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North Dakota State University  
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### **Education**

**Doctor of Philosophy (Ph.D.) in Counselor Education and Supervision (CACREP Accredited)**

Kent State University, Kent, OH

Dissertation: Three Women's Reflections of Their First Year as Tenure Track Counselor Education Faculty Members.

August 2005

**Master of Arts (M.A.) in Counseling and Psychology in Education (CACREP Accredited)**

Emphasis: Community Agency Counseling

University of South Dakota, Vermillion, SD

July 1998

**Bachelor of Arts (B.A.)**

Majors: Psychology and German, Minor: Political Science

University of South Dakota, Vermillion, SD

August 1994

Friedrich Schiller Universität, Jena, Germany

Completed junior year of college at this Eastern German University.

October 1992-July 1993

### **Licenses and Certification**

- **National Certified Counselor (NCC)** 52614, 1998-present
- **Professional Counselor (PC)**, Ohio, 2003-2005
- **Licensed Professional Counselor (LPC)**, South Dakota 2000-2003

## Professional Experience:

### Teaching Experience:

#### **North Dakota State University**

##### **Assistant Professor Tenure Track**

College of Human Development and Education

School of Education, Counselor Education Program

August 2005 – present

- Fall 2005: CNED 711 - Counseling Theories
- Fall 2005: CNED 794B – Community Counseling Internship
- Fall 2005: CNED 712 – Dynamics of Self (Co-Instructor)
- Spring 2006: CNED 713 – Assessment Techniques
- Spring 2006: CNED 794B – Community Counseling Internship
- Summer 2006: CNED 720 – Group Counseling
- Summer 2006: CNED 732 – Family Counseling
- Fall 2006: CNED 711 - Counseling Theories
- Fall 2006: CNED 794B – Community Counseling Internship
- Spring 2007: CNED 776 – Qualitative Research and Program Evaluation
- Spring 2007: CNED 794B - Community Counseling Internship
- Spring 2007: CNED 790 – Teaching Supervision Seminar (Co-Instructor)
- Summer 2007: CNED 767: Advanced Group Counseling
- Summer 2007: CNED 790: Advanced Counseling Procedures
- Fall 2007: CNED 711 - Counseling Theories
- Fall 2007: CNED 790 – Practical Application of Theories Lab
- Fall 2007: CNED 794B – Community Counseling Internship
- Fall 2007: CNED 794D – Ph.D. Internship
- Spring 2008: CNED 787 - Professional Issues: Professional Development, Consultation, and Publication
- Spring 2008: CNED 790 – Ph.D Seminar
- Spring 2008: CNED 794B – Community Counseling Internship

#### **Kent State University**

##### **Teaching Fellow**

Educational Foundations and Special Services.

EDPF 29525: Inquiry into Teaching and Learning (two sections per semester).

Fall 2003, Spring 2004, Fall 2004, Spring, 2005

CHDS 37800 / HED 34060: Small Group Process

Fall 2001, Spring 2002, Fall 2002, Spring 2003

##### **Co-Instructor**

CHDS 6/77820: Group Work: Theory and Techniques. Course co-taught with Dr.

Betsy Page.

Spring 2003

CHDS 7/88166: Advanced Counseling Theories: Course co-taught with Dr. Marty Jencius.  
Fall 2002

Kent State University School Counseling Program in:  
College of the Bahamas, Nassau, Bahamas (Kent State Campus)  
CHDS 6/78128: Principles of Measurement and Appraisal. Course co-taught with  
Dr. Jason McGlothlin.  
Summer 2004

Kent State University School Counseling Program in:  
College of the Bahamas, Nassau, Bahamas.  
CHDS 6/77530: Individual Counseling Procedures. Course co-taught with Dr.  
Jason McGlothlin and Dr. Steve Rainey.  
Summer 2003

## **Youngstown State University**

### **Adjunct Faculty**

Youngstown State University, Youngstown, OH.  
Department of Counseling  
COUNS 6973: Group Counseling Theory and Practice  
Spring 2004

## **Clinical Experience:**

### **Outpatient Therapist**

Child Guidance Centers and Family Solutions, Cuyahoga Falls, OH, July 2003 – June 2005

- Provided counseling and therapeutic services on a fee-for-service, part-time basis. Assessed and provided individual counseling to children and adults. Provided couple and family therapy services. Agency is a community mental health center, serving the needs of children and adults.

