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Indiana Licensed Psychologist: 20042501A
Indiana University-Bloomington
Department of Counseling & Educational Psychology
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Education

Indiana University, Bloomington, IN

Doctor of Philosophy, January, 2009

Counseling Psychology, APA Accredited Program

Dissertation: Supervisory interventions and treatment adherence: An observational study of supervisor interventions and their impact on therapist model adherence

APA accredited pre-doctoral internship: Indiana University Counseling and Psychological Services, August 2004 to August 2005

Master of Science, 1999

Counseling and Counselor Education

Bachelor of Arts, 1984

Major in Telecommunications, Minors in Psychology and Spanish

Teaching and Higher Education Experience - Current

Department of Counseling and Educational Psychology, Indiana University

Interim Program Director, APA accredited Counseling Psychology, August 2018 to present

Clinical Assistant Professor & Director Center for Human Growth, July 2008 to present

Interim Program Director

Provide program leadership and manage all administrative aspects of program accreditation requirements for APA accredited doctoral program

- Manage compliance with APA Standards of Accreditation
- Submit APA annual report online tracking data for all faculty, students, and alumni
- Update doctoral handbook and policies annually
- Lead monthly faculty meetings
- Provide guidance and professional mentoring to current doctoral students

CHG Training Clinic Director

Provide on-site administrative and clinical supervision to doctoral and master's level counseling trainees offering mental health services to the campus and local communities. The CHG is the recipient of the 2017 O'Bannon Institute for Community Service Community Partner Award based on our 10 year service to Ivy Tech Community College.

- Manage center operation, administration, and budget
- Supervise outreach counseling programs for Ivy Tech Community College, Batchelor Middle School, and CHG-ICO International Counseling and Outreach program
- Provide weekly, individual supervision to 4-6 doctoral advanced practicum students each semester
- Manage clinical record-keeping standards including implementation and administration of electronic client records system (Titanium) and clinical outcome tracking system (OQ-Analyst)
- Review and sign all session notes with a census of approximately 200 clients per year with an average of 7 visits per client
- Carry a caseload of approximately 4 individual clients per week

Teaching activities

Teach graduate level courses in APA accredited Counseling Psychology Program and MCPAC accredited Mental Health Counseling and Counselor Education Programs

- Teach and coordinate advanced practicum in doctoral supervision course (G763) in APA accredited doctoral program
- Teach master's level courses in MPCAC accredited counseling program including Foundations of Mental Health Counseling (G563), Practicum (G524) and Internship (G550)
- Coordinate doctoral student advanced practicum field placements and collect site evaluation data on training experience of students
- Recipient of 2014 Trustees Faculty Teaching Award

Service activities

Engaged in the following service roles:

National level service

- Council of Counseling Psychology Training Programs (CCPTP)
 - **Elected** to Executive Board, 3-year term, 2019-2021
 - Member-at-large designate
- American Psychological Association Accreditation Site Visitor
 - Tennessee State University, Counseling Psychology Doctoral Program site visit team member November 8-9, 2018
 - University of Denver, Counseling Psychology Doctoral Program site visit team member November 4-5, 2015

Regional and State level service

- Indiana Psychological Association: Science and Education Committee member (2016 to present),
- Indiana Psychological Association Annual Conference Student Poster Selection and Awards Co-Chair (2017 to present)
- Great Lakes Regional Counseling Psychology Conference 2016 Annual Meeting: Continuing Education Committee Chair and Program Reviewer

Campus level service

- **Elected** Member Bloomington Faculty Council (2018-2020)
- Bloomington Faculty Council Budgetary Affairs Committee Member (2018-2019)
- Office of Student Ethics: Student Conduct Code Hearing Commission member (2011-present)
- Office of Student Ethics: Student Conduct Code Review Board member for appeals of Hearing Commission (2012 to present)
- Bloomington Faculty Council: Discrimination and Harassment Complaint Hearing Panel Member (2015-to present)
- **Chair**, Search Committee for IU Counseling and Psychological Services Director (2017)

