

KATIE KOSTOHRYZ, Ph.D., LPC

EDUCATION

Ohio University (CACREP accredited), Athens, Ohio

Ph.D., Counselor Education and Supervision

Graduation Date: August 2011

University of Northern Colorado (CACREP accredited), Greeley, Colorado

Master of Arts, Community Counseling: Emphasis in Marriage and Family Therapy

Graduation Date: December 2005

Monmouth University, West Long Branch, New Jersey

Bachelor of Arts, Education and Psychology

Graduation Date: August 2001

HERR Clinic Supervisor at State College Area School District

SCASD and The Pennsylvania State University

January 2021-current

- Developing an infrastructure to connect Penn State Counselor Education Program and SCASD through the provision of clinical supervision and administrative support aimed at expanding access to mental health services.
- Removing barriers and providing equitable access to students, families, faculty, and staff seeking mental health supports.

ASSOCIATE TEACHING PROFESSOR

The Pennsylvania State University

June 2019-current

Rehabilitation & Human Services; Counselor Education and Supervision

- Introduction to Counseling RHS
- Client Assessment in RHS
- Children and Families in RHS
- Testing in Counseling CNED
- Grief and Loss CNED

AFFILIATE FACULTY

Union Institute & University, Counselor Education and Supervision, Cincinnati, OH

- Helping Relationships, online course

January 2019-present

ASSISTANT PROFESSOR

The Pennsylvania State University, Counselor Education and Supervision

August 2013-July 2018

- RHS Culture and Disability, Study Abroad in Ireland (Summer 2016, 2017, 2018)
- Doctoral Counseling Practicum (Fall 2014, 2015, 2016, 2017)
- Introduction to Counseling and Human Development (Fall 2015, 2016, 2017)
- Grief and Loss Counseling (Summer 2015, 2016 & 2017)
- Clinical Mental Health and Career Internship Class (Fall 2013, Spring 2014, 2015, 2016)
- Tests in Counseling (Spring 2014, 2015, 2016, 2017)
- Practicum (Spring 2014)
- Internship Rehabilitation Counseling (Distance Learning via Adobe Connect, Spring 2014)
- Counseling Theory and Method (Fall 2013)
- Individual Counseling Procedures/Pre-practicum (Fall 2013)

CEDAR CLINIC COORDINATOR, COUNSELING SERVICES

The Pennsylvania State University, University Park, PA

July 2014-July 2018

- Coordinate doctoral and master's level practicum sections in the CEDAR clinic
- Supervise doctoral clinic supervisors and work study reception staff
- Supervise doctoral and master's level interns in the clinic
- Provide direct counseling services to clients
- Awarded grants and funding through collaborations and partnerships in the university, community, and schools

ASSISTANT PROFESSOR

Idaho State University, Counselor Education and Supervision, Pocatello, Idaho August 2011-June 2013

- Issues in Family Counseling (Fall 2011)
- Practicum and Internship Supervisor: Clinical Mental Health, School, and Marriage, Couple and Family (Fall 2011, Spring 2012, Fall 2012, Spring 2013)
- Wellness and Prevention (Spring 2012)
- Counseling Adolescents (Summer 2012)
- Theories of Couples Counseling: Distance Learning (Spring 2012)
- Co-taught Doctoral level Advanced Diversity (Spring 2012)
- Grief and Loss Counseling (Summer 2012/ Summer 2013)
- Conceptual and Applied Counseling Theories (Fall 2012)
- Issues in Clinical Mental Health Counseling (Fall 2012)
- Theories of Couple and Family Counseling (Fall 2011, Fall 2012)
- Family Assessment (Spring 2012, Spring 2013)

ADJUNCT PROFESSOR

Kent State University, Counselor Education and Supervision, Kent, Ohio

- Group Work: Theory and Technique Spring 2011
- Orientation to Clinical Mental Health Counseling Fall 2010

STUDY ABROAD & INTERNATIONAL EXPERIENCE

Culture and Disability: Ireland, Penn State

Summer 2015, 2016, 2017 & 2020 (cancelled)

- Rehabilitation and Human Services, Dublin, Ireland
- Coordinated and facilitated dialogue with students and various service agencies that provide resources for people with many different types of disabilities
- Supported students as they compared and contrasted services and advocacy needs to people with a range of disabilities in the US, Ireland, and around the world.