### **Individual Program Manager**

Psychiatric Rehabilitation Services, Hope Haven, Rock Valley, IA. June 2000-August 2001

- Provided support and case management services to adults with severe and persistent mental illness. Provided individual counseling and linked clients with resources within the agency and the community. Led and coordinated each individual's treatment team. Designed and implemented treatment plans to further facilitate recovery and adjustment to life with a mental illness.

### **Youth Counselor**

Adolescent Psychiatric Program, Human Services Center, Yankton, SD. July 1998- June 2000

- Provided therapeutic services and supervision to 20 adolescents in an inpatient environment. Assessed and provided individual counseling, group therapy, discipline and redirection according to the individual child's needs and the safety of the unit. Offered family therapy and communication with parents regarding their child. Involved in a team approach to case management and carried out treatment planning according to agency policy.

### **Grants**

#### **Grants Funded**

Desmond, K. J., Rapisarda, C. A., & Nelson, J. R. (2007). *ACES Research Grant: Reflections on the journey from supervisee to supervisor*. Funded by the Association for Counselor Education and Supervision (ACES). \$1000 funded.

Halbur, D. A. & Nelson, J. R. (2008). *Being Multicultural Minded as Multicultural Helpers*. Tri-College University Collaborative Grant Program. \$1000 funded.

Hoheisel, C. B., Hall, B.S., Nelson, J. R., Lajimodiere, D. K., Hall, T. E., Warner, R. (2006). *Instructional Development Grant: Inter/Intradisciplinary Project (CNED 790: School Counselor and Administrator Collaboration)*. University Senate Faculty Development Committee: North Dakota State University. \$3750 funded.

Nelson, J. R. (2005) *Technology Enhancement Grant: Community Counseling Clinic, North Dakota State University*. Funded by Drake Counseling Center. \$2000 funded.

Nelson, J. R., Hall, B.S., Hoheisel, C. B. (2006). *Instructional Development Grant: Course Development Project (CNED 790: Teaching Supervision)*. University Senate Faculty Development Committee: North Dakota State University. \$1050 funded.

Nelson-Sayles, J. R. (2004) *ACES Research Grant: The experiences of women in their first year as tenure-track counselor education faculty members*. Funded by the Association for Counselor Education and Supervision. \$1250 funded.

### **Grant Applications not Funded**

Rapisarda, C. A., Desmond, K. J., & Nelson, J. R. (2006). Reflections on the journey from supervisee to supervisor. (Total amount of grant undetermined). Southern Association of Counselor Education and Supervision.

Sommer, C. A., Hoheisel, C. B., & Nelson, J. R. (2005). Masters-level counselors' views of clinical supervision: An exploratory qualitative analysis. Research Development Support Program: North Dakota State University. \$7980.00 requested.

Wageman, J., Nelson, J. R., & Hall, B. (2007). Evaluation of North Dakota Safe and Healthy Schools Grant (\$73,000 per year for 4 years. [\$70,000 + \$3,000 travel] Total: \$292,000). Department of Education: Safe and Healthy Schools Grant.

### **Professional Publications**

#### **Book**

Nelson, J. R. & Kjos, S. (in press). *Helping teens handle tough experiences: Strategies to Foster Resilience*. Minneapolis, MN: Search Institute.

#### **Refereed Publication**

McGlothlin, J., Jencius, M., Page, B., Bowling, T., Brown, D., Byrne, J., Cook, C., Dean, E., Desmond, K., Duba, J., Kerr, D., Guillot Miller, L., Jones, J., Majzoub, O., Malinajdovska, L., Millman, A., Nelson, J., Osborn, C., Ott, K., Paez, S., Petruzzi, M., Rainey, J. S., Rapisarda, C., Reh fuss, M., Thompson, M., Wagner, L., & Warren, J. (2007). Counseling applications for handheld computers. *Journal of Technology in Counseling*, 4(2). Located at: [http://jtc.colstate.edu/Vol4\\_2/McGlothlin.htm](http://jtc.colstate.edu/Vol4_2/McGlothlin.htm).

#### **Book Chapter**

Nelson, J. R. (in press). *Working with aging adults*. In Halbur, K. V. & Halbur, D. A. (Eds.). *Essentials of Cultural Competency in Pharmacy Practice*. Washington, DC: American Pharmacy Association.