School level service

- School of Education Faculty Development Committee member (**Chair**, 2017-2018)
- School of Education Faculty Development Committee member (2012-2014, 2015-present)
- School of Education Grievance Hearing Committee member (2009-2012)
- School of Education Lectures and Seminars Committee (member 2006-2009, chair 2008-2009)
- Ad-hoc committee on allocation of clinical faculty time (2012)

Department and program level service

- Interim Program Director, Counseling Psychology Program (2018-present)
- Doctoral level practicum placement coordinator (2014 to present)
- Doctoral admissions committee member (2018)
- Extensive contributions to co-authoring accreditation self-studies for APA and MPCAC
- Department HIPAA Compliance Liaison to University HIPAA Privacy and Security Officers. Includes dissemination of training materials and collection of training verification from all departmental faculty, staff, and students. Also includes attendance at monthly HIPAA compliance meetings
- Doctoral level advisory committee member
- Doctoral Dissertation committee member (17 completed, 4 in progress)
- Pre-doctoral internship application mentoring of students including mock interviews, essay review, and application support
- Master's and Ed.S. level advisory chair or committee member
- Associate Instructor Selection Committee member (2009-2012)
- Master's admissions committee (2005-2008, 2016)

Clinical Training and Continuing Education

APA Approved Continuing Education for Licensure (1 CEU = 1 clock hour, face-to-face*, webinar/online material)**

- *Self-Reflectiveness: Enhancing Diversity, Inclusion, and Social Justice as Training Directors in our Programs*, CCPTP Annual Conference, 8 CEUs, January 31-February 3, 2019.*
- *DSM-5 Differential Diagnosis: Four Steps to Accurate Diagnosis*, 1 CEU, June 6, 2018**
- *Fundamental Principles and Emerging Issues in Ethics: Parts I and II*, American Psychological Association seminars, 6 CEUs obtained, May 23 & 25, 2018**

- *Global Issues and Trends in Psychology Training: International Congress of Psychology Training Clinics*, Annual Meeting of the Association of Psychology Training Clinics, 4.25 CEUs, March 22-23, 2018*
- *Indiana Psychological Association Annual Meeting*, 7.5 CEUs obtained, November 2-3, 2018*
- *Indiana Psychological Association Annual Meeting*, 12 CEUs obtained, November 3-4, 2017*
- *Strength-Based Clinical Supervision*, 5 CEUs obtained, December 27, 2017**
- *Indiana Psychological Association Annual Meeting*, 3 CEUs obtained, November 4-5, 2016*
- *Doctoral Site Visitor Workshop, ABPP Conference*, American Psychological Association, 7.5 CEUs obtained May 10, 2016*
- *Great Lakes Regional Counseling Psychology Conference Annual Meeting*, 5 CEUs obtained, April 8-9, 2016*
- *Ethics, Technology, and Supervision: Navigating Complex Systems in Psychology Training Clinics*. Annual Meeting of the Association of Psychology Training Clinics, 9 CEUs obtained, March 3-6, 2016*
- *Ethical Considerations for Social Media Use for Psychologists and other Mental Health Professionals*, Indiana University School of Medicine, Department of Psychiatry, 3 CEUs obtained, December 11, 2015*
- *Compassion, Gratitude, and Growth Opportunity: Well-being Strategies for Life*, American Psychological Association Convention, 1 CEU obtained, August, 7, 2015*
- *Clinical Supervision Practices and Self-Care: Lifelong Training Implications for Psychologists*, American Psychological Association Convention, 2 CEUs obtained, August, 8, 2015*
- *Ethical Practice in Multicultural Contexts*, American Psychological Association Convention, 2 CEUs obtained, August, 8, 2015*
- *Challenges in Training Clinics: Trauma, Crises, and Managing Risk*, Association of Psychology Training Clinics, 10 CEUs obtained April 17-18, 2015*
- *Suicidal Behaviors: Practice Guidelines for Assessment and Treatment*, Association for Advanced Training in the Behavioral Sciences, 7 CEUs obtained December 31, 2014**
- *DSM-5 Training with Dr. Greg Neimeyer*, American Psychological Association, 6.5 CEUs obtained May 23, 2014*
- *Doctoral Site Visitor Workshop, CCPTP Midwinter Conference*, American Psychological Association, 7.5 CEUs obtained March 12, 2014*
- *Psychotherapeutic Medications*, Association for Advanced Training in the Behavioral Sciences: 3 CEUs obtained January 9, 2014**
- *Acceptance and Commitment Therapy (ACT) and Psychological Flexibility*, Cape Cod Institute, 15 CEUs, obtained August 5-9, 2013*
- *Making Educators Partners in Suicide Prevention*, Society for the Prevention of Teen Suicide, 2 CEUs obtained July 18, 2013**
- *Diagnosis with DSM-5 and ICD 10*, American Psychological Association, 3 CEUs obtained June 14, 2013
- *Depression: Guidelines for Treatment and Management*, Association for Advanced Training in the Behavioral Sciences: 3 CEUs obtained March 15, 2013**
- *Avoiding Ethical and Legal Pitfalls in Mental Health Practice*, Cross Country Education: 6 CEUs obtained February 6, 2013*
- *Adventures on the Electronic Frontier: Ethics and Risk Management*, Indiana Psychological Association: 6 CEUs obtained April 28, 2012*

