

# 吕韵 Yun Lu, Ph.D.

yunlu\_cp@zju.edu.cn

## 学习经历

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**UNIVERSITY OF ILLINOIS AT CHICAGO COUNSELING CENTER**, Chicago, IL, USA

APA-Accredited Pre-doctoral Internship

August 2019-August 2020

**UNIVERSITY OF MARYLAND**, College Park, MD, USA

Ph.D. in Counseling Psychology

August 2020

Cumulative GPA 3.98/4.00

Thesis: Chinese Graduate International Students' Cultural Adjustment in the US: A Qualitative Investigation

Dissertation: Acculturation as Congruence-Discrepancy between Frames of Reference: Polynomial Regression and Response Surface Analysis

**BOSTON COLLEGE**, Chestnut Hill, MA, USA

M.A. in Counseling Psychology, Mental Health Counseling Track

May 2014

Cumulative GPA 3.96/4.0

**MIAMI UNIVERSITY**, Oxford, OH, USA

B.A. in Psychology, Minor in Organizational Management

May 2012

Cumulative GPA 3.95/4.00

Graduated with Distinction, *Summa Cum Laude*

Independent Project: Cross-cultural Comparison of STEM Career Interest, Perceived Goal Affordances, and Goal Endorsement in China and in the US

Honor's thesis: Acculturation and Psychosocial Adjustment Among Asian International Students in North America

## 主要研究领域

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多元文化在心理干预和心理健康方面的影响，具体包括：留学生和移民群体的文化适应问题，心理咨询过程和效果，多元群体适用的心理量表开发，叙事短视频干预。擅长定量方法（因子分析法、结构方程模型、多层次模型、交叉滞后模型等）及定性方法（个案分析、共识性研究法等）在心理学研究中的应用。

## 重要获奖情况

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University of Maryland Counseling Psychology Program Fretz Scientist-Practitioner Award	2020
University of Maryland College of Education Outstanding Graduate Assistant Award	2019
University of Maryland Graduate School's Outstanding Research Assistant Award	2019
University of Maryland Graduate Research Appreciation Day First Price Winner in Elevator Speech	2017
University of Maryland Jacob K. Goldhaber Travel Grant	2016/2018
University of Maryland College of Education Scholarship, three years	2015-2017
Asian American Psychological Association Student Travel Award	2015-2016
University of Maryland Graduate School Dean's Fellowship	2014-2015
University of Maryland Counseling, High Education, and Special Education Fellowship	2014-2015
Boston College Lynch School Dean's Scholarship, four semesters	2012-2014
The Society for Personality and Social Psychology Diversity Fund Undergraduate Registration Award	2011
Miami University Undergraduate Presentation Award	2011
Miami University Provost's Student Academic Achievement Award	2011
Miami University J. Oliver Amos Scholarship	2010-2012

Miami University Women's Club Scholarship	Lu 2 2010-2011
Miami University Dean's List, three semesters	2010-2012
Miami University Howard W. Ivans and Francis Ivans Rich Scholarship	2009-2010
Miami University President's List, five semesters	2008-2012

## 研究项目基金

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University of Maryland College of Education, SPARC Dissertation Award (\$855)	2018
Asian American Psychological Association Student Dissertation Grant, First Runner Up (\$500)	2018
The Stephen C. Rose Scholarship for Psychology Research on Asian American Youth (\$1000)	2017
Miami University College of Arts & Sciences Dean's Scholar (\$750)	2011
Miami University Undergraduate Summer Scholars Award (\$3000)	2011

