

# Michael D. Shapiro

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## EDUCATION

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- Ph.D. Counseling Psychology**  
**Candidate** The Pennsylvania State University, University Park, PA  
APA-Accredited Counseling Psychology Program  
*Dissertation Topic:* Testing Bowen family systems theory to examine the neurophysiological correlates associated with differentiation of self and cognitive functioning.  
*Expected Graduation:* August 2010  
GPA: 3.96 / 4.0
- M.A. Clinical Psychology**  
Illinois School of Professional Psychology – Argosy University, Chicago, IL  
APA-Accredited Clinical Psychology Program  
Graduation Date: October 2004  
GPA: 3.64 / 4.0
- B.S. Psychology**  
University of Illinois, Urbana-Champaign, IL  
Graduation Date: May 2002

## CLINICAL EXPERIENCE

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### Doctoral Practicum Training

- Counseling and Psychological Services (CAPS)** August 2007 - Present  
**Graduate Assistant Counselor**  
The Pennsylvania State University, University Park, PA  
Supervisors: Joyce Illfelder-Kaye, Ph.D., Licensed Psychologist and Jill Morgan, Ph.D., Licensed Psychologist.
- Provided individual and group psychotherapy, intakes, and crisis services to diverse graduate and undergraduate students.
  - Addressed client concerns related to suicidal ideation, personality concerns, depression, anxiety, grief and loss, sexual identity, depression, interpersonal difficulties, and academic concerns.
  - Attended weekly staff meetings and collaborated with staff members to develop and provide outreach and consultation services to the university community.
  - Participated in professional development activities that focused on multicultural awareness.
  - Groups: General Undergraduate Interpersonal Process Group and Dialogues on Race.

**The Meadows Psychiatric Center  
Advanced Practicum Counselor**

June 2007 – August 2007

Centre Hall, PA

Supervisor: John Erickson, Ph.D. Licensed Psychologist.

- Provided individual and group psychotherapy to diverse adult inpatients ranging in age from 20 to 56 years old.
- Addressed patient concerns related to depression, anxiety, suicidal ideation, abuse, trauma, addictions, bipolar disorder, thought disorders, and characterological concerns.
- Coordinated patient care by attending weekly treatment team meetings.
- Groups: Inpatient Adult Psychotherapy, Inpatient Children's Psychotherapy (ages 8-12).

**Counseling and Psychological Services (CAPS)  
Practicum Counselor**

July 2006 – May 2007

The Pennsylvania State University, University Park, PA

Supervisors: Jill Morgan, Ph.D., Licensed Psychologist; Jo-Ann Cohn, Psy.D., Licensed Psychologist; Eleonora Odes, M.A./M.Ed.

- Provided weekly individual psychotherapy for clients coping with issues related to family-of-origin, anxiety, depression, drug use, intimate relationships and academic struggles.
- Collaborated with agency psychiatrists and University Health Services practitioners to aid in maintenance and prescription of psychotropic medications.
- Conducted intake sessions, providing differential diagnoses in order to facilitate referrals.

**MBNA Career Center  
Practicum Counselor**

January 2006 – May 2006

The Pennsylvania State University, University Park, PA

Supervisors: Susan Woodhouse, Ph.D. and Dulin Clark, Ph.D.

- Provided career counseling focused on decision making skills, choice of major, personal and career development, problem solving skills, and job/internship search.
- Interpreted vocational and psychological assessments including: Meyers-Briggs Type Indicator, Strong Interest Inventory, and Campbell Interest Inventory.

**The CEDAR Clinic  
Practicum Counselor**

August 2005 – May 2006

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Supervisors: Jeffery Hayes, Ph.D., Licensed Psychologist and Robert Slaney, Ph.D., Licensed Psychologist.

- Provided weekly individual psychotherapy for clients coping with issues related to sexual assault, sexual orientation, family-of-origin issues, anxiety, depression, drug use, and problems in intimate relationships.

**Master's Practicum Training**

**The Learning House  
Practicum Counselor**

August 2003 – May 2004

Wheeling, IL

Supervisors: James Graham, Ph.D. and Todd Schneider, MSW.

- Provided individual, family, and group psychotherapy within a therapeutic day school.
- Presented client profiles during multidisciplinary treatment team meetings.
- Collaborated with outside services to provide additional support for families with special needs (i.e. intensive outpatient substance abuse programs).

### **Non-Practicum Clinical Experience**

**Bank of America Career Center** August 2007 – Present

**Staff Career Counselor**

The Pennsylvania State University, University Park, PA

Supervisors: Dulin Clark, Ph.D. and Maritza Ledée Rivera, M.Ed.

- Provided career counseling focused on decision making skills, choice of major, personal and career development, problem solving skills, and job/internship search.
- Conducted vocational and psychological assessments and interpretations of the Meyers-Briggs Type Indicator, Strong Interest Inventory, and Campbell Interest Inventory.
- Facilitated outreach presentations informing students of agency services

**Office of Women's Programs** August 2000 – May 2002

**Campus Acquaintance Rape Education (CARE) Facilitator**

University of Illinois, Champaign, IL

- Conducted coed, interactive workshops designed to educate freshmen about the dangers of acquaintance rape and related issues.
- Conducted training sessions, including both lecture and audience participation, to prevent date rape and offer intervention for situations presenting potential risk.
- Successfully facilitated 35 workshops with 30 to 60 attendees per class.