HELP University, Kuala Lumpur, Malaysia

December 2012-January 2013

- Taught two, week-long supervision workshops for clinicians and educators titled, Providing Culturally Competent Counselor Supervision
- Collaborated with faculty and clinicians in Malaysia to enhance the globalization of the counseling profession

HIV/AIDS in Africa, Gaborone, Botswana

June 2009-July 2009

Botswana-Baylor Children's Center of Excellence Intern

- Facilitated daily play therapy groups for children infected with HIV/AIDS in addition to participating in weekend Teen Club activities
- Collaborated with Botswana-Baylor's staff to create a culturally specific pamphlet on caregiver adherence to antiretroviral therapies

LICENSE/CERTIFICATIONS

2017 **Licensed Professional Counselor**, Pennsylvania (PC009886)

2012 CACREP Team Member
2012 **Licensed Professional Counselor**, State of Idaho (LPC-4987)
2009 **SafeZone member**, LGBT training at Ohio University
2008 **Professional Counselor**, State of Ohio (#C.0800074)
2005-2012 **National Certified Counselor** (# 207271)
2005 **Certified Facilitator**, Becoming a Love and Logic Parenting Program

PUBLICATIONS

- Kostohryz, K.,** & Davis, T. E. (2016) The doctoral comprehensive examination in counselor education: Faculty's perceived purposes. *The Journal of Counselor Preparation and Supervision*, 8(3). <http://dx.doi.org/10.7729/83.1068>
- Kleist, D. M., **Kostohryz, K.** & Coe Smith, J. C. (2016). Reflecting processes in counselor-training: Iterating socially-constructed strengths-based learnings within and beyond the classroom. In E. J., Y. A., & N., H. J. (Eds.) *Handbook of strengths-based clinical practice: Finding common factors* (275-294). NY: Routledge/ Taylor Francis.
- Moody, S., **Kostohryz, K.,** & Vereen, L. (2014). Authentically engaged learning through live supervision: A phenomenological study. *Counselor Education & Supervision*, 53, 19-33. doi:10.1002/j.1556-6978.2014.00046.x
- Kostohryz, K.,** McClure, C. M., Wells, P., Wilson, D. (2014). More than a vacation: Exploring the impact of reentry for international sojourners. *Journal of Mental Health Counseling*, 36(4), 315-327. STUDY00003780 to collect and analyze data in the CEDAR Clinic with the Center for Collegiate Mental Health. Collaborating with colleagues in Counselor Education and CAPS to analyze outcome based data and progress in treatment.