## 发表论文 (N = 13)

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- Lu, Y.**, Kivlighan Jr., D. M., Hill, C. E., & Gelso, C. J. (in press). Therapist initial attachment style, changes in attachment style during training, and client outcome in psychodynamic psychotherapy. Manuscript accepted by *Journal of Counseling Psychology*.
- Zhu, X., Xia, M., Hu, Y., Zhang L., **Lu, Y.**, ..., & Guo, X. (2020). Mental status and psychological needs of Chinese police officers in a highly impacted city during the COVID-19 pandemic. *International Journal of Mental Health Promotion*, 22, 149-157. doi: 10.32604/IJMHP.2020.011097
- Lu, Y.**, Hill, C. E., Hancock, G. R., & Keum, B. T. (2020). Helping skills training for undergraduates and the development of ethnocultural empathy. *Journal of Counseling Psychology*, 67, 14-24. doi: 10.1037/cou0000404
- Hill, C. E., **Lu, Y.**, Gerstenblith, J., Kline, K. V., Wang, J., & Zhu, X. (2019). Facilitating client collaboration and insight through interpretations and probes for insight in psychodynamic psychotherapy: A case study of one client with three successive therapists. Advance online publication, *Psychotherapy*. doi: 10.1037/pst0000242
- Lu, Y.**, Alvarez, A. N., & Miller, M. J. (2019). [Featured Article]. Measurement invariance of the Brief Symptom Inventory-18 (BSI-18) across Asian American ethnic, nativity, and gender groups. *Asian American Journal of Psychology*, 10, 1-10. doi: 10.1037/aap0000115
- Lu, Y.**, Chui H., Zhu R.\*, Zhao, H.\*, Zhang Y.\*, Liao, J.\*, & Miller, M. J. (2018). What does 'good adjustment' mean for Chinese international students? A qualitative investigation. *The Counseling Psychologist*, 46, 979-1009. doi: 10.1177/0011000018824283
- Shin, R. Q., Smith, L. C., **Lu, Y.**, Welch, J., Sharma, R., Vernay, C., & Yee, S. (2018). The development and validation of the Contemporary Critical Consciousness Measure II. *Journal of Counseling Psychology*, 65, 539-555. doi: 10.1037/cou0000302
- Miller, M. J., Keum, B. T., Thai C. J., **Lu, Y.**, Truong, N. N., Huh, G... Ahn, L. H. (2018). Practice recommendations for addressing racism: A content analysis of the counseling psychology literature. *Journal of Counseling Psychology*, 65, 669-680. doi: 10.1037/cou0000306
- Keum, B. T., Brady, J., Sharma, R., **Lu, Y.**, Kim, Y. H., & Thai, C. J. (2018). Gendered Racial Microaggressions Scale for Asian American Women: Development and initial validation. *Journal of Counseling Psychology*, 65, 571-585. doi: 10.1037/cou0000305
- Keum, B. T., Hill, C. E., Kivlighan, Jr., D. M., & **Lu, Y.** (2018). Group- and individual-level self-stigma reductions in promoting psychological help-seeking attitudes among college students in helping skills courses. *Journal of Counseling Psychology*, 65, 661-668. doi:10.1037/cou0000283

- Keum, B. T., Thai, C. J., Truong, N. N., Ahn, H. L., & **Lu, Y.** (2018). Invariance testing of the Perceived Ethnic Discrimination Questionnaire Brief. *International Journal of Culture and Mental Health*, 11, 498-512. doi: 10.1080/17542863.2018.1436578
- Lu, Y.**, Keum, B. T., Chong, E. S. K., Yeung, J. G., Kivlighan, Jr., D. M. (2017). Are the ambitions for Group Dynamics: Theory, Research and Practice being fulfilled? A social network analysis of citations of journals publishing group research. *Group Dynamics: Theory, Research, and Practice*, 21, 178-185. doi: 10.1037/gdn0000070
- Brown, E.R., Steinberg, M., **Lu, Y.**, & Diekmann, A.B. (2017). Is the lone scientist an American dream? Perceived Communal Opportunities in STEM offer a pathway to closing US-Asia gaps in interest and positivity. *Social Psychological and Personality Science*, 9, 11-23. doi: 1948550617703173