#### **Electronic Media**

Nelson, J. R. (2007). Stress and stress management: An interview with Bob Nielsen. Podcast:CounselorAudioSource.Net, CAS069. April 26.

Nelson, J. R. (2006). The person centered approach: An interview with Wade Hannon. Podcast:CounselorAudioSource.Net, CAS048. November 30.

### **Refereed Publications Submitted**

Hall, B., Nielsen, R., Nelson, J. & Hoheisel, C. (Submitted). Maintaining the human touch in distance education. *The Journal of Humanistic Counseling, Education, and Development*.

Kindsvatter, A., Nelson, J. R., Desmond, K. J. (Submitted). An invitation to between-session change: The use of therapeutic letters in couples and family counseling. *The Family Journal*.

Nelson, J. R., McGlothlin, J. M., Bubbenzer, D. (Submitted). First year experiences of female tenure track counselor educators. *Professional Issues in Counseling*.

### **Refereed Publication in Progress**

Rapisarda, C. A., Desmond, K. J., & Nelson, J. R. (In Progress). Reflections on the journey from supervisee to supervisor. *Counselor Education and Supervision*.

### **Refereed (Non-Journal) Professional Articles**

Desmond, K. J., Rapisarda, C. A., & Nelson-Sayles, J. R. (2003, Spring). The meaning of professionalism: Reflections of three doctoral students. *ACES Spectrum*. Retrieved from [http://www.acesonline.net/spectrum/new\\_page\\_7.htm](http://www.acesonline.net/spectrum/new_page_7.htm)

Rapisarda, C., Desmond, K., and Nelson, J. (2007, March). Negotiating your way: The faculty interview process. *Southern Association for Counselor Education and Supervision Newsletter*, 2-4. Retrieved from: [http://www.saces.org/Newsletters/newsletter\\_spring\\_2007.pdf](http://www.saces.org/Newsletters/newsletter_spring_2007.pdf)

## **Professional Presentations**

### **International Presentation**

Nelson, J. R. (2006). Using the reflecting team approach to facilitate the learning of the person centered approach. *Association for the Development of the Person Centered Approach Conference*, Fargo, ND.

### **National Presentations**

Desmond, K. J., Kindsvatter, A., Majzoub, O., Rapisarda, C. A., & Nelson-Sayles, J. R. (2002). Professional Identity as Experienced by Five First-Year Doctoral Students. *Association for Counselor Education and Supervision National Conference*, Park City, Utah.

- Desmond, K. J., Nelson, J. R., Rapisarda, C. A. (2005). Negotiating the way: The interview process (Roundtable). *Association for Counselor Education and Supervision National Conference*, Pittsburgh, PA.
- Desmond, K. J., Rapisarda, C. A., & Nelson, J. R. (2008). A qualitative study of supervisee development: Implications for the profession. *American Counseling Association Conference*, Honolulu, HI.
- Desmond, K. J., Rapisarda, C. A., & Nelson, J. R. (2007). Reflections on the journey from supervisee to supervisor. *American Counseling Association Conference*, Detroit, Michigan.
- Desmond, K. J., Rapisarda, C., Nelson-Sayles, J. R., Paez, S., & Majzoub, O. (2003). The journey from supervisee to supervisor. *American Counseling Association World Conference*, Anaheim, California.
- Hoheisel, C. B., Hall, B. S., Nelson, J. R., & Nielsen, R. C. (2007). Enhancing the human touch in distance education. *Association for Counselor Education and Supervision National Conference*, Columbus, OH.
- McGlothlin, J., Jencius, M., Page, B., Desmond, K., Nelson-Sayles, J., Osborn, C., & Rainey, S. (2004). Integrating handheld computers into counseling: Practical applications. *American Counseling Association World Conference*, Kansas City, Missouri.
- Nelson, J. R., Rapisarda, C. A., & Desmond, K. J. (2007). Developing into a supervisor: Guiding students through the transition. *Association for Counselor Education and Supervision National Conference*, Columbus, OH.
- Nelson, J. R., Desmond, K. J., Rapisarda, C.A., & Greaser, T. (2005). Come play with us: Counseling children techniques for counselor educators. *Association for Counselor Education and Supervision National Conference*, Pittsburgh, PA.
- Osborn, C. J., Kindsvatter, A. & Nelson-Sayles, J. R. (2002). The reflective conversation: A dialogue for counselor supervision. *Association for Counselor Education and Supervision National Conference*, Park City, Utah.
- Rapisarda, C. A., Britton, P, Desmond, K. & Nelson, J. (2005). Sanctioned supervision: Ideas for counselor educators. *Association for Counselor Education and Supervision National Conference*, Pittsburgh, PA.