CONFERENCE PRESENTATIONS

- Kostohryz, K.,** Shaine, M., Kocet, M., Blueford, J. (October, 2021) *Teaching Grief and Loss Across the CACREP Curriculum*. 2021 Counselor Education & Supervision Annual Conference. Atlanta, GA.
- Nadermann, K., Beck, C., **Kostohryz, K.** (October, 2021) *Building a Training Clinic and School District Partnership*. 2021 Counselor Education & Supervision Annual Conference. Atlanta, GA.
- Kostohryz, K.** (September 2021) *Speaking Grief II: Self-Care and Wellness in Grief*. Center of Geriatric Nursing Excellence. Penn State University. State College, PA.
- Kostohryz, K.,** Ward, E, Hook, J., McLaughlin, B (2020, May) *Wellness of Grief during the Pandemic: A Virtual Gathering on Zoom*.
- Kostohryz, K.,** Ward, E, Hook, J., McLaughlin, B., Narber, J., Liu, W., Zhai, Y. (November, 2019) *The Indivisible Community: Holistic Wellness for Counselors in a Community Grief Model*. Pennsylvania Counseling Association Annual Conference. State College, PA.
- Kostohryz, K.** (October, 2019) *Grief 101*. Grief Matters Annual Conference. State College, PA.
- Hook, J., **Kostohryz, K.** , Ward, E., McLaughlin, B. (October, 2019) *Grief Comes to Lunch*. Grief Matters Annual Conference. State College, PA.
- Kostohryz, K** & LaMantia, K. (2017, October) *Exploring Current Trends, Challenges and Ethical Issues in Counselor Education Training Clinics*. The 2017 Association for Counselor Education and Supervision Pre-Conference. Chicago, IL.
- Fullmer, L., **Kostohryz, K.,** Calandriello, F., Daniels, A. (2017, October). *Building Training Clinics for the Future: How Assessments and Technology Pave the Way*. The 2017 Association for Counselor Education and Supervision Conference. Chicago, IL.
- Wathen, C., & **Kostohryz, K.** (2016, October) *A Child Advocacy Center? What's That?: A CE's Guide to Working with and Understanding Child Abuse*. The 2016 Association for Counselor Education and Supervision Rocky Mountain Conference. Steamboat Springs, CO.
- Wathen, C., Thiemann, J. & **Kostohryz, K.** (2016, October) *Spiritual Journeys in Counselor Education: Skyline Giving Voice through Photography*. The 2016 Association for Counselor Education and Supervision Rocky Mountain Conference. Steamboat Springs, CO.
- Kostohryz, K.** (2016, September) Keynote speaker. *Social Media and Grief*. Third Annual Tides conference.

- State College, PA.
- Fullmer, L., Calandriello, F. & **Kostohryz, K.** (2016, April) *Developing Future Counselors: Using a Collaborative Training Clinic to Coordinate the Practicum Experience*. 6th Annual Chi Sigma Iota Pennsylvania State-Wide Conference. Marywood, PA.
- Kostohryz, K.** (2015, December). Keynote speaker. *Expanding the Definition of Grief and Loss*. Second Annual Tides conference. State College, PA.
- Kostohryz, K.** Kimbel, K, Kleist, D., Hoskins, W. & Astramovich, R. (October, 2015) *Publication and Presentation Rejection: Exploring Professional Resilience and Embracing Temporary Residence on the Island of Misfit Toys*. The 2015 Association for Counselor Education and Supervision Annual Conference. Philadelphia, PA.
- Benoist, L., **Kostohryz, K.**, Calandriello, F., & Casado Pérez, J. (October, 2015) *Creating a Collaborative Counselor Education Training Clinic: The Real World Model*. The 2015 Association for Counselor Education and Supervision Annual Conference. Philadelphia, PA.
- Kostohryz, K.** (2015, January) Keynote speaker: Enhancing your wellness: Challenges of maintaining a work/life balance. *Schreyer's Annual Graduate Student Professional Development Conference*. Penn State University. Penn State, PA.
- Kostohryz, K.** & Chatters, S. (April, 2014) Keynote speaker: *Counseling Crossing Borders: The Internationalization of the Counseling Profession*, Chi Sigma Iota 4th Annual State Conference, Penn State, PA.
- Kostohryz, K.** & Moody, S. (October, 2013) *Unifying the counseling profession across nations: Teaching counselor supervision in Malaysia*. The 2013 ACES Annual Conference. Denver, CO.
- Kostohryz, K.**, Wells, P., & Horn, L. (2013, January) *Grief and loss: Interventions beyond stages*. The 2013 Idaho Counseling Conference. Courte d' Alene, Idaho.
- Michalak, M., **Kostohryz, K.**, Dennis, B., Hanson, K. (2013, January) *"I don't have time for that!" Utilizing innovative interventions to embrace wellness personally and professionally*. The 2013 Idaho Counseling Conference. Courte d' Alene, Idaho.
- Wells, P., McClure, C., **Kostohryz, K.** & Wilson, D. (2012, October). *Creating connections through transformational travel experiences: Training future counselors and counselor educators for work with international and sojourning students*. The 2012 Rocky Mountain Association for Counselor Education and Supervision conference. Park City, Utah.
- Kostohryz, K.**, & Davis, T., (2012, March). *Faculty's perceived purposes of the comprehensive examination in doctoral counselor education and supervision programs*. The 2012 American Counseling Association Annual Conference. San Francisco, California.
- Kostohryz, K.** (2012, March). *A procrastinator's guide to writing your dissertation*. The 2012 American Counseling Association Annual Conference. San Francisco, California.
- Pillay, Y., Williams, N., **Kostohryz, K.**, & Franceses, F. (2012, March). *HIV/AIDS in Southern Africa: Experiences of members of the alpha chapter of Chi Sigma Iota*. The 2012 American Counseling Association Annual Conference. CSI sponsored poster session. San Francisco, California.
- Kostohryz, K.** (2012, January) *Is it procrastination when I don't want to do it?* Idaho State University Athletic Department. Pocatello, ID.
- Kostohryz, K.**, Wells, P., McClure, C., & Wilson, D. (2012, January). *The transformational process of international sojourn through the eyes of students and faculty: Implications for counseling*. The 2012 Idaho Counseling Conference. Boise, Idaho.
- Kostohryz, K.** (2011, October). *The comprehensive examination in doctoral counselor education and supervision programs*. The 2011 Association for Counselor Education and Supervision Conference, Nashville, Tennessee.
- Kostohryz, K.**, & Davis, T. (2011, April). *Traditional and nontraditional formats of the comprehensive examination in doctoral counselor education programs*. The Spring 2011 Ohio Association for Counselor Education and Supervision Conference, Columbus, Ohio.
- Kostohryz, K.** (2011, March). *Creative interventions when counseling terminally ill in rural Appalachia*. The 2011 American Counseling Association Annual Conference, New Orleans, Louisiana.
- Sammons, G., Pillay, Y., & **Kostohryz, K.** (2010, November). *The application of the Lifton based residential*

