

Laura U. Forrest, Ph.D.

Spring 2021

Associate Professor of Counseling
 California State University, Long Beach
 Advanced Studies in Education
 M.S. in Counseling Programs

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Education

<u>Institution</u>	<u>Area</u>	<u>Degree</u>	<u>Year</u>
Arizona State University APA Approved Program	Counseling Psychology	Ph.D.	1999
Arizona State University	Counseling	Master of Counseling	1994
Arizona State University	Women's Studies Minor in Psychology	B.S.	1992

Publications

Presentations:

Teaching Experience

1998-1999 Instructor (UNI 100 Student Success at the University)

Student Success Center, Arizona State University

Supervisor: Leslie Chilton, Ph.D.

Responsible for the planning, curriculum, and teaching of two sections of a semester long, undergraduate student success course for incoming freshman, transfer, and struggling students. Curriculum included: stress management, health issues, diversity training, study skills, career planning, and personal decision making.

1997-1998 Instructor (EDP 310 Educational Psychology)

Division of Psychology in Education, Arizona State University

Supervisor: Don Freeman, Ph.D.

Responsible for the planning, curriculum, and teaching of a semester long undergraduate psychology course consisting of three five-week modules. Modules taught included: Adolescents At-Risk and Self Psychology courses.

1997-Present Internet Curriculum Co-author

Department of Counseling Psychology, Arizona State University

Supervisor: John Horan, Ph.D.

Modified a drug abuse curriculum to be used as an interactive program on the Internet. The program is geared toward licensed psychologists as an option for continuing education units.

Committee Work

2010-Present Rossier School of Education Committee on Non Tenure Track Faculty Affairs

2010 Co-Chairs: Ginger Clark & Margo Pensavalle

Conducted needs assessment of Rossier NTT faculty, developed intervention plans, and made recommendations to the Associate Dean for Faculty Affairs.

2009-Present USC Academic Senate Subcommittee on Non-Tenure Track Faculty (Executive Committee)

2010 Co-Chairs: Ginger Clark & Jerry Swerling

Conducted research on 10 peer institutions with regard to their approaches to NTT faculty, made recommendations to the Executive Committee, Faculty Handbook Committee, and Faculty Environment Committee of the Academic Senate in addressing employment issues related to NTT faculty, such as definition, profile, workload, rights, benefits, contracts, promotion, recruitment, retention etc.

2009-Present Rossier School of Education Master's Governance Committee

Consulted on development of common courses, K12 Leadership program design, hybrid School Counseling redesign, increase enrollment plan for master's programs, master's programs evaluation, master's program faculty and staff growth, incorporation of global content.

2010 Rossier Master's Programs Core Course Committee

Consulted on core course curriculum development.

2010-Present Rossier School of Education School Counseling Redesign Committee

Consulted on development of hybrid school counseling curriculum. Evaluated feasibility of hybrid online MFT program.

2010-Present Southern California MFT Consortium Trainee Evaluation Committee

Co-led group with Jose Luis Flores and Jeffry Mio

Developed an MFT trainee evaluation form to be used by all Southern California university consortium members to evaluate the clinical work of MFT trainees during the year long practicum experience in the field.

2010 Rossier School of Education Educational Psychology Tenure Line Search Committee

Consulted on needs in faculty staffing, reviewing applications, and interviewing applicants.

2010 Rossier School of Education Teacher Education Tenure Line Search Committee

Consulted on needs in faculty staffing, reviewing applications, and interviewing applicants.

2009 USC Institutional Review Board Member

Served as faculty board member reviewing and making recommendations for university research submitted for human subjects approval. Filling in for Venegas.

2008-2009 Rossier School of Education Educational Psychology and Counseling 5 YR Plan Ad Hoc Committee

Collaborated with Drs. Harry O'Neil, Kim Hirobayashi, and Mary Andres on developing a five year plan for our concentration.

2008-2009 Rossier School of Education Enrollment Management Advisory Board

Consulted with key recruitment staff and faculty on raising application numbers, increasing visibility, and increasing conversion rates within the school.

Fall 2008-2009 Interim Member of University Wide Non-Tenure Track Faculty Committee (filling in for Kezar)

Consulted on merit pay systems, promotion policy, and NTT issues university wide.

2008-2009 Rossier School of Education School Counseling Program Lead Search Committee

Consulted on needs in faculty staffing, reviewing applications, and interviewing applicants.

2008-2009 Rossier School of Education Search Committee

Consulted on needs in faculty staffing, reviewing applications, and interviewing applicants.