## 准备阶段论文

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- Shin, R. Q., Keum, B. T., Smith, L., **Lu, Y.**, & Yee, S. (revise and resubmit). The development and validation of the Blindfolded Heterosexism Scale. Manuscript submitted to *The Counseling Psychologist*.
- Lu, Y.**, & Wang, C. (under review). Direct online and vicarious racial discrimination during the covid-19 pandemic: The moderating role of social support and locus of control. Manuscript submitted to *Asian American Journal of Psychology*.
- Wu, J., Wang, C., **Lu, Y.**, Zhu, X., Liu, Y., Jiang, G., ... & Jiang, G. (under review). Development and initial validation of the Mental Health Literacy Questionnaire for Chinese adults. Manuscript submitted to *Journal of Mental Health*.
- Anh, L. H., Miller, M. J., **Lu, Y.**, Keum, B. T., Thai, C. J., Truong, N. N... & Li, X. (under review). The role of racial discrimination and gender on racial socialization experiences for Asian American and White young adults. Manuscript submitted to *Ethnic and Racial Studies*.
- Thai, C., Hill C. E., Adams, S.\*, Bansal, P.\*, Fadae, N.\*, **Lu, Y.\***, Mui, V.\*, Reece, T.\*, & Trieu, T.\* (under review). East Asian women witnessing racism events: To act or not to act. Manuscript submitted to *The Counseling Psychologist*.
- Yang, M., Truong, N. N., **Lu, Y.**, & Miller, M. J. (under review). Coping with racism-related and financial stress: An intersectional examination of psychological distress among communities of color. Manuscript submitted to *The Counseling Psychologist*.
- Lu, Y.** (in preparation). Actual, ideal and normative acculturation orientations: Negotiation between frames of reference. Manuscript in preparation to submit to *Journal of Cross-Cultural Psychology*.
- Lu, Y.**, Kline, K. V., Brady, J. L., Keum, B. T., & Ireland, G. (in preparation). Deliberate practice for countertransference management: Experiences of therapist trainees. Manuscript in preparation to submit to *Practice Innovations*.
- Miller, M. J., **Lu, Y.**, Thai, C. J., & Keum, B. T. (in preparation). A content analysis of the racism measure development literature. Manuscript in preparation to submit to *Journal of Counseling Psychology*.
- Shin, R. Q., **Lu, Y.**, Keum, B. T., & Yee, S. (in preparation). Validation of Contemporary Critical Consciousness Measure I & II and development of a short form. Manuscript in preparation to submit to *Journal of Counseling Psychology*.
- Hillman, J. W., **Lu, Y.**, Kivlighan, Jr., D. M., Hill, C. E., & Gelso, C. J. (in preparation). The interactive predictability of working alliance and presenting concerns: A multilevel response surface analysis.

## 学术会议报告 ( $N = 38$ )

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**Lu, Y.,** & Cixin Wang. (October, 2020). *Using social support to cope with COVID-19-related online direct and vicarious racial discrimination: The moderating role of locus of control*. Poster presented at 2020 virtual Asian American Psychological Association Convention.

**Lu, Y.,** & Miller, M. J. (August, 2019). [Division 52 First Placing Student-Authored Poster] *What I do vs. what I desire: Acculturation as congruence-discrepancy between actual-ideal frames of reference*. Poster presented at 127<sup>th</sup> annual convention of American Psychological Association, Division 45, Chicago, IL.

Hillman, J. W., **Lu, Y.,** Kivlighan D. M., Hill, C. E., & Gelso, C. J. (August, 2019). [Division 29 Best Poster Finalist] *The dynamic alliance-outcome relation: Congruence and discrepancy using variance decomposition and response surface analysis*. Poster presented at 127<sup>th</sup> annual convention of American Psychological Association, Division 29, Chicago, IL.

**Lu, Y.,** Hillman, J. W., Kivlighan, Jr., D. M., Hill, C. E., & Gelso, C. J. (September, 2018). *The dynamic alliance-outcome relation: Congruence and discrepancy using variance decomposition and response surface analyses*. Poster presented at the 2018 annual North American Chapter meeting of Society of Psychotherapy Research, Snowbird, UT.

**Lu, Y.** (August, 2018). *Help-seeking promotion and stigma reduction: A narrative video approach*. In Award Panel. Stephen Rose Fund awardee presentation given at the 2018 Asian American Psychological Association Convention, San Francisco, CA.

**Lu, Y.,** Truong, N. N., Keum, B. T., Ahn, H., Yeung, J. G., Thai, C. J., ... & Miller, M. J. (August, 2018). *Promoting racism coping using first-person narrative videos*. In Ecologically Valid Approaches to Racism Intervention and Prevention. Symposium presented at the 126<sup>th</sup> annual convention of American Psychological Association, Division 45 and Division 9, San Francisco, CA.

**Lu, Y.,** Ma, Z., Huh, G. A., & Miller, M. J. (August, 2018). *Help-seeking promotion and stigma reduction: A narrative video approach for college students*. Poster presented at the 126<sup>th</sup> annual convention of American Psychological Association, Division 17, San Francisco, CA.

Ahn, L. H., **Lu, Y.,** Thai, C. J., Yeung, J. G., Truong, N. N., Keum, B. T., ... Miller, M. J. (August, 2018). *Discrimination, preparation for bias, and racial colorblindness: A medication model*. Poster presented at the 126<sup>th</sup> annual convention of American Psychological Association, Division 45, San Francisco, CA.

Ahn, L. H., **Lu, Y.,** Thai, C. J., Truong, N. N., Keum, B. T., ... Miller, M. J. (August, 2018). *Do Parents' racism beliefs and experiences predict their promotion of racial mistrust with children?* Poster presented at the 126<sup>th</sup> annual convention of American Psychological Association, Division 17, San Francisco, CA.