### **Regional Presentations**

- McGlothlin, J., Page, B., Bowling, T., Malinajdovska, L., Nelson-Sayles, J., & Rapisarda, C. (2003). The newest tool in counselor education and supervision: Handheld computers. *North Central Association for Counselor Education and Supervision 2003 Conference*, Cincinnati, Ohio.
- Nelson, J.R., Desmond, K. J., & Rapisarda, C. A. (2004). Ethical dilemmas in counselor supervision: What would you do? *North Central Association for Counselor Education and Supervision 2004 Conference*, St. Louis, MO.
- Nelson, J. R., Desmond, K. J., & Rapisarda, C. A. (2006). Beginning Your Career as a Counselor Educator: An Exploration of the First Year. *Poster session presented at the Southern Association for Counselor Education and Supervision Conference*, Orlando, FL.

- Nelson, J.R., & Hoheisel, C. B. (2006). The First Year as Counselor Educator: Women's Perspectives. *North Central Association for Counselor Education and Supervision 2006 Conference*, Kansas City, MO.
- Rapisarda, C. A., Desmond, K. J., & Nelson, J. R. (2004). The professional counselor: Working collaboratively in an interprofessional world. *North Central Association for Counselor Education and Supervision 2004 Conference*, St. Louis, MO.
- Rapisarda, C. A., Desmond, K. J., & Nelson, J. R. (2006). An Exploration of Students' Development from Supervisee to Supervisor. *Poster session presented at the Southern Association for Counselor Education and Supervision Conference*, Orlando, FL.

### **State and Local Presentations**

- Boughner, S. R., Logan, J., Nelson, J. R., Spawn, M. J., & Berger, N. (1997). Using art in the practicum experience. *South Dakota Counseling Association Annual Conference*, Rapid City, South Dakota.
- Desmond, K. J., Rapisarda, C. A., & Nelson-Sayles, J. R. (2003). The Journey from Supervisee to Supervisor. *Ohio Association for Counselor Education and Supervision: Supervision Summit*, Columbus, Ohio.
- Hannon, J. W., Hall, B. S., Hoheisel, C. B., Nelson, J. R., Nielsen, R. C. (2007). NDSU Counseling Update. *North Dakota Counseling Association 2007 Midwinter Conference*, Bismarck, North Dakota.
- Hoheisel, C. B., Nelson, J. R., Nielsen, R. C. (2007). North Dakota ACES – What is it? *North Dakota Counseling Association 2007 Midwinter Conference*, Bismarck, ND.
- Kindsvatter, A., Nelson-Sayles, J. R., & Bubbenzer, D. (2002). Narrative counseling: Releasing the unfulfilled futures of the past. *All Ohio Counselors Conference*, Columbus, Ohio.
- McGlothlin, J., Jencius, M., Page, B., Nelson-Sayles, J., & Paez, S. (2003). Integrating handheld computers into counseling: Practical applications. *All Ohio Counselors Conference*, Columbus, Ohio.
- McGlothlin, J. M., Rainey, S., Page, B., Dean, E. P., Desmond, K. J., Paez, S., Petruzzi, M., Rapisarda, C., & Nelson-Sayles, J. R. (2003). Supervision Practices Utilizing Handheld Technology. *Ohio Association for Counselor Education and Supervision: Supervision Summit*, Columbus, Ohio.
- Nelson, J. R. (2008). Helping teens handle tough experiences: Strategies to foster resilience. Discussing The Process of Writing A Book. *North Dakota State University School of Education Research Colloquium Series*, Fargo, North Dakota.
- Nelson, J. R. (2008). Qualitative research coding training. *Mental Health and Aging Project, North Dakota State University*, Fargo, North Dakota.
- Nelson, J. R. (2007). Instrumental Case Study Design. *North Dakota State University School of Education Research Colloquium Series*, Fargo, North Dakota.
- Nelson, J. R. (2007). Instructional uses of podcasting. *North Dakota State University Best Teaching Practices for Enhanced Learning Series*, Fargo, North Dakota.