Professional Affiliations

Council of Counseling Psychology Training Programs 2018-present
Association of Psychology Training Clinics Member 2009 to present
Indiana Psychological Association member 2009 to present
American Psychological Association Professional Member 2009 to present
APA Society of Counseling Psychology, Division 17 Member 2000 to present
APA Supervision and Training Section of Society of Counseling Psychology Member 2010 to present
American Psychological Association Student Member 1999 to 2009
American Psychological Association of Graduate Students Member 1999 to 2009
American Counseling Association Professional Member 2009 to 2015
ACA Division Member, American College Counseling Association 2000 to 2015
ACA Division Member, Association for Counselor Education and Supervision 2005 to 2015
American Counseling Association Student Member 1999 to 2009
Indiana Counseling Association 2005 to 2010
Indiana School Counseling Association 2005 to 2010

Grants, Publications, and Professional Presentations

Vaughan, E. L. & Gilman, L. 2018 IU Grand Challenge Funded Project: “CBT for Substance Use Disorders”, (Role: Co-PI; \$565,000)

Gilman, L. (2018, April). *Gateway to a New Experience: Wellness strategies*. Invited presenter for IUB Global Gateway Student Teacher Orientation.

Gilman, L. (2018, August; 2017, August). *Mental Wellness Strategies for Graduate Students*. Invited presenter for HESA program orientation

Gilman, L. & Hollimon, A. (2017). Supervising legal issues in couple and family therapy. In, *Encyclopedia of Couple and Family Therapy*, Eds. Lebow, J., Chambers, A., & Bruenlin, D. C. Published Online. Springer: doi: 10.1007/978-3-319-15877-8_645-1

Wong, Y. J., Owen, J., Gabana, N., Brown, J. McInnis, S., Toth, P., & Gilman, L. (2016). Does gratitude writing improve the mental health of psychotherapy clients? Evidence from a randomized controlled trial. Advanced Online Publication. *Psychotherapy Research*. doi: 10.1080/10503307.2016.1169332

Gilman, L. (2016, February). *Surviving and Thriving in Graduate School*. Invited roundtable facilitator for Preparing Future Faculty conference Indiana University Bloomington.

Whiston, S. C., Feldwisch, R. P., Evans, K. M., Blackman, C. S., & Gilman, L. (2015). Older professional women’s views on work: A qualitative analysis. *The Career Development Quarterly*, 68, 98-112.