**A Woman's Fund** August 2000 – May 2002

**Child Assault Prevention Project (CAPP) Volunteer**

Champaign, IL

- Conducted interactive presentations at elementary schools educating pre-K through 5<sup>th</sup> grade about the issues of bullying, stranger danger, and sexual/physical abuse from loved ones.
- Completed 48 hours of training earning "Mandated Reporter of Physical and Sexual Abuse" certificate.

### **EXPERIENCE IN TRAINING COUNSELORS**

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**The CEDAR Clinic** January 2007 – May 2007

**Practicum Supervisor**

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Supervisors: Brandon Hunt, Ph.D., Licensed Psychologist and Jolynn Carney, Ph.D. Licensed Professional Counselor.

- Provided supervision for two Masters level students seeing a total of 10 clients in a practicum setting.
- Reviewed videotapes of each supervisees-client session and provided written feedback.
- Supervised 1-hour session with each supervisee weekly.

**The CEDAR Clinic**

August 2006 – December 2006

**Pre-Practicum Supervisor**

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Supervisor: Jolynn Carney, Ph.D., Licensed Professional Counselor.

- Provided direct supervision for two Master's level graduate students enrolled in CNED 506: "Pre-Practicum," on separate Intake and Basic Skills sessions.
- Duties included preview of the each supervisee's taped sessions, 1-hour supervision sessions with each supervisee, and documentation of evaluation and feedback for the supervisee.

**Group Psychotherapy Training Course**

August 2006 – December 2006

**Training Group Leader**

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Supervisor: Kathy Bieschke, Ph.D., Licensed Psychologist

- Planned and facilitated a 7-week multicultural psycho-educational process group consisting of graduate students enrolled in CNED 404: Group Procedures in Guidance and Counseling.

**ASSESSMENT COURSES AND TRAINING**

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**The Psychological Clinic**

June 2007 – Present

**Advanced Practicum Examiner**

Department of Psychology

The Pennsylvania State University, University Park, PA

Supervisor: Peter Arnett, Ph.D., Licensed Psychologist

- Performed clinical interviews and interpreted results of personality and neuropsychological assessments.
- Clientele included individuals from the Centre County community and university students.
- Assessments administered include: Mini Mental Status Exam (MMSE), Minnesota Multiphasic Personality Inventory (MMPI-II), Wechsler's Adult Intelligence Scale (WAIS-III), Woodcock-Johnson Test of Achievement (WJ-III), Beck Depression Inventory (BDI), Multidimensional Anxiety Questionnaire (MAQ), CARE, VIGIL test of attention, Wisconsin Card Sort Test, Nelson Deny Reading Test, California Verbal Learning Test (CVLT-II; long and short form), Grooved Pegboard, Brief Visuospatial Memory Test- Revised (BVMT-R), Trails A & B, Boston Naming Test, The Vineland Adaptive Behavior Scale (VABS), the Dementia Rating Scale (DRS), and the Stroop Test.

**Rorschach Training Programs, Inc.**

October 2007

**Advanced Rorschach Comprehensive System and MPPI-2 Integration Program**

Facilitators: Roger Green, Ph.D. and Phil Erdberg, Ph.D.

- Completed three day integrative interpretation day training (21 CE credit equivalent).
- Interpreted 8 protocols.

**Rorschach Training Programs, Inc.**

June 2007

**Rorschach Beginning Level Training Program**

Facilitators: Barry Ritzler, Ph.D. and Anthony Sciara, Ph.D.

- Completed five day training on Rorschach comprehensive scoring system (35 CE credit equivalent).
- Scored and interpreted seven protocols.

**The Pennsylvania State University**

January 2006- May 2006

**CNPSY 597C - Assessment**

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

Supervisor: Robert Slaney, Ph.D., Licensed Psychologist.

- Learned administration and scoring procedures of MMPI-2 and Rorschach assessments.
- Performed clinical interview, administered, and interpreted results of the MMPI-2.
- Wrote one integrative summary of test results.

**Illinois School of Professional Psychology**

January 2004 – May 2004

**PP7760 – Objective Personality Assessment**

Psychology Department

Supervisor:

- Learned administration and scoring procedures of MMPI-2.
- Scored and interpreted 2 test profiles.

**ADDITIONAL TRAINING**

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**The Gottman Institute**

May 2005

**Marital Therapy: A Research-Based Approach™**

Facilitator: John Gottman, Ph.D.

- Completed 2-day training workshop focused on marital relationship dynamics and application of research-based interventions for marital therapy (14 CE credit equivalent).

**The Meadows Psychiatric Center**

June 2007

**Nonviolent Crisis Intervention Training**

Centre Hall, PA

- Attended seminar on crisis prevention emphasizing early intervention and nonphysical methods for preventing and managing aggressive behavior.
- The seminar included didactic elements and experiential exercises focused on providing care, welfare, safety, and security to psychiatric inpatients and staff members during crisis situations.
- The Crisis Prevention Institute's *Personal Safety Techniques*<sup>sm</sup> were included in this training.