2008-2009 Rossier School of Education Technology Committee

Consulted on technology issues related to faculty and staff needs, as well as technology-enhanced learning.

2006-2007 Rossier School of Education Masters Governance Committee

Committee shared responsibility for strategic planning for the Masters Programs, including considering new Masters Programs, expanding existing programs, and producing program development plans. Ensuring program quality and competitiveness in the academic market.

2005-2008 Rossier School of Education Curriculum and Grade Appeals Committee

Reviewed submissions for curriculum proposals and changes. Provided feedback on revision of proposals. Made recommendations for approval or denial of submissions. Reviewed grade appeals made by students. Made recommendations on approval or denial of grade change appeal.

2006-2007 Rossier School of Education Director of Career Placement Search Committee

Clarified mission of chair position. Delineated evaluation procedures and provided feedback for evaluation of current chair. Provided suggestions about maximizing chair's ability to disseminate the information gained by her research and work. Provided suggestions about meeting mission while staying within budget. Participated in search process.

2006 Director of Masters Programs Office Search Committee

2006 Masters Programs Office Program Advisor Search Committee

2005 Marriage and Family Therapy Program Faculty Search Committee

2003-2005 College of Education Veffie Milstead Jones Endowed Chair Committee

Clarified mission of chair position. Delineated evaluation procedures and provided feedback for evaluation of current chair. Provided suggestions about maximizing chair's ability to disseminate the information gained by her research and work. Provided suggestions about meeting mission while staying within budget.

2003-2005 University Campus Climate Committee

Assessed students' perception of diversity awareness and sensitivity on campus. Created and supported programs and curricula designed to increase student and faculty sensitivity to diversity-related issues on campus.

2004 Academic Senate Retreat Planning Committee

Consulted with faculty across disciplines to organize a retreat for academic senators and key faculty within the university. The retreat was designed to provide opportunities for faculty to consider the mission of the university and to observe best practices in serving students. Best practices used innovative pedagogy that would challenge students to be active rather than passive learners and to make the knowledge their own to increase its relevance and students' productivity as citizens rather than merely university graduates.

2002-2004 EDPAC Department Grade Appeals Committee

Considered requests for grade changes made by students resulting from complaints against the instructor, the course, or non-compliance with university policy.

Non Committee Service Activities

2010 Conducted interviews for admissions and recruitment officer

2010 In person and Online information sessions, recruitment dinners, campus visit meetings, and class visits for MFT student recruitment

- 2010 Read all MFT applications, conducted two days of group interviews, and over 25 individual interviews
- 2010 Wrote 26 letters of recommendation for students
- 2010 Advisor to 43 MFT or MFT/PPS students
- 2010 Supervised, mentored, and evaluated 10 adjunct faculty
- 2010 Oversaw curriculum development, staffing, and scheduling of 42 sections of 21 courses

Outreach, Consultation, and Program Development Experience

2010 Academic Senate’s Committee on Academic Leadership and Development Presentation
Presented on Rossier’s merit pay and promotion policies and procedures for the panel on “How to Promote NTT Career Success at USC.

2006-Present Southern California Consortium for Marriage and Family Therapy Programs
Consulted with other directors of MFT programs across California, as well as the director of the Board of Behavioral Sciences, and Clinical Directors of Training sites on MFT Training issues.

2008-Present Technology Enhanced Learning
Participated in workshops focusing on how to infuse technology into learning using technology tools such as second life, widgets, youtube, facebook, virtual patient, virtual baby, etc.

2003-Present 36 Units of Continuing Education in the Research and Practice of Psychology completed biennially for California Licensure

2002 Winter General Education Institute
General Education Institute
Project Directors: Margaret Merryfield, Ph.D.
Consulted with other GE faculty on developing objectives and assessments that will aid in the development of well designed GE courses with clearly defined goals and evaluation methodologies that serve to improve the GE curriculum at CSULB.

1999 - 2000 Program Development Consultant
Voices of Discovery, Counseling and Psychological Services, California State University Long Beach
Project Directors: Ginger Clark, M.A., Rosa Moreno-Alcaez, Ph.D., & Pamela Ashe, Ph.D.
Implemented the Voices of Discovery intergroup dialogue program developed by the Intergroup Relations Center at Arizona State University on the Cal State Long Beach campus. Program is designed to create dialogue between socially diverse groups (e.g., women of color/white women, LGB/straight students, etc.). Conducted needs assessment, introduced program, facilitated planning in meeting the needs of the CSULB campus, consulted with a variety of campus groups for recruitment, co-facilitated pilot group.