Zaitsoff, A., Gilman, L., Chang, T., Wright, L., Evans, L. (April 2014). *Serving Students, Serving Communities: Mutually Beneficial Partnerships Between Accredited Training Programs and Community Colleges*. Roundtable discussion at Great Lakes Regional Counseling Psychology Conference, Cleveland, OH.

- Gilman, L.** (June 2015, June 2016, June 2017, June 2018) *Self-injurious behaviors among college students*. Invited presentation for APA accredited pre-doctoral internship training seminar at Indiana University Bloomington Counseling and Psychological Services (CAPS).
- Gilman, L. & Beebe, R.** (June, 2014; March 2013; April 2012; March, 2011; July; 2010; February 2009). *Self-injurious behaviors among college students*. Invited presentation for APA accredited pre-doctoral internship training seminar at Indiana University Bloomington Counseling and Psychological Services (CAPS).
- Hanes, C. W., **Gilman, L.**, & DeWeese, S. (2011, January). Applying the Theory of Planned Behavior to Help Seeking in Community College Students: Examining Attitudes, Social Norms, Behavioral Control, Perceived Barriers, Psychological Distress, and Alcohol Abuse. Content session at NASPA (Student Affairs Administrative Professionals Association) Mental Health conference, Miami, FL.
- Li, P., Arany, J. G., & **Gilman, L.**, (2010, August). *Professional Identity and Organization Culture as Multicultural Issues in Supervision*. Poster session at the American Psychological Association national conference, San Diego, CA.
- Li, P., Arany, J. G., & **Gilman, L.**, (2009, October). *Developing multicultural competence in supervision: Issues of professional identity and organizational culture*. Content session presented at the Association of Counselor Education and Supervision (ACES) national conference, San Diego, CA.
- Gilman, L.** (2009). Supervisory interventions and treatment adherence: An observational study of supervisor interventions and their impact on therapist model adherence. Ph.D. dissertation, Indiana University, United States - Indiana. Retrieved January 4, 2010, from Dissertations & Theses @ CIC Institutions. (Publication No. AAT 3352938).
- Volungis, A. M., Arany, J. G., & **Gilman, L.** (2008, August). *Doctoral students supervising master's students: Addressing training in multiple relationships*. Symposium, American Psychological Association of Graduate Students, 116th American Psychological Association Annual Convention in Boston, MA. Winner of 2008 APAGS' Outstanding Professional Development Program Award.
- Gilman, L.** (2007, October). *Field Placement, HIPAA, and Taping: Implications for assessing counselor trainee competencies*. Content session presented at the Association of Counselor Education and Supervision (ACES) national conference, Columbus, OH.
- Gilman, L. & Beebe, R.** (2007, March). *Self-injurious behaviors among college students*. Invited presentation at University of Indianapolis Counseling Center.
- Gilman, L. & Beebe, R.** (2006, November). *Self-injurious behaviors among adolescents*. Invited presentation at CATCH-Indiana (Communities Aligned Towards Children's Health) a joint professional development program sponsored by the Indiana Department of Education, the

Indiana State Department of Health, the American Cancer Society, Safe and Drug Free Schools and communities. Conference in Indianapolis, IN.

Sexton, T. L. & **Gilman, L.** (2005). The evolution of evidence-based practice in behavioral health. In T. Gullotta & G. Adams (Eds.), *The handbook of dysfunctional behavior in adolescence: Theory, practice and prevention*. New York: Kluwer Academic.

Sexton, T. L., Alexander, J.F., & **Gilman, L.** (2004). *Functional Family Therapy clinical supervision training manual*. Funded in part by a grant from the Annie E. Casey Foundation for use in the national dissemination of evidenced-based treatment for at-risk youth and their families.

Gilman, L. (2004). Counseling Supervision Case Study: Conceptualization of Supervisor Behaviors in Protocol versus Non-protocol-driven Treatment. Unpublished research. Indiana University, Bloomington.