Thai, C. J., **Lu, Y.,** & Miller, M. J. (August, 2018). *What is racism and how do we define it?* Poster presented at the 126<sup>th</sup> annual convention of American Psychological Association, Division 45, San Francisco, CA.

**Lu, Y.,** Hillman, J. W., Kivlighan, Jr., D. M., Hill, C. E., & Gelso, C. J. (June, 2018). *The dynamic alliance-outcome relation: Congruence and discrepancy using variance decomposition and response surface analyses*. Poster presented at the 2018 annual international conference of Society of Psychotherapy Research, Amsterdam, the Netherlands.

**Lu, Y.,** Zhu, R., Zhao, H., Zhang Y., Liao, J., Chui, H., & Miller, M. J. (October, 2017). *What does good adjustment mean to Chinese international students? A CQR study*. Poster presented at the 2017 Asian American Psychological Association Convention, Las Vegas, NV.

**Lu, Y.,** Liao, J., Zhang Y., Zhao, H., Zhu, R., Chui, H., & Miller, M. J. (August, 2017). *What does good*

*adjustment mean to Chinese international students? A CQR study.* In Psychosocial Adjustment of Chinese International Students in Japan and USA. Symposium presented at the 125<sup>th</sup> annual convention of American Psychological Association, Division 52, Washington DC.

**Lu, Y.,** Keum, B. T., Hill, C. E., & Mohr, J. J. (August, 2017). *Helping skills training for undergraduates and development of ethnocultural empathy.* Poster presented at the 125<sup>th</sup> annual convention of American Psychological Association, Division 17, Washington DC.

Sharma, R., **Lu, Y.,** Keum, B. T., & Yeung, J. G. (August, 2017). *"I stand with you": Integrating an understanding of power and advocacy in therapist self-disclosure.* Conversation hour presented at the 125<sup>th</sup> annual convention of American Psychological Association, Division 45, Washington DC.

Keum, B. T., **Lu, Y.,** Hill, C. E., & Mohr, J. J. (August, 2017). *Helping skills training for reducing mental health stigma and promoting psychological help-seeking.* Poster presented at the 125<sup>th</sup> annual convention of American Psychological Association, Division 17, Washington DC.

Thai, C. J., **Lu, Y.,** Yeung, J. G., Truong, N. N., Li, X., Keum, B. T., ... Miller, M. J. (August, 2017). *Demographic differences in racism consciousness: A cluster analysis.* Poster presented at the 125<sup>th</sup> annual convention of American Psychological Association, Division 45, Washington DC.

Keum, B. T., Brady, J., **Lu, Y.,** Sharma, R., Thai, C. J., Kim., Y. H., & Miller, M. J. (August, 2017). *Development and validation of the Gendered Racial Microaggression Scale for Asian American women.* In Embracing Our Authentic Selves-Student-Led Discussions about Race and Other Oppressed Identities. Collaborative symposium presented at the 125<sup>th</sup> annual convention of American Psychological Association, central programing, Washington DC.

Sharma, R., **Lu, Y.,** Keum, B. T., & Yeung, J. G. (February, 2017). *"I stand with you": Integrating an understanding of power and advocacy in therapist self-disclosure.* Roundtable presented at the 34<sup>th</sup> Annual Winter Roundtable, Teachers College, New York.

Keum, B. T., Thai, C. J., Huh, G., **Lu, Y.,** Yeung, J. G., Truong, N., ... Miller, M. J. (February, 2017). *How do we cope with racism? Insights from content analysis of counseling psychology literature.* Poster presented at the 34<sup>th</sup> Annual Winter Roundtable, Teachers College, New York.

Thai, C. J., Keum, B. T., **Lu, Y.,** Truong, N., Li, X., Yeung, J. G., ... Miller, M. J. (February, 2017). *Does racism still exist? Perceptions of racial issues based on political and racial group membership.* Poster presented at the 34<sup>th</sup> Annual Winter Roundtable, Teachers College, New York.

Yeung, J. G., Worthington, R. L., **Lu, Y.,** & Chong E. S. K. (February, 2017). *Do perceptions of general campus climate mediate the relationship between (dis)ability status and college satisfaction? A replication study.* Poster presented at the 34<sup>th</sup> Annual Winter Roundtable, Teachers College, New York.