- treatment model for counseling survivors of domestic violence.* The 2010 All-Ohio Counseling Conference, Columbus, Ohio.
- Pillay, Y., Sammons, G., **Kostohryz, K.**, Gould, R., & Notestine, T. (2010, March). *Personality traits & trends in individuals who have been in cult relationships: Implications for mental health professionals.* The 2010 American Counseling Association Annual Conference, Pittsburgh, Pennsylvania.
- Adamson, N., **Kostohryz, K.**, & Johnston, P. (2009, November). *Ohio chi sigma iota leadership meeting: Connecting with chapters across the state.* The 2009 All Ohio Counselors Conference, Columbus, Ohio.
- Patterson, C. & **Kostohryz, K.** (2009, October). *The creation and use of standards-aligned assessments in counselor education: Implementing the 2009 CACREP standards.* The 2009 Association for Counselor Education and Supervision Conference, San Diego, California.
- Pillay, Y., Burnes, C., Conte, J., **Kostohryz, K.**, Lovering, K., Mulach, C., & White, Z. (2009, July). *The influence of an education abroad experience on the cultural competence of counselor trainees.* Association for Multicultural Counseling and Development/Association for Counselor Education and Supervision, University of Botswana, Gaborone, Botswana.
- Davis, T., Patterson, C., Ritchie, M., & **Kostohryz, K.** (2009, February). *CACREP and counselor education: The evolving paradigm.* The Ohio Association for Counselor Education and Supervision, Columbus, Ohio.