Sexton, T. L. & **Gilman, L.** (2004, March). *Supervision in the era of evidenced-based practice*. Education session presented at the American Counseling Association annual convention in Kansas City, MO.

Gilman, L., Isaac, K., Bouwkamp, J., & Mease, A. L. (2002, June). *Mental health services in the schools*. Presentation at the annual Paul F. Munger summer conference at Indiana University, Bloomington.

Gilman, L. (2001). The theory of multiple intelligences. <http://www.intelltheory.com/mitheory.shtml>

Bell, A.P., **Gilman, L.**, Hubbard, B., & McGuire, J. (1999, April). *Premarital variables affecting marital and sexual satisfaction*. Paper presented at the American Psychological Association, Division 17, Great Lakes Regional Conference in Columbus, OH.

Lieber, F., Teed, C., **Gilman, L.**, & Scott, R.P. (1999, October). *A model of instructional supervision*. Paper presented at ACES convention in New Orleans, LA.

Spadter, C. & **Gilman, L.** (1998, May). *Campus resources for career development: Continuous improvement program*. Presentation at the 16th annual spring symposium cosponsored by the Departments of Academic Affairs, Student Affairs, and the Campus Life Division, Indiana University, Bloomington.

Teaching and Higher Education Experience - Past

Department of Counseling and Educational Psychology, Indiana University

Clinical Lecturer & Field Placement Director, September 2005 to July 2008

Managed all field placement related activities for the CACREP accredited master of science program in Counseling and Counselor education

- Conducted field placement orientations twice a year
- Maintained placement application files and student records of field experience
- Facilitated 80 school and community site placements each year
- Maintained and initiated training site relationships
- Taught practicum and internship courses
- Served on Master's program admissions committee
- Provided student advisement

Associate Instructor, May to August, 2001, 2002, 2003, 2004

Taught G524 Master's practicum in counseling in the IU CACREP accredited master's program

- Prepared, supported, and evaluated students during their first clinical field experience
- Covered topics including the application of basic counseling skills, ethical guidelines for treatment, screening for suicidal and homicidal ideation, intent, and plan, and professional identity development
- Worked with the department to resolve site-related and student performance related challenges
- Selected textbook, prepared syllabus for course, and conducted seminar style class with enrollment of 10 students each summer session

Career Development Center, Indiana University

Interim Assistant Director, Internship Opportunities Program, January 1997 to May 1997

Graduate Assistant, Internship Opportunities Program, August 1997 to May 1998

Managed key leadership areas for the Internship Opportunities Program. The IOP program helped students develop the basic skills for conducting an internship search and facilitated the interviewing process through on-campus recruiting, resume referrals, and the annual Internship Fair.

- Counseled students individually and in groups in preparation for internship search
- Coordinated campus outreach programs and handled all marketing activities for IOP including writing press releases, designing advertisements and creating a marketing/media resources directory
- Developed an employer "how-to" guide for designing and managing on-site internship programs

Department of Telecommunications, College of Arts and Sciences, Indiana University

Adjunct Lecturer, August 1997 to December 1997 and August 1999 to May 2000

Developed and taught undergraduate course for T340 Electronic Media Advertising.

- Managed a 75+ class enrollment each semester consisting primarily of juniors and seniors
- Achieved teaching ratings above the department average
- Supervised and evaluated an associate instructor
- Selected textbook, compiled course materials, developed syllabus, prepared bi-weekly lectures and distributed course materials via interactive, web-based instructional system called Oncourse

Counseling and Psychological Services (CAPS), Indiana University, Bloomington

Pre-doctoral intern, August 2004 to August 2005

Training Director: Glenn D. Anderson, Ph.D., HSPP Licensed Psychologist

APA accredited pre-doctoral internship site

Supervisors: Glenn D. Anderson, Ph.D., Andrew Shea, Ph.D., Paul Toth, Ph.D.

