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## **CURRICULUM VITAE**

### **EDUCATION**

- Ph.D. 2016 - Present      University of Kentucky, Lexington, KY  
Major: Counseling Psychology (APA-Accredited Program)
- M.A. 2014                      Ball State University, Muncie, IN  
Major: Clinical Mental Health Counseling
- B.A. 2011                      Ball State University, Muncie, IN  
Major: Psychology  
Minor: Creative Writing  
Departmental Honors in Psychology  
Summa Cum Laude  
Thesis Title: *Relationship Among Stress, Rumination, Coping Styles and Sleep Quality*

### **CLINICAL EXPERIENCE**

- Aug. 2017 – Present      **Practicum Counselor**  
**Beaumont Behavioral Health Services**  
Administered, scored, and interpreted, psychological tests (e.g., cognitive, memory, achievement, personality) to children, adolescents, and adults, to assist in diagnostic clarification. Wrote integrated reports and provided feedback based upon assessments administered.  
Supervisors: Bethany Christian, Psy.D.
- Aug. 2016 – May 2017      **Practicum Counselor**  
**University of Kentucky Counseling Center**  
Provided individual therapy, group therapy, outreach and intake interviews, to students at University of Kentucky presenting with a wide range of psychosocial concerns.  
Supervisors: Amanda Bloom, Ph.D.  
Nathaniel Hopkins, Ph.D.

Jan. 2016 – May 2016

**Staff Therapist**

**Ball State University Counseling Center**

Provided individual therapy and career assessment to students at Ball State University presenting with a wide range of psychosocial concerns. Conducted intake interviews and crisis/self-harm evaluations. Performed substance use evaluations for students sanctioned by University.

Supervisor: Tim Hess, Ph.D., HSPP

July 2014 – Dec. 2015

**Staff Therapist**

**Suzanne Gresham Center**

Provided individual, couples, and family therapy to children, adolescents, and adults presenting with a variety of psychosocial concerns. Provided psycho-educational presentations to staff members. Conducted intake interviews and crisis response evaluations including after hours emergency response. Facilitated direct advocacy through facilitating multi-disciplinary teamwork.

Supervisors: Aubrey Driscoll, MSW, LCSW  
Margaret Richardson, MSW, LCSW

Aug. 2013 – July 2014

**Practicum Counselor**

**Ball State University Counseling Center**

Performed individual therapy, group therapy, outreach, and career assessment, to students at Ball State University presenting with a wide range of psychosocial concerns.

Clinical Supervisor: Tim Hess, Ph.D., HSPP  
Kyle Kittleson, Psy.D., HSPP  
Doctoral Intern Supervisor: Erica Hurley, Ph.D.

Jan. 2013 – July 2013

**Practicum Counselor**

**Ball State University Practicum Clinic**

Performed individual, couples and family psychotherapy with men, women, and children from the Muncie area community presenting with a wide range of psychosocial concerns.

Doctoral Supervisors: Nicholas Lee, Ph.D.  
Yuri Choi, Ph.D.  
Advisors: Kristin Perrone-McGovern, Ph.D., HSPP  
Aarika Vannatter, Ph.D., HSPP

Sept. 2011 – Jan. 2012

**Chaplain Intern**

**IU Health Ball Memorial Hospital**

Co-facilitated substance abuse and coping skills group

therapy sessions on inpatient psychiatric unit in local hospital. Provided bereavement support for families and patients. Provided after hours emergency and crises support to patients and families.

Supervisor: James Hilleson, Mdiv

### **GROUP COUNSELING EXPERIENCE**

Aug. 2016 – May 2017

**Co-leader, Understanding Self and Others Process Group  
University of Kentucky Counseling Center**

Co-led weekly process group for undergraduate students needing assistance with their interpersonal relationships. Participated in weekly group supervision.

Supervisor: Nathan Miles, Ph.D.

Oct. 2013 – May 2014

**Co-leader, Understanding Self and Others Process Group  
Ball State University Counseling Center**

Co-led weekly process group for undergraduate students needing assistance with their interpersonal relationships at Ball State University Counseling Center. Participated in weekly group supervision.

Supervisor: Tim Hess, Ph.D., HSPP

Mar. 2013 – May 2013

**Co-leader, Grief and Loss Psychoeducation Group  
New Castle Correctional Facility, New Castle, IN**

Co-led weekly psychoeducation group for inmates regarding grief and loss. Participated in weekly group supervision.

Doctoral Supervisors: Lamarra Currie  
Lauren Young

Supervisor: Donald Nicholas, Ph.D., HSPP

Jan. 2013 – Feb. 2013

**Co-leader, Grief and Loss Psychoeducation Group  
YWCA, Muncie, IN**

Co-led weekly psychoeducation group with all-female population regarding grief and loss.

Doctoral Supervisor: Scott Fernelius

Supervisor: Donald Nicholas, Ph.D., HSPP

Sept. 2011 – Jan. 2012

**Co-leader, Substance Abuse and Coping Skills Group  
IU Health Ball Memorial Hospital, Muncie, IN**

Co-facilitated bi-weekly substance abuse and coping skills group therapy sessions on inpatient psychiatric unit in local hospital. Participated in weekly group supervision.