**Lu, Y.** (August, 2016). *A contextualized consideration of acculturation.* In Whiteness and Privilege in the Ivory Tower: Unaddressed Bias and Psychological Exceptionalism. Symposium presented at the 124<sup>th</sup> annual convention of American Psychological Association, Division 45, Denver, CO.

**Lu, Y.,** Thai, C. J., Keum, B. T., Huh, G. A., Li, X., Truong N. N., ... Miller, M. J. (August, 2016). *The use of factor analysis in the racism measure development literature.* Poster presented at the 124<sup>th</sup> annual convention of American Psychological Association, Division 45, Denver, CO.

**Lu, Y.,** Chong, E. S. K., Keum, B. T., Li, X., Boyars, M. Y., Goldthrite, A., ... Miller, M. J. (August, 2016). *Counseling psychology and its impact: A content analysis of publication topics and citations in JCP.* Poster presented at the 124<sup>th</sup> annual convention of American Psychological Association, Division 45, Denver, CO.

- Yeung, J. G., Worthington, R. L., & **Lu, Y.** (August, 2016). *Does campus climate mediate disability status and institution loyalty?* Poster presented at the 124<sup>th</sup> annual convention of American Psychological Association, Division 45, Denver, CO.
- Truong, N. N., Keum, B. T., Thai, C. J., **Lu, Y.**, Yeung, J. G., Li, X., ... Miller, M. J. (August, 2016). *A content analysis of the racism coping practice recommendations.* Poster presented at the 124<sup>th</sup> annual convention of American Psychological Association, Division 45, Denver, CO.
- Lu, Y.**, Keum, B. T., & Yeung, J. G. (August, 2016). *AAPJ therapist self-disclosure of identities.* Interaction Session presented at the 2016 Asian American Psychological Association Convention, Denver, CO.
- Truong, N. N., **Lu, Y.**, Yeung, J. G., Thai, C. J., Li, X., Keum, B. T., ... Miller, M. J. (August, 2016). *The role of racism, acculturative stress, and racism-coping self-efficacy on Asian American mental health.* Poster presented at the 2016 Asian American Psychological Association Convention, Denver, CO.
- Lu, Y.**, Alvarez, A. N., & Miller, M. J. (August, 2015). *Testing measurement invariance of BSI-18 across Asian American ethnic groups.* Poster presented at the 123<sup>rd</sup> annual convention of American Psychological Association, Division 17, Toronto, Canada.
- Truong, N. N., **Lu, Y.**, Keum, B. T., Miller, M. J., & Kim, S. C. (August, 2015). *Measurement invariance of the Miville-Guzman UDO-SF across gender.* Poster presented at the 123<sup>rd</sup> annual convention of American Psychological Association, Division 17, Toronto, Canada.
- Huh, G. A., Choi, N., Keum, B. T., **Lu, Y.**, Truong, N. N., & Miller, M. J. (August, 2015). *Coping with racism: The power of resistance.* Poster presented at the 123<sup>rd</sup> annual convention of American Psychological Association, Division 17, Toronto, Canada.
- Lu, Y.**, & Miller, M. J. (August, 2015). *Social support and adjustment among East Asian international students: Acculturation as a moderator.* Poster presented at the 2015 Asian American Psychological Association Convention, Toronto, Canada.
- Truong, N. N., Choi, N., Huh, G. A., Keum, B. T., **Lu, Y.**, Li, X., ... Miller, M. J. (August, 2015). *Episodic drinking in AAPJ college students: The role of perceived peer norms and cultural experiences.* Poster presented at the 2015 Asian American Psychological Association Convention, Toronto, Canada.
- Lu, Y.**, & Raval, V.V. (August, 2012). *Protective factors and adjustment among Asian international students: Acculturation as a moderator.* Poster presented at the 120<sup>th</sup> annual convention of American Psychological Association, Division 52, Orlando, FL.
- Steinberg, M., Brown, E.R., **Lu, Y.**, & Diekman, A.B. (April, 2012). *A goal congruity model account of country differences in STEM interest.* Paper presented at the 84<sup>th</sup> annual Midwestern Psychological Association, Chicago, IL.
- Lu, Y.**, Brown, E.R., Steinberg, M., Diekman, A.B., & Clark, E.K. (January, 2012). *Is the lonely scientist an "American dream"? Beliefs about whether STEM careers afford communal goals in India and the U.S.* Poster presented at the 13<sup>th</sup> annual meeting for the Society for Personality and Social Psychology, San Diego, CA.
- Lu, Y.**, Steinberg, M., Brown, E.R., & Diekman, A.B. (April, 2010). *The link between implicit associations and women's interest in STEM careers.* Poster presented at the 16<sup>th</sup> Annual Undergraduate Research Forum, Miami University: Oxford, OH.