- Provided time-limited and longer term counseling for individuals and couples with diverse backgrounds and presenting issues
- Conducted intake assessments, substance abuse assessments, and screening evaluations for Attention Deficit Disorder
- Provided referrals for psychiatric care as needed
- Co-facilitated process-oriented group counseling for graduate and returning students
- Covered walk-in, urgent care service one day a week
- Served as primary supervisor for counseling psychology doctoral practicum student using video-taped supervision, reviewed case documentation and provided evaluation of counseling skills
- Participated in outreach activities, including national mental health screening days and classroom presentations regarding CAPS services
- Prepared outreach display materials for campus events and national screening days
- Assisted in conducting pre-doctoral application screening and interview process

CAPS Advanced Practicum Counselor, August 2001 to May 2002

Training Supervisor: Andrew Shea, Ph.D., HSPP Licensed Psychologist

- Carried a caseload of 8-10 clients per week and conducted a total of 42 intake assessments
- Provided individual counseling to undergraduate and graduate student population with a wide range of clinical issues including depression, anxiety, eating disorders, substance abuse, obsessive-compulsive disorder, and traumatic brain injury. Referred clients for psychiatric consultation as needed

Center for Human Growth (CHG), Indiana University, Bloomington

Assistant Director, August 2000 to August 2004

Supervisor: Thomas L. Sexton, Ph.D., ABPP, Licensed Psychologist

Graduate assistantship, 20 hours per week, with clinical and administrative responsibilities

- Provided individual and couples counseling to a diverse client population. Carried a weekly caseload of 4-6 clients
- Supervised and provided consultation on all intake interviews in accordance with an intake protocol designed to screen for risk factors and match counselor competencies to client needs. Consulted on over 150 intakes
- Coordinated and supervised the Student Assistance Program, which provides individual and group counseling to adolescents at a local middle school
- Assisted the director in clinical, administrative, and organizational activities associated with the daily operation of a non-profit mental health clinic that serves the community and campus populations, and provides training to doctoral and master's level counselors
- Planned and conducted outreach, and marketing activities, including coordinating CHG participation in campus health fairs and national mental health screening days, providing communication and crisis management training for campus resident assistants, and attending community relations events
- Assisted in the preparation of the CHG annual report and Board of Director's meeting

Supervision Practicum and ongoing supervision experience, May 2000 to August 2004

Supervisor: Sue Whiston, Ph.D.

Multi-semester practicum experience including didactic instruction followed by practicum experience of providing supervision to master's level students

CHG Advanced Practicum Counselor, August 1999 to December 1999

Supervisor: Michael Tracy, Ph.D., HSPP Licensed Psychologist

CHG Master's Practicum Counselor, June 1998 to August 1998

Supervisor: Fritz Lieber, Ed.D.

Butler University Counseling Center, Indianapolis, IN

Master's Level Counseling Intern, August 1998 to May 1999

Training Supervisor: Maureen Lafferty, Ed.D., HSPP, Licensed Psychologist

Awards

American Psychological Association of Graduate Students: APAGS Outstanding Professional Development Program Award, 2008

Paul F. Munger Memorial Award, 2002. Selected by the Indiana University Counseling faculty in recognition of contributions to teaching, research and community building

Past Professional Experience outside of Counseling

Rubin Postaer and Associates Advertising, Santa Monica, CA

Vice President, Associate Media Director, October 1992 to May 1996

Associate Media Director, February 1990 to October 1992

Bruce Gilman Enterprises, Inc., Manhattan Beach, CA

Vice President, Operations, September 1988 to February 1990

Administered a \$15 million wholesale shoe business.

Leo Burnett Advertising, Chicago, IL

Media Supervisor, January 1986 to August 1988

Media Planner/Buyer, August 1984 to January 1986

Professional Affiliations in Advertising

- *Chicago Advertising Club, 1984-1988*
- *Los Angeles Advertising Club, 1990-1996*