

Emily S.H. Stafford, PhD, LPC #2074

PO Box 6161 · Mississippi State, MS · 39762
(662) 325-0170 · emily.stafford@msstate.edu

Education

Ph.D., Counselor Education

CACREP Accredited

Auburn University, Auburn, Alabama (2009-2014)

Dissertation: *“An Exploration of Counselors’-in-Training Multicultural Competency when Working with Persons of Low Socioeconomic Status: An Examination of Attitudes, Attributions, and Perceived Self Efficacy”*

M.Ed., Community Agency Counseling

CACREP Accredited

Auburn University, Auburn, Alabama (2007-2009)

B.S. Psychology, Graduation with Honors, Minor: Biology

University of Southern Mississippi, Hattiesburg, Mississippi (2001-2005)

Certifications

Licensed Professional Counselor (LPC), State of Mississippi, #2074

Expiration Date: 6/30/2019

Current Position

Mississippi State University • Starkville, MS • Assistant Clinical Professor

January 2018-current

Serve as Director for the Psychology Training Clinic (50% time)

Teach 2 classes per term (50% time)

Supervise 3-5 graduate assistants per term

Departmental Service:

- Diversity Committee Member: Fall 2018-present
- PRP (Participant Research Pool) Committee “ad hoc” Member: January 2017-present
- Business Manager Hiring Committee Member: Fall 2018
- Faculty Hiring Committee, Member: Fall 2018
- Manage daily running of SONA system, Spring 2017- Spring 2019
- Supervise assignment of 200 proctoring placements annually via TA Nation & STAR programs, Spring 2017-Spring 2019
- Academic Coordinator for the Department: Spring 2017-Spring 2019

College Service:

- BSIS (Bachelor Science of Interdisciplinary Studies) Committee Member: Jan 2017-present
- Social Science Curriculum Alignment, Psychology Department Representative, 2018 Meeting

University Service:

- Collegiate Recovery Board Member: Fall 2018- present

National Service:

- American Psychological Association Site Visitor: Generalist. Spring 2019-present.

Teaching

Mississippi State University • Starkville, MS • Adjunct Instructor

January 2016-December 2017

Adjunct Instructor responsibilities include teaching undergraduate and graduate level coursework.

- COE4713/6713: Issues in Aging
- PSY3203: Psychology of Gender Differences
- EPY4073: Personality Adjustment in Educational and Related Settings
- FYE1001: Freshman Orientation Breakout Group Leader
- PSY8450: Applied Clinical Practicum (Supervision of clinical psychology doctoral students)

Mississippi University for Women • Columbus, MS • Adjunct Instructor

January 2016-December 2016

- PSY101: Introduction to Psychology

Texas Tech University • Lubbock, TX • Adjunct Instructor

August 2015-December 2015

- EPCE5353: Introduction to Clinical Mental Health Counseling

Auburn University • Auburn, AL • Graduate Teaching Assistant & Intern

June 2011-May 2012

Provided instruction for the following courses:

- COUN8620: Advanced Theories: Cognitive Behavioral Therapy (2 sections, co-instructor)
- COUN7350: Intro to Counseling Practice (co-instructor)
- COUN3200: Counseling and Human Services (co-instructor)
- COUN2970: Career Success for Juniors and Seniors (Instructor of Record)

Provided clinical supervision for:

- 2 school counseling practicum students
- 6 clinical mental health practicum students

Clinical

Mississippi State University Student Counseling Services • Starkville, MS • Relief clinician

March 2016-May 2016

Provide individual counseling services, intakes, and crisis services to students at Mississippi State University.

Family Counseling Services • Lubbock, TX • Pro Bono Therapist

May 2015-December 2015

Provide pro bono individual, couples, and group counseling services at a non-profit agency. Group services include: Substance Abuse, Anger Management, Domestic Violence (Female Offenders), Women's Groups, LGBT Support Group.

Texas Tech University • Lubbock, TX • Academic Case Manager

September 2013-October 2014

Provided services at Dunbar College Preparatory Academy within the East Lubbock Promise Neighborhood Grant. Duties included working with middle school students to increase academic

achievement, decrease student behavioral issues within the classroom, maintain appropriate records, engage students in vocational/career exploration, and collaborate with family/school staff to ensure student success.

Private Practice • Lubbock, TX • Therapist

September 2012-April 2013

Provided supervised individual counseling services to residents of three long term residential care facilities. This temporary position ended in April 2013.

East Alabama Mental Health • Opelika, AL • Relief Therapist, Adult Day Services

May 2009- July 2010

Part-time position working 10-12 hours weekly providing individual, group, psychoeducational, and crisis therapy sessions to individuals with a severe and chronic mental illness (SMI) diagnosis. Group services included a substance abuse, communication skills, and independent living skills.

East Alabama Mental Health • Opelika, AL • Intern/Practicum Student, Adult Day Services

January 2009-May 2009 • 240 direct-client hours/360 indirect hours of service

August 2008-December 2008 • 40 direct-client hours/60 indirect hours of service

Provided individual, group, psychoeducational, and crisis therapy sessions

Pine Belt Mental Healthcare Resources • Hattiesburg, MS • Adolescent Offender Program Case Manager

October 2005-July 2007 • Full-Time Employment

Provided case management services to court referred adolescents and their families.

Acted as liaison between community mental health services and individuals/families receiving mental health services.

Maintained documentation as required for continuation of the federal grant.

Research

Auburn University • Auburn, AL • Graduate Research Assistant

May 2011-May 2012

Assisted Dr. Jamie Carney and Dr. Amanda Evans with research related to counselor education and gatekeeping which resulted in a published, peer-reviewed article. Also completed other administrative departmental tasks as assigned.