## 审稿经历

Reviewer and Editorial Board Member, <i>Journal of Counseling Psychology</i>	2021至2022
Ad Hoc Reviewer, <i>Journal of Counseling Psychology</i>	2017至2020
Ad Hoc Reviewer, <i>Journal of Clinical Psychology</i>	2020至今
Reviewer, Counseling Psychology Conference	2019
Reviewer, APA Convention, Society for the Psychological Study of Culture, Ethnicity and Race (Division 45)	2018
Reviewer, APA Convention, Society of Counseling Psychology (Division 17)	2018至2019
Reviewer, Asian American Psychological Association Convention	2016至2018

## 教学经历

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<b>学校心理学督导实践课 (EDCP 745)</b> School of Education, University of Maryland, College Park 老师: 王慈心, Ph.D. • 以特邀演讲人身份带领学校心理学博士讨论督导中的多元文化胜任力问题。	2020秋季
<b>研究方法论 (EDHD 306)</b> School of Education, University of Maryland, College Park 老师: 赵泓扬, M.A. • 以特邀演讲人身份用互动的方式和生动的生活实例为本科生讲授定性研究方法, 并用硕士毕业项目为例介绍共识性定性研究法。	2018秋季
<b>多元文化问题 (EDCP 697)</b> School of Education, University of Maryland, College Park 监督老师: Matthew Miller, Ph.D. • 为学校心理学在读博士生开设专业课, 教授多元文化问题在教育及学校系统中的影响。 • 设置创新的作业以鼓励学生提高对多元文化的认识和学习, 并提升与多元文化群体工作的专业能力。	2018夏季
<b>大学教学讨论课 (EDCP 789R)</b> School of Education, University of Maryland, College Park 监督老师: Matthew Miller, Ph.D. • 领导工作坊以帮助心理系在读博士生准备本科生教学, 其中包括课程大纲设计、教学目标和评测、校园教学资源简介、多媒体高科技应用、教学示范点评以及往届参与本科生教学的在读博士的经验分享。	2017夏季/2018夏季
<b>心理咨询技术 (EDCP 310)</b> School of Education, University of Maryland, College Park 监督老师: Robert Lent, Ph.D. • 以讲课、课堂实时练习、课堂讨论参杂的形式教授本科生基本咨询理论和技术。	2015秋季/2016春季
<b>研究生中级统计 (助教)</b> Department of Educational Research, Measurement & Evaluation, Boston College 教授: Zhushan Mandy Li, Ph.D. • 讲授每两周一次的SPSS练习课, 内容包括t检验, 卡方检验, 单因素方差分析, 多因子变异数分析, 重复测量变异数分析, 和回归方程。	2013秋季/2014春季
<b>Malden High School 高中多元文化讨论小组 (小组讨论人)</b> 督导兼PI: Usha Tummala-Narra, Ph.D. • 与另一位小组讨论人配合, 每周在Malden高中组织2至4名学生讨论包括歧视和偏见在内的多元文化问题, 并鼓励和协助学生改善学校多元文化环境。 • 协助学生拍摄视频, 与教师分享学生视角的多元文化环境, 用于教师培训。	2012秋季/2013春季

## 女性心理学 (优秀本科生助教)

Department of Psychology, Miami University

讲师: Elizabeth Brown, Ph.D.

- 协助课堂讨论, 课后解答学生问题, 给学生上复习课。

## 跨文化心理学 (特邀演讲人)

2011秋季

Department of Psychology, Miami University

讲师: Elizabeth Brown, Ph.D.

- 以两个独立研究项目为例, 讨论如何从文化角度研究亚洲留学生适应问题以及中美STEM学科兴趣差异。

## 心理咨询经历

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### 美国心理协会认证实习博士咨询师

2019夏季-2020夏季

Counseling Center, University of Illinois at Chicago

Chicago, IL

个人督导: Robert Ballantyne, Psy.D.; Karen Maddi, Ph.D.

小组咨询督导: Jeanette Simon, Psy.D.

外展项目督导: Johanna Strokoff, Ph.D.