1999 - 2000 Program Development Consultant
Sexual Assault Prevention, Counseling and Psychological Services, California State University Long Beach
Project Directors: Ginger Clark, M. A.
Developed and presented a sexual assault prevention program designed to educate men and women about making safe and smart choices about sexual and social behavior. Program was utilized by various resource and service groups on campus, including women’s resource center, Greek system, UNI 100 program, housing/residential life, and women’s studies department.

1999 - 2000 Program Development Team Member
Freshman Experience, Counseling and Psychological Services, California State University Long Beach
Project Directors: Pamela Ashe, Ph.D., Rosa Moreno-Alcaez, Ph.D., & Phi Loan Le, Ph.D.

Worked with program development team to conduct needs assessment for freshmen students as well as campus services to understand what services are needed to maximize retention in first year students. Developed interventions focused on skills development to address stress management, making connections on campus, and time and money management.

1999 - 2000 LGBT Speakers' Bureau Trainer

LGBT Speakers' Bureau, Lesbian Gay Bisexual Transgender Resource Center, California State University Long Beach

Project Directors: Pamela Ashe, Ph.D., Rosa Moreno-Alcaez, Ph.D., & Mimi Bommersbach, M.A.

Trained LGBT students in facilitating discussions in classrooms about LGBT issues. Topics included creating a safe environment for discussion of sensitive issues, setting boundaries, dealing with disagreement and rejection of ideas and beliefs, developing realistic expectations, and providing support for speakers.

1999 - 2000 Workshop Trainer

Fostering Commitment and Motivation in Team Members, Student Leadership Program, California State University Long Beach

Project Directors: Ginger Clark, M. A.

Developed and presented a workshop for student leaders focusing on motivation and retention of team members. Workshop included A. Ivy's 1995 model of management and communication, including microskills training in interviewing, influencing, and group process.

1999 - 2000 Peer Counselor Trainer

Women's Studies Peer Counseling Program, Counseling and Psychological Services, California State University Long Beach

Project Directors: Pamela Ashe, Ph.D. & Rosa Moreno-Alcaez, Ph.D.

Provided training on group facilitation and microcounseling skills for peer counselors in the Women's Studies Department.

1998-1999 Group Facilitator

Voices of Discovery, Intergroup Relations Center, Arizona State University

Project Directors: Jesus Trevino, Ph.D.

Co-facilitated an experimental group designed to create dialogue between groups traditionally considered "different." Co-facilitated a women of color/white women group and the lesbian-gay-bisexual/straight group.

1997 LGBT Counselor Trainer

Counselor Education Program, Arizona State University

Project Directors: Tania Israel, Ph.D. & Gail Hackett, Ph.D.

Trained beginning level counselors using experimental program designed to sensitize them to issues unique to lesbian, gay, bisexual, and transgendered clients. Issues included sexual identity development, coming out, and the nature vs. nurture argument. Counselors also explored their own attitudes and beliefs about LGBT clients, and how those might affect their work as counselors.

1997 Career Counselor

Center for Academic Precocity, Arizona State University

Project Directors: Lisa Sinden, M.A. & Barbara Kerr, Ph.D.

Co-facilitated career exploration workshops assessing the impact of family environment, career beliefs, and personality characteristics on career choices of gifted youth.

1996 Parent Educator

San Marcos Elementary and Middle School, Chandler, Arizona

Project Directors: Teresa Fisher, Ph.D. & John Horan, Ph.D.

Consulted with school district in implementing and evaluating a video-based parent education program for parents of school-aged and adolescent children. Program included skills training as well as a parent support group.

Clinical Experience

2000 to present Licensed Psychologist

Associated Therapists, Inc., Long Beach, CA

Clinical Supervisor: Julio Guerra, Ph.D.--Licensed Psychologists

Worked as a registered psychological assistant until August of 2003, at which time became licensed as a psychologist. Duties include providing therapy, assessment, and outreach services to diverse population of southern California residents, including children, adolescents, adults, couples, & families. Services include individual, family, group, and crisis counseling; assessment batteries including MMPI, MCMI, Woodcock-Johnson, and computer administered ADD assessments (IVA and Conners); and workshops focusing on parenting skills and sexual abuse counseling in schools.