Auburn University • Auburn, AL • Graduate Student Volunteer

Assisted with preparing documents for CACREP self-study/recertification for Auburn University 2009-2010.

Auburn University • Auburn, AL • Graduate Research Team Member

September 2007-May 2011

Collaborated with Dr. Jamie Carney and research team members to examine counselor training methods related to client socioeconomic status, attitudes regarding poverty, and attributions of poverty. Presented research findings at State, Regional, and National Conferences

Student Affairs

Mississippi State University • Starkville, MS • Academic Coordinator

January 2017-December 2017

Academic Coordinator responsibilities include advising undergraduate students, supervising graduate assistants, student recruitment, management of psychological research subject pool, and other departmental tasks. During this time, the department had over 500 undergraduate students.

Texas Tech University • Lubbock, TX • Manager for Social Justice Education and Community Outreach, University Student Housing

October 2014-December 2015

Supervision and Training:

Provide educational training regarding multicultural competencies to 194 departmental staff members and 265 student volunteers. Training topics include: creating welcoming environments, inclusive speech, helping skills, microaggressions, addressing sensitive topics with students, privilege, and engaging students in community service opportunities. Assisting Community Advisors in developing appropriate social justice education programs for students within the residence halls and providing direct supervision to the Graduate Assistant for Social Justice Programming.

Committee work:

- Social Justice Education Committee: Leadership Team Liaison
- Civility and Social Justice Departmental Committee: Chair
- Texas Tech University Diversity Week Planning Committee: Member
- Diversity Leadership Institute Planning Committee: Member

Social Justice Programming:

Budget, organize, and facilitate educational programming at the departmental and campus level. Programs are designed to engage Texas Tech students in conversations about multicultural and social justice issues. In addition, programming seeks to encourage students to make a positive impact by serving their community. Programs included:

Interdepartmental Programming

- MLK Day of Service: 56 participants
- Social Justice Advocacy Institute: 10 participants
- Hunger Banquet: 128 participants
- Creation of social justice programming guide for staff members
- Creation of a civility marketing campaign used in 17 residence halls

Campus-Wide Programming

- Tunnel of Oppression 2015: 1050 participants/volunteers
- Tunnel of Oppression 2014: 914 participants/volunteers
- Diversity in the Dark: 40 participants

Community Outreach:

Develop and facilitate community service opportunities for TTU students and University Student Housing staff members. Build relationships with community service agencies to coordinate departmental donations. Community service projects include:

- Winter Book Drive: 103 books, 6 area agencies/schools served
- Spring Flood/Tornado Relief Drive: 200 lbs. of donations
- Bed and Linen Donation: 500 lbs. of linens (flat bed sheet), 117 bed frames, 1560 fitted bed sheets, 322 blankets, 20 mattress covers, 20 home décor items, 10 area agencies served
- “Feed Seniors Now” Meals on Wheels Campaign: 469 individual packaged food

items, 1 area agency served

Data Collection:

Collect data to evaluate student learning outcomes during educational programming events.
Collect data to determine deficits in staff knowledge areas. Develop staff training sessions to increase knowledge in social justice competency areas.

Other departmental Service:

Performed audit and recommendations for gender neutral restrooms in public areas of residence halls
Co-created marketing campaign to address bias incidents within the residence halls
Managed budget amount of \$4131.47 for the 2014-2015 academic year
Participation in the “on call” emergency response rotation system
Assisted in creation of Social Justice Advocate student staff position
Participation in hiring practices for professional and graduate staff members

Presentations

National

- Crumley, E., Iarussi, M., Stafford, E., Lacy, Virginia D., & Tyler, J. (2012). *Innovations in Professional Development: Creating Integrative Chapter & Department Programs to Promote Advocacy & Leadership*. Presentation at the American Counseling Association Annual Conference in San Francisco, CA.
- Carney, J., Crumley, E., & Stafford, E. (2012). *Understanding Perceptions, Beliefs and Attitudes Related to Poverty: Consideration of Beliefs That Contribute to Advocacy*. Presentation at the American Counseling Association Annual Conference in San Francisco, CA.
- Stafford, E. (2010). *The Impact of Food Insufficiency on Child Classroom Performance*. Presentation at the 5th Annual University Hunger Summit, Auburn, AL.
- Crumley, E. & Stafford, E. (2011). *Understanding Factors Contributing to Attitudes toward Persons Impacted by Poverty: Counseling and Educational Implications*. Presentation at the Association for Counselor Education and Supervision National Conference in Nashville, TN.
- Carney, J., Robinson, K., Stafford, E., & Crumley, E. (2010). *Preparing Counselors to Address Poverty: Training, Advocacy and Pedagogical Methods and Innovations*. Presentation at American Counseling Association Annual Conference & Exposition in Pittsburgh, PA.
- Grafeman, S., Barry, C., Adler, K., & Helms (Stafford), E. (2006). *Correspondence between the narcissistic personality inventory for children and the NPI in adolescents*. Poster presented at the Annual Conference of the Society of Personality and Social Psychology in Palm Springs, CA.
- Harrison, H., Barry, C., Napier, S., & Helms (Stafford), E. (2006). The influence of choice in the writing paradigm. Poster presented at the 40th Annual Conference of the Association for Behavioral and Cognitive Therapies in Chicago, IL.

Regional

- Iarussi, M., Tyler, J., Lacy V., Stafford, E., & Littlebear, S. (2012). *Integrating Motivational Interviewing into a Counseling Skills Course*. Presentation at Southern Association for Counselor Educators and Supervisors in Savannah