- Nelson, J. R., Hersch, J., & Jacobs, J. (2006). The revised ACA code of ethics: Reviewing the changes and updates. *North Dakota Counseling Association 2006 Midwinter Conference*, Bismarck, ND.
- Nelson, J. R., & Hoheisel, C. B. (2006). Time to play: Fun techniques for counseling children and adolescents. *North Dakota Counseling Association 2006 Midwinter Conference*, Bismarck, ND.
- Nelson-Sayles, J. R., Desmond, K. J., Majzoub, O., & Rapisarda, C. A. (2002). Reflecting teams in supervision. *Ohio Association for Counselor Education and Supervision: Supervision Summit*, Columbus, Ohio.
- Nelson-Sayles, J. R., Kindsvatter, A., & Bubbenzer, D. (2003). Narrative counseling: Opening spaces for preferred realities. *North Central Ohio Counseling Association Winter Meeting*, Twinsburg, Ohio.
- Nelson-Sayles, J. R., Osborn, C. J., & Kindsvatter, A. (2003). Reflection in Supervision. *Symposium on Supervision*, Kent State University, Kent, Ohio.
- Nelson-Sayles, J. R., Petruzzi, M. L., & Rapisarda, C. A. (2004). Discrimination model: An interactive introduction. *Symposium on Supervision*, Kent State University, Kent, Ohio.
- Osborn, C. J., Kindsvatter, A. & Nelson-Sayles, J. R. (2002). Mutual puzzling: A dialogue for counselor supervision. *Ohio Association for Counselor Education and Supervision: Supervision Summit*, Columbus, Ohio.
- Paez, S., Nelson-Sayles, J. R., & Majzoub, O. (2002). Blending creativity and technology in counseling. *All Ohio Counselors Conference*, Columbus, Ohio.
- Sommer, C. A., Hoheisel, C. B., Nelson, J. R., Hannon, J. W., & Nielsen, R. C. (2006). NDSU counseling program update. *North Dakota Counseling Association 2006 Midwinter Conference*, Bismarck, ND.

### **Professional Organizations**

#### **American Counseling Association (ACA)**

- Association of Counselor Education and Supervision (ACES)
- Association for Specialists in Group Work (ASGW)

#### **Chi Sigma Iota, Counseling Honor Society**

#### **North Dakota Counseling Association (NDCA)**

#### **North Dakota Association for Counselor Education and Supervision (NDACES)**

#### **Ohio Counseling Association (OCA), 2001-2005**

- Ohio Association for Specialists in Group Work (OASGW)
- Ohio Association for Counselor Education and Supervision (OACES)

#### **South Dakota Counseling Association (SDCA), 1996-2001**

## Professional Service

### Service to the Profession:

#### ACES:

- Co-Chair, Membership Committee. 2007-present
- Member, Membership Committee. 2002-2007

#### ASGW:

- Reviewer for 2005 ACA conference proposals
- Member, Professional Development Committee. 2003 – 2006

#### Chi Sigma Iota, KSU Chapter

- Co-chair Community Outreach Committee: 2002-2004

#### NCACES:

- Member, Executive Council. 2006-present

#### OACES:

- Secretary: 2003-2004
- Secretary: 2002-2003

#### OASGW:

- Secretary, 2003-2005
- Membership Chair: 2002-2003

### Service to the University:

- **Counseling Program Advisory Board:** Ex officio member, 2005-present
- **Clinical Coordinator :** Counseling Program, 2005-2006
- **Community Counseling Coordinator:** Counseling Program, 2006-present
- **Safe Zone Ally:** North Dakota State University, 2005-present
- **School of Education Technology Committee:** North Dakota State University, 2006- present
- **School of Education Awards Committee:** North Dakota State University, 2007-present

## Professional Recognition

- Nominated for Exceptional contributions as an Emerging Researcher. College of Human Development and Education, North Dakota State University.
- Dr. David K. Brooks Jr. Professional Service Award (2004). Presented by the Counseling and Human Development Services Program, Kent State University.
- Certificate of Recognition for Outstanding Professional Involvement in South Dakota Counseling Association (SDCA). Awarded by SDACES, (1997).
- Awarded Graduate Student Scholarship by Association for Specialists in Group Work. (1997)
- International Gamma Phi Beta 4.0 Scholar
- Awarded Erwin M. Behrendt Scholarship for excellence in the study of German.