- 每周为十四名大学生来访者提供短程心理咨询, 咨询问题包括抑郁症, 焦虑, 人际关系问题, 原生家庭问题, 童年创伤, 学业困难和丧失哀伤。
- 每周提供三次初诊评估, 为来访者提供治疗建议。
- 提供婚姻咨询, 与两对情侣工作。
- 专攻外展心理项目的开发和提供, 与学校各院系和办公室合作, 为学生和教职工群体提供心理健康援助的讲座和工作坊。

### 见习博士咨询师

2017夏季-2019春季

Maryland Psychotherapy Clinic and Research Lab

College Park, MD

督导师: Barbara Thompson, Ph.D.; Dennis Kivlighan, Ph.D.

小组督导师: Clara Hill, Ph.D.

- 每周为八名来访者提供长程心理咨询, 咨询问题包括抑郁症, 焦虑, 人际关系问题, 生理健康问题, 职业生涯问题和丧失哀伤。
- 每周一天在诊所值班, 在紧急情况下为其它咨询师提供协商。
- 每周提供电话心理评估和来访者筛选。

### 见习博士咨询师

2017秋季-2018夏季

Community Mental Health Program, Greenbelt Cares

Greenbelt, MD

督导师: Suzie Friedman, Ph.D.

小组督导师: Liz Park, Ph.D., LMFT, Teresa Smithson, LMFT

协助督导师: Norman Epstein, Ph.D.

- 每周为三个家庭提供家庭咨询, 家庭呈现多元组成, 多元文化背景及丰富的临床问题。
- 采用认知行为家庭疗法和家庭系统理论提供评估和干预。

### 见习博士咨询师

2016秋季-2017春季

University Counseling Center, University of Maryland, Baltimore County

Baltimore, MD

督导师: Kris Sagun, Ph.D., Soonhee Lee, Ph.D.

小组督导: Soonhee Lee, Ph.D.

- 每周为七名大学生提供心理咨询, 咨询问题包括焦虑, 抑郁, 原生家庭问题, 感情问题, 性别角色和歧视及自



闭症。

- 领导一个四周的DBT小组，小组内容包括正念，情绪调节管理，认知偏差和人际关系。
- 在校园里领导心理健康系列讲座，主题包括动力，考试焦虑，时间管理和睡眠习惯。

### 小组咨询课学生

2016秋季-2017春季

University Counseling Center, University of Maryland  
College Park, MD

督导/小组协作领导者: Pepper Philips, Ph.D.

小组督导师: Dennis Kivlighan, Ph.D.

- 在大学咨询中心协作领导为期一年的女性研究生支持小组，主题包括学业压力，冒充者综合症及自信心，性别歧视和种族歧视，亲密关系问题及职业发展问题。

### 职业咨询课学生

2016春季

University Counseling Center, University of Maryland  
College Park, MD

督导师: Jinhee Kang, Ph.D.

小组督导师: Robert Lent, Ph.D.

- 每周为3至4名大学生围绕职业生涯问题提供咨询，主题包括学生运动员职业再规划，转校生适应，移民家庭职业价值观冲突。
- 为大学生提供职业和性格评测，包括Strong Interest Inventory, MBTI, O\*Net Work Values Inventory, 和Missouri Occupational Card Sort.

### 高级咨询课学生

2015秋季

University Counseling Center, University of Maryland  
College Park, MD

督导师: Charles Gelso, Ph.D.

小组督导师: Charles Gelso, Ph.D.

- 每周为3至4名大学生提供关于社会情感问题的心理咨询，咨询问题包括适应问题，社交恐惧，职业生涯问题和抑郁。
- 使用DSM-5诊断，并使用心理动力理论进行个案概念化和治疗规划。

### 基础咨询课学生

2014春季

University Counseling Center, University of Maryland  
College Park, MD

督导师: Martin Kivlighan, M.S., David Petersen, Ph.D.

小组督导师: Patricia Spangler, Ph.D.

- 每周为2至3名大学生提供心理咨询，咨询问题包括文化适应问题和丧失及哀伤。
- 用人际关系理论进行个案概念化和治疗规划。

### 预备咨询课学生

2014秋季

Course: Theories and Strategies of Counseling Psychology (PSYC 700)  
College Park, MD

督导师: Katherine Ross, M.A., Mary Ann Hoffman, Ph.D.

教授: Clara Hill, Ph.D.