INVITED WORKSHOPS

- Kostohryz, K.**, (2021, January) Grieving a Variety of Losses in our Lifetime. *Straight Talk Series.* State College Area School District, PA.
- Kostohryz, K.**, Conyers, L., Sullivan, L., & Chatters, S. (2020, March) You, Your Mental Health, and Your Family. *Webinar for State College Area School District webinar.*
- Kostohryz, K. & Henry, J.** (2019, November) Facilitated sensitive team discussions with PSU athletics.
- Kostohryz, K.** (2019, November) Mokita Dialogue speaker for Jana Marie Foundation on Grief and Loss.
- Kostohryz, K.**, (2019, September) *Enhancing your wheel of wellness within World Campus.* World Campus staff retreat. Bellefonte, PA.
- Kostohryz, K.** (2019, March) *Transforming Grief: How to Provide Compassionate Counseling for Clients Experiencing Loss.* Invited presentation for Union Institute & University.
- Kostohryz, K.** & McLaughlin (2019, January) *Choose Your Own Story.* ROAM. Miami, Florida.
- Kostohryz, K.** (2017, October & 2015, January). *Overcoming procrastination.* Invited presentation for the College of Earth and Mineral Sciences, Penn State University. State College, PA.
- Kostohryz, K.** (2017, February) *Understanding and Supporting Students Through the Grief and Loss Process.* Bellefonte High School Professional Development, Bellefonte, PA.
- Chatters, S. & **Kostohryz, K.** (2017, January) Social Media and Teens. *Straight Talk Series.* State College Area School District, PA.
- Kostohryz, K.** (2015, December). Keynote speaker: *Expanding the Definition of Grief and Loss.* Invited presentation for the Second Annual Tides conference. State College, PA.
- Kostohryz, K.** (2015, December). *Cultural Definitions of Grief and Loss.* Invited presentation for the Second Annual Tides conference. State College, PA.
- Kostohryz, K.** (2015, January) Keynote speaker: *Enhancing your wellness: Challenges of maintaining a work/life balance.* Schreyer's Annual Graduate Student Professional Development Conference. Penn State University. Penn State, PA.
- Kostohryz, K.** & Chatters, S. (April, 2014) Keynote speaker: *Counseling Crossing Borders: The Internationalization of the Counseling Profession,* Chi Sigma Iota 4th Annual State Conference, Penn State, PA.
- Kostohryz, K.** & Chatters, S. J. (2013, November) *All around the world: Teaching counselor supervision in Malaysia and Dubai.* Brown bag series hosted by Penn State University. State

College, PA.

Kostohryz, K. (2013, June) *Ethics in marriage, couple and family counseling*. Workshop series hosted by Idaho State University. Boise, ID.

Kostohryz, K. (2013, April) *Navigating healthy relationships in-person and on-line*. Idaho State University Athletic Department. Pocatello, ID.

Kostohryz, K. (2013, March). *Strategies to handle burnout: Enhancing your wellness*. Portneuf Hospital Cooperative. Pocatello, ID.

SERVICE

Grief Counseling Competencies Task Force

March 2019-March 2023

- Selected to serve a two-year appointment in partnership with Association for Adult Development and Aging (AADA) to create Grief Competencies for the counseling profession.

The Grief Initiative, Advisory Board member

January 2019-current

- New York Life Foundation & WPSU Penn State funded public service media project
- Serve as an advisor and content editor for material distributed surrounding the documentary

Chi Sigma Iota, Rho Alpha Mu, Penn State University

September 2014-July 2018

Co-Faculty Advisor

- Provided leadership to student officers in promoting excellence in the field of counseling.
- Worked closely with officers and other chapters to identify goals and interventions.
- Co-lead students planning CSI's annual conference and induction ceremony, professional networking events including a mentoring program, and advocating for individuals and families in the community
- Former co-faculty advisor of Phi Omicron Chi, Idaho State University, from Sept. 2011-June 2013 & Former President of the Alpha Chapter at Ohio University

ACES Clinic Director Coordinator Network, co-chair

October 2015-July 2018

- Created, organized, presented and facilitated first pre-conference for clinic coordinators and directors titled, *Exploring Current Trends, Challenges and Ethical Issues in Counselor Education Training Clinics*
- Organized meetings in person and online to share ideas, research, and networking opportunities

Grief Matters and Learning to Live, Steering committee

May 2015-present

- Our mission is to create educational and conversational opportunities for meaningful intergenerational exchanges on loss, grief, growth and transformation.