1999-2000 Predoctoral Intern

Counseling and Psychological Services, California State University Long Beach—**APA approved internship**

Clinical Supervisors: Clyde Crego, Ph.D., Carolyn Johnson, Ph.D., Phi Loan Le, Psy. D. & Michael Johnston, Ed.D.--Licensed Psychologists

Provided counseling, assessment, outreach, consultation, and program development services to diverse population of university students and faculty. Services included individual, couples, group, and crisis counseling; assessment batteries including MMPI-2, TAT, Rotter Incomplete Sentence Form, and WAIS-2; workshops focused on academic, developmental, and diversity issues; consultation for counseling classes and peer counseling groups; and program development in the areas of developmental adjustment and diversity awareness.

1996-1999 Career Counselor

Talented At-Risk Girls Encouragement Training for Sophomores (T.A.R.G.E.T.S.), Arizona State University

Clinical Supervisors: Barbara Kerr, Ph.D. & Sharon Robinson-Kurpius, Ph.D.--Licensed Psychologists

Provided personal and career counseling for gifted adolescents identified as at-risk. Administered a variety of tests including: Vocational Preference Inventory, Personality Research Form, and Rokeach Values Inventory. Worked on raising career aspirations for talented, at-risk adolescents.

1996-1999 Tester and Evaluator

Center for Academic Precocity, Arizona State University

Clinical Supervisors: Sanford Cohn, Ph.D.--Licensed Psychologist & Barry Grant, Ph.D.

Assessed children and adolescents for acceptance into a program for academically talented students.

Administered tests which included: WISC-III, WAIS-R, Peabody Picture Vocabulary Test, Raven's Colored Matrices Test, School and College Abilities Test, and Cognitive Abilities Test.

1997-1998 Counselor

Center Against Sexual Abuse, Phoenix Arizona

Clinical Supervisor: Judith Homer, Ph.D.--Licensed Psychologist

Provided counseling for victims of sexual abuse, sexual assault, date and stranger rape. Worked with adults, adolescents, children, couples, and families. Co-facilitated process groups for incest survivors. Co-facilitated support groups for parents of children who were abused. Co-facilitated psycho-education and psycho-drama groups.

1997-1998 Supervisor of Beginning Level Counselors

Counselor Training Center, Arizona State University

Supervision Supervisors: Barbara Kerr, Ph.D., Miguel Arceniega, Ph.D., & Donna Turley, Ph.D.--Licensed Psychologists

Co-supervised in masters practica with licensed psychologists. Settings included a beginning masters practicum and advanced family therapy masters practicum. Provided both individual and group supervision to counselors working with adults, adolescents, children, couples, and families. Family therapy supervision included live, phone-in supervision.

1996-1997 Counselor

Counselor Training Center, Arizona State University

Clinical Supervisor: Richard Kinnier, Ph.D.--Licensed Psychologist

Provided counseling for adults, children, couples, and families from the university and community populations. Client concerns included interpersonal skills, school behavior problems, career issues, stress, couples issues, divorce and single parenting, depression, and suicidal ideation.

1996 Case Manager

Charter Hospital, Chandler, Arizona

Clinical Supervisors: Jeanne Hanley, M.S.W. & Charles Jenkins, Ph.D.--Licensed Psychologist

Provided individual, couples, and family therapy for adults and adolescents from diverse cultural backgrounds. Facilitated psycho-educational and process groups, and provided crisis intervention and management. Diagnoses included substance abuse and addiction, clinical depression, eating disorders, conduct disorder, severe attention deficit disorder with hyperactivity, borderline personality disorder, schizophrenia, bi-polar disorder, post traumatic stress disorder, and suicidal ideation and attempts.

1992-1995 School Counselor Intern

Thomas Jefferson Elementary School, Bellflower, California

Clinical Supervisor: Nancy Gains, M.F.C.C.

Worked three years as a school counselor providing group and individual counseling, crisis management, as well as classroom presentations for a diverse population of children and adolescents in grades K-6. Presenting problems included disruptive behavior, grief and loss, depression, anxiety, anger issues, assertiveness issues, emotional, physical, and sexual abuse, and suicidal ideation. Prevention programs included: gang prevention, conflict mediation, and sexual abuse prevention. Developed support programs for teachers and parents.

Affiliations and Honors

Affiliations

American Psychological Association, Member

American Counseling Association, Member

Honors

National Career Development Association/Association of Computer Based Systems for Career Information Research Grant Winner 2000

American Psychological Association Travel Scholarship Winner 1999

Arizona State University Graduate School and Psychology in Education Travel Grant Winner 1999 & 2000

Phi Kappa Phi Member 1994

Phi Kappa Phi Scholarship Winner 1994

Psi Chi Member 1990

References:

Kristan Venegas, Ph.D.
Assistant Professor

Kim D. West, Ph.D.
Associate Dean

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