- 用Clara Hill的三阶段咨询模型练习咨询技巧。
- 为两位大学生志愿者提供咨询，咨询主题为学习问题和梦境分析。

### 硕士实习咨询师

2013秋季-2014春季

Community Outpatient Clinic, Eliot Community Human Services  
Everett, MA

督导师: Brendon Clark, LMHC

小组督导师: Brendon Clark, LMHC

- 每周为8至10位来访者提供心理咨询, 咨询问题包括哀伤, 创伤经历, 精神错乱, 药物毒品滥用, 自杀倾向, 经济压力, 失业问题, 和性别角色冲突。
- 与社工, 医生和咨询师协作提供治疗。

## 实习生

2012夏季

杭州第七人民医院第四住院部

- 参与初次评估, 诊断, 诊断和治疗报告书写及执教进展评估, 病人心理精神问题包括精神分裂症, 双向情感障碍, 重度抑郁和物质滥用。
- 设计并实施了为期五天的工作坊, 训练酒精滥用病人情绪识别和管理的能力。

## 心理志愿者

2010秋季-2012秋季

Community Counseling & Crisis Center, Butler County Rape Crisis Program  
Oxford, OH

- 学习性侵害相关的医疗、法律、伦理和心理学知识, 在医院和与警察的沟通中为受害者及其亲人提供协助。

## 督导经历

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### 美国心理协会认证实习博士咨询师

2019夏季-2020夏季

Counseling Center, University of Illinois at Chicago  
Chicago, IL

督导师: Jeanette Simon, Psy.D.

- 每周听咨询录音, 为一名高阶临床心理学博士学生提供一个长期个案的督导。
- 引导咨询师反思多元文化背景、咨询理论和移情及反移情在咨询过程中的体现和影响。
- 在期中和期末与咨询师的其它督导师联合提供正式评估。

### 督导课学生

2017秋季

University of Maryland, College Park  
College Park, MD

督导师: Robert Lent, Ph.D.

- 每周听咨询录音, 为三名咨询专业研究生提供督导。
- 基于发展需要, 引导咨询师反思多元文化背景、咨询理论和移情及反移情在咨询过程中的体现和影响。
- 在期末为咨询师提供正式评估。

### 督导师

2016春季/ 2019春季

University of Maryland, College Park  
College Park, MD

督导师: Natasha Mitchell, Ph.D.; Jessica McKechnie, Ph.D.

- 每个月听咨询录音, 为六名在学校见习的学校咨询专业学生提供督导。
- 基于发展需要, 引导咨询师反思多元文化背景在学校系统、咨询师角色发展及职业规划方面的影响。

### 小组督导师

2016秋季/2017秋季/2018秋季

Counseling Skills: Introduction to Practicum I (EDCP 618/614)

University of Maryland, College Park

督导师: Mary Ann Hoffman, Ph.D.; Matthew Miller, Ph.D.

- 每周为八名学校咨询, 学校心理学和学生事务管理专业学生提供小组督导, 为学生的资讯技巧训练和个案分析提供建议。

### 督导师

2016秋季/2018秋季

University of Maryland, College Park  
College Park, MD

督导师: Mary Ann Hoffman, Ph.D.; Matthew Miller, Ph.D.

- 每周听咨询录音，为两名咨询专业研究生提供督导。
- 基于发展需要，引导咨询师讨论资讯技巧使用，职业角色和认知问题，多元文化认识，反移情识别，及个案概念化。
- 在期末为咨询师提供正式评估。

## 非学术发表和受邀演讲

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Miller, M. J., **Lu, Y.**, Ma, Z., & Ahn, H. (February, 2017). *Ecologically valid and culturally responsive mental health intervention and outreach through documentary films*. Research and Development Presentation at the University of Maryland Counseling Center, College Park, MD.

**Lu, Y.** & Do, K. A. (2018). Acculturation in Asian American families. *Connect!* Asian American Studies: University of Maryland, College Park. Website:  
[[https://www.aast.umd.edu/wp-content/uploads/2018/11/ConnectNewsletter\\_SPRING.2018.pdf](https://www.aast.umd.edu/wp-content/uploads/2018/11/ConnectNewsletter_SPRING.2018.pdf)]

## 学术组织经历

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American Psychological Association	2014至今
• Division 17, Society of Counseling Psychology	2014至今
• Division 17, International Section	2015至今
• Division 45, Society for the Psychological Study of Culture, Ethnicity and Race	2014至今
Asian American Psychological Association	2012至今
国际华人心理与援助专业协会(ACHPPI)	2015至今
• 学生代表	2016至2020
University of Maryland Counseling Psychology Student Association (CoPSA)	2017至2019
• Student Advocate	