Grane Hospice, Volunteer, State College, PA

January 2017-present

- Provide weekly in-home support and companionship for terminally ill patients and their families

School and Community Engagement Task force, Chair

September 2014-July 2018

- Facilitate monthly meetings to develop partnerships in the schools and community

Youth Services Advisory for Evidence Based Practices, Board member

October 2014-current

- Review evidenced based outcomes and practices and provide

Student Athlete Mental Health And Wellness Education, Committee member

February 2015-May 2018

Penn State University

Centre County Partnership for Mental Health, Committee member

January 2015-April 2018

ACES New Faculty Interest Network

September 2011-May 2016

Co-chair, former Rocky Mountain Chair

- Organized and facilitated meetings for NFIN at regional ACES, ACA, and ACES to share ideas, research, and network
- Created and implemented needs assessment survey

Gender Center Advisory Board, Idaho State University

January 2012-June 2013

- Expanded and enhance the Gender Center
- Served as part of the Women's History Month Planning committee

SafeZone, Steering Committee member Idaho State University

January 2013-present

- Served as an organizer and trainer for bringing SafeZone, an ally training programs for students, staff, faculty, and community members of any gender identity or sexual orientation, to Idaho State University

Cultural Affairs Committee, Idaho State University

April 2012- June 2013

- Organized ways to bridge together the university and community through rich cultural events
Appalachian Community Hospice, Athens, Ohio October 2009-May 2011
- Provided weekly in-home support and companionship for terminally ill patients and their families.
Special Olympics, women's basketball assistant coach, Columbus Comets December 2007-March 2009
- Larimer County Hospice**, Fort Collins, CO May 2005-May 2007
 - Provided weekly in-home support and companionship for terminally ill patients and their families.

AWARDS

2016 **Vogel song Professional Excellence Award**, Centre County Youth Service Bureau
 2015 **Finalist**, Open Innovation Challenge, Penn State, 2015 Teaching, Learning with Technology Symposium
 2011 **Outstanding Doctoral Student Award**, Ohio Association for Counselor Education and Supervision
 2010 **J. Melvin Witmer Creative Altruism Award**, Ohio University
 2010 **Outstanding Doctoral Student Leader**, Finalist, Ohio University

PROFESSIONAL MEMBERSHIPS

American Counseling Association
 Association for Counselor Education and Supervision

COUNSELING EXPERIENCE

CEDAR Clinic, Penn State, PA September 2014-Spring 2018
 Counselor and supervisor

- Provided one-on-one counseling services to a variety of individuals in CEDAR clinic
- Supervised both master's and doctoral students in internship in the clinic as well as outreach in the community and schools

St. Vincent Family Centers, Columbus, Ohio February 2008-August 2008
Professional Counselor

- Strengthened family communications and skills utilizing play, filial, and family therapy for community members facing various life challenges
- Worked in a close team environment to best meet the needs of each family and child

Larimer Center for Mental Health, Fort Collins, Colorado March 2006-April 2007
Multi-Systemic Therapist

- Utilized an evidence-based program to provide intensive in-home, strength-based family therapy to adolescents and their families involved in the juvenile justice system
- Advocated for families in the community, court system, and schools while implementing numerous case management skills
- Encouraged tools in the family's ecology to utilize natural supports to keep adolescents out of placement

Access Counseling, Boulder, Colorado May 2005-March 2006
Counselor

- Counseled couples, families and individual in an outpatient community setting
- Provided play therapy to children of various ages under a Registered Play Therapist-Supervisor
- Facilitated parenting group, "Becoming a Love and Logic Parenting Program"

Namaqua Center, Loveland, Colorado October 2001- March 2004
Milieu Counselor

- Specialized in working with severely abused and neglected children in a residential treatment facility by creating a safe environment to teach new coping skills
- Worked with a team to develop treatment plans which continuously reinforced the goals of the program and of the individual child