Supervisors: James Hilleson, Mdiv

Kal Rissman, Mdiv, LCAC

## **OUTREACH EXPERIENCE**

- June 2017                   **Co-facilitator, ConnectED (Bystander Intervention)**  
**University of Kentucky**  
Co-facilitated small group discussion focused on bystander knowledge and intervention skill development for incoming freshman.
- May 2014 – July 2014       **Co-facilitator, International Conversation Hour (ICH)**  
**Ball State University Counseling Center**  
Co-facilitated weekly program intended for both domestic and international graduate and undergraduate students. Created and implemented small group discussions designed to facilitate cross-cultural interactions.  
Supervisor: Khanh Nghiem, Ph.D., HSPP
- Aug. 2013 – May 2014       **Member, Sexual Threats Oppression Prevention Team (STOP)**  
**Ball State University Counseling Center**  
Served as a team member, assisted in developing outreach presentations for campus life. Provided presentations regarding sexual assault prevention and domestic violence.  
Advisors: Ashley Boester-Dean, Ph.D., HSPP  
Abby Nethaway, Ph.D.  
Allison Wymbissinger
- Aug. 2013 – May 2014       **Member, Career Exploration Team**  
**Ball State University Counseling Center**  
Served as a team member, providing career exploration groups to undergraduates seeking help with deciding on a career path. Provided outreach presentations to undergraduate students regarding career exploration.  
Advisor: Ellen Lucas, Ph.D., HSPP
- January 2014               **Co-facilitator, SAFEZONE Training**  
**Ball State University Counseling Center**  
Co-facilitated two 4-hour SAFEZone ally development training workshop for LGBTQ allies.
- Feb. 2013 – July 2013       **Member, Ball State University Community Outreach Team**  
**Ball State University**  
Served as a team member, assisted in developing outreach material for the Ball State Practicum Clinic. Participated in outreach designed to serve the Muncie area community.  
Advisor: Donald Nicholas, Ph.D., HSPP

## **PEER-REVIEWED PUBLICATIONS**

**Spiker, D. A., & Hammer, J. H.** (2018). Mental health literacy as theory: Current challenges and future directions. *Journal of Mental Health, 1-5*.

Hammer, J. H., & **Spiker, D. A.** (in press). Dimensionality, reliability, and predictive evidence of validity for three help-seeking intention instruments: ISCI, GHSQ, and MHSIS. *Journal of Counseling Psychology*.

Hammer, J. H., Parent, M. C., & **Spiker, D. A.** (2018). Mental help seeking attitudes scale (MHSAS): Development, reliability, validity, and comparison with ATSSPH-SF and IASMHS-PO. *Journal of Counseling Psychology, 65, 74-85*.

Lee, N. A., Spengler, P. M., Mitchell, A. M., Spengler, E. S., & **Spiker, D. A.** (2017). Facilitating withdrawer re-engagement in emotionally focused couple therapy: A modified task analysis. *Couple and Family Psychology: Research and Practice, 6, 205-225*.

## **MANUSCRIPTS UNDER REVIEW**

Hammer, J. H., Perrin, P. B., & **Spiker, D. A.** (2018) *Integrated Care vs. Traditional Psychotherapy: Impact of Distance and Treatment Type on Perceptions of Mental Health Treatment*. Manuscript submitted for publication.

**Spiker, D. A.,** Hammer, J. H., & Parnell, K. (2018). *Men in unhappy relationships: Perceptions of couple therapy*. Manuscript submitted for publication.

**Spiker, D. A.,** & Hammer, J. H. (2018). *A Bystander Theory Model of Intention to Provide Mental Health First Aid*. Manuscript submitted for publication.

## **UNPUBLISHED MANUSCRIPTS**

Arnett, A., Barnum, E., **Spiker, D. A.,** & Warner, D. (2014). *Sexual assault survivors: Dating after trauma* (Unpublished program evaluation). Ball State University.

**Spiker, D. A.** (2011) *Relationship among stress, rumination, coping styles and sleep quality* (Unpublished thesis). Ball State University.

## **PRESENTATIONS**

**Spiker, D. A.** (2018, August). *Processes that Influence Engagement and Resistance to Social Justice Oriented Supervision*. In R. J. Reese (Chair), Considerations for Providing Excellent Supervision: From Social Justice to Deliberate Practice. Symposium presented at the annual meeting of the American Psychological Association, San Francisco, CA.