## LEADERSHIP EXPERIENCE

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### APA Division 43

January 2007 – August 2007

#### Assistant Hospitality Chair

APA 115<sup>th</sup> Annual Convention, San Francisco, CA

- Coordinated requests from Board and Committee Chairs for meetings and presentations in order to facilitate creation of events schedule.
- Collaborated with Division President and Hospitality Chair to design and negotiate event advertisements printed in convention program and divisional newsletter.
- Oversaw planning and budgeting of catered events including: Division Board meetings, Presidential Reception, Division Social Hour, and invitational guest presentations.
- Organized requests for and facilitated scheduling of volunteers required for event staffing.

### The CEDAR Clinic

January 2006 – May 2007

#### Clinic Supervisor, Graduate Assistant

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Supervisor: Kathy Bieschke, Ph.D., Licensed Psychologist

- Oversaw administration of clinic including client file maintenance, client assignment and implementation of clinic policy.
- Assessed the appropriateness of potential clients for the clinic and screened client referrals from the university Counseling and Psychological Services (CAPS).
- Consulted with community and university-based service providers in order to provide comprehensive services to meet client needs.
- Ensured proper management of confidential materials for master's and doctoral level counselors.
- Maintained weekly on-call schedule for crisis intervention.
- Provided clinic orientation for doctoral and masters level counselors at the start of each semester.

## RESEARCH EXPERIENCE

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### Graduate Research Assistant

August 2004 – May 2006

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Primary Investigator: Elizabeth Skowron, Ph.D.

- Assisted in the development of a manual for laboratory procedures and trained new assistants on proper use of ECG recording equipment.
- Piloted procedures of feasibility experiments exploring parent physiological reactions to stress with their children. Responsibilities included conducting subject interviews, implementation of tasks and gathering physiological data.
- Analyzed video tapes of experiment sessions and aided in behavioral coding of tasks that mother-child dyads completed.
- Reviewed and summarized literature regarding the psychophysiology of emotional regulation as it relates to child neglect/abuse.

**Research Team Member**

August 2005 – May 2006

Department of Counselor Education, Counseling Psychology, and Rehabilitation Services

The Pennsylvania State University, University Park, PA

Supervisor: Elizabeth Skowron, Ph.D.

- Served as a member of a general research team that meet bi-weekly.
- Provided consultation to other research team members in their independent projects and professional issues.
- Received consultation from research team members about research projects as well as professional issues.

**Undergraduate Research Assistant**

August 2001 – May 2002

Department of Psychology

University of Illinois, Champaign, IL

Primary Investigator: Janet Sniezek, Ph.D.

- Aided principle researcher in conducting participant studies on leadership and decision making.
- Assisted in the design and implementation of new laboratory protocols.
- Presented the results of ongoing and completed experiments for recruitment purposes.
- Assisted in training newly recruited undergraduate research assistants.

**OUTREACH PRESENTATIONS**

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**Shapiro, M.** & Shetler, S. (2007, October). Alcohol, Relationships, and Sex. Presented as part of a Personal Issues Series for Counseling and Psychological Services, The Pennsylvania State University.

**Shapiro, M.** (2007, October). Managing Stress. Presentation for undergraduate Agriculture First Year Seminar. Counseling and Psychological Services, The Pennsylvania State University.

Williams, J. & **Shapiro, M.** (2007, February). Real People, Real Language, Real Sex: An Interactive Discussion. Workshop presented for Counseling and Psychological Services, The Pennsylvania State University.

**PROFESSIONAL PRESENTATIONS AND PUBLICATIONS**

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**Shapiro, M.**, Stanley, K., Skowron, E. (2007). Self-differentiation, Psychological Symptoms, and Interpersonal Problems: A Longitudinal Study. Poster presented at the Annual Convention of the American Psychological Association convention in San Francisco, California.

Skowron, E. A., DePalma, N., **Shapiro, M.**, Stanley, K., Kelleher, R., & Elreda, D. (2007). Child maltreatment and mother-child emotional reactivity and regulation. Presented at the 115<sup>th</sup> Annual APA Convention, San Francisco, CA.

Skowron, E., **Shapiro, M.**, & Stanley, K. (Manuscript in progress). Self-differentiation, Psychological Symptoms, and Interpersonal Problems: A Longitudinal Study.

### **SCHOLARSHIPS AND FELLOWSHIPS**

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Edwin L. Herr Scholarship for the Education of Counselors Fall 2007

- Awarded by the College of Education, The Pennsylvania State University.

Graham Endowed Fellowship Award Fall 2005

- Awarded by the College of Education, The Pennsylvania State University.

### **PROFESSIONAL MEMBERSHIP**

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#### **American Psychological Association**

Graduate Student Affiliate

- Division 13 – Society of Consulting Psychology
- Division 17 – Society of Counseling Psychology
- Division 43 – Family Psychology