. Workshop presentation for the University at Albany chapter of the NAACP, Albany, NY.
- Powell, S. L.,** (2013, October). *Targeted Resumes and Cover Letters* Workshop presentation at the University at Albany, Albany, NY.

## MODERATED PRESENTATIONS

- Powell, S. L.,** Almonte, J. A., McLaughlin, K. (2015, November). *Why graduate school?*. Panel discussion sponsored by the Office of Career and Professional Development at the University at Albany. Albany, NY.
- Powell, S. L.,** Almonte, J. A., (2014, April). *Gender and Sexuality in the Workplace*. Panel discussion sponsored by the Office of Career and Professional Development at the University at Albany. Albany, NY.