- Spiker, D. A.**, Hammer, J. H., & Parnell, K. J. (2018, August). *Men in Unhappy Relationships: Perceptions of Couple Therapy*. Poster to be presented at 125<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.
- Spiker, D. A.**, Dschaak, Z., & Hammer, J. H. (2018, August). *Mental Health First Aid and Prosocial Behavior: A Model of Intention to Provide Informal Support*. Poster to be presented at 125<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.
- Dschaak, Z., **Spiker, D. A.**, & Hammer, J. H. (2018, August). *Formal and Informal Help-Seeking Intentions and Utilization among Substance Using College Students*. Poster to be presented at 125<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.
- Parnell, K. J., **Spiker, D. A.**, Johnson, T., May, M., & Barrow, N. (2018, August). *Theory of Planned Behavior and Help-Seeking: Comparing Presenting Concerns*. Poster to be presented at 125<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.
- Spiker, D. A.** (2017, October). *Mental health literacy as theory: Current challenges and future directions*. Presented at Department of Educational, School, and Counseling Psychology (FRED talk) at University of Kentucky, Lexington, KY.
- Spiker, D. A.**, & Hammer, J. H. (2017, October). *Mental health literacy: Current challenges and future directions*. Invited presentation for the UK Center for Health Services Research Work in Progress session series, University of Kentucky, Lexington, KY.
- Hammer, J. H., Wade, N. G., Cragun, R. T., Sandage, S. J., **Spiker, D. A.** (2017, August). *Bifactor Analysis of the Daily Spiritual Experiences Scale (DSES) Across (Non)Religious Groups*. Poster presented at 124<sup>th</sup> Annual Convention of the American Psychological Association, Washington, DC.
- Spiker, D. A.**, & Hammer, J. H. (2017, August). *Integrated care vs. classic care: The impact of distance and type of care on perceptions of mental health treatment*. Poster presented at 124<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C.
- Spengler, E. S., Lenger, K., & **Spiker, D. A.** (2017, March). *Implementation of mindfulness for clients and practitioners*. Roundtable presented at the annual Great Lakes Regional Counseling Psychology Conference, Muncie, IN.
- Lee, N., Mitchell, A., Spengler, E., & **Spiker, D. A.** (2015, March). *A task analysis of withdrawer re-engagement in emotionally focused couple therapy*. Great Lakes Regional Counseling Psychology Conference, Muncie, IN.
- Spiker, D. A.** (2011, April) *Relationship among stress, rumination, coping styles and sleep quality*. 19<sup>th</sup> Annual Psychological Science Conference, Muncie, IN.

## **TEACHING EXPERIENCE**

- Jan. 2018 – Present      **Course Instructor, EDP 202 (Sections 002 and 007): Human Development and Learning**  
Taught education students how to apply psychological theory to their students in the classroom. Primary responsibilities included: lesson plan development, quiz and test development, and grading papers and projects.  
Supervisor: Kenneth Tyler, Ph.D.
- Aug. 2017 – Dec. 2017      **Course Instructor, EDP 202 (Sections 004 and 006): Human Development and Learning**  
Taught education students how to apply psychological theory to their students in the classroom. Primary responsibilities included: lesson plan development, quiz and test development, and grading papers and projects.  
Supervisor: Kenneth Tyler, Ph.D.
- Jan. 2017 – May 2017      **Course Instructor, UK 150: Major and Career Exploration**  
Taught students to self-assess their interests, skills, values, and personality as they relate to the world of work; research major and career options; and successfully apply to jobs. Graded papers and projects, and developed lesson plans.  
Supervisor: Joseph Hammer, Ph.D.

## **PROFESSIONAL SERVICE TO THE PROFESSION**

- Oct. 2016 – April 2017      **Committee Member**  
**Kentucky Psychological Association Planning Committee**  
Participated in planning meetings and conducted outreach to increase the participation of students and faculty in the Kentucky psychology community.

## **WORKSHOPS AND TRAININGS ATTENDED**

- June 2017      ConnectED (Bystander Intervention Training)  
Lexington, KY
- Nov. 2016      Psychodrama Training Workshop  
Lexington, KY
- Oct. 2016      Ally Development Workshop  
University of Kentucky
- Mar. 2015      Take C.H.A.N.C.E.S for Kids: Reactive Attachment Disorder

Muncie, IN

- Apr. 2013                      Safe Zone Training  
SAFEZone Project at Ball State University
- Sept. 2013                     Safe Zone Transgender Training  
SAFEZone Project at Ball State University
- Nov. 2012                     HIV and Psychology Basic  
Ball State University
- Nov. 2012                     Clinical Issues with the Dually Diagnosed  
Ball State University

**HONORS AND AWARDS RECEIVED**

- 2011                             Awarded Psychological Sciences Departmental Honors
- 2011                             Graduated Summa Cum Laude
- 2007 – 2011                    Dean’s List
- 2007                             Awarded Presidential Scholarship

**MEMBERSHIPS AND AFFILIATIONS**

- 2016 – Present                American Psychological Association  
Graduate Student Affiliate
- 2015 – Present                American Counseling Association  
Professional Member
- 2012-2014                     American Counseling Association  
Student Member
- 2011-2014                     Golden Key International Honor Society  
Student Member
- 2011-2014                     Phi Kappa Phi  
Student Member
- 2010-2012                     Psi Chi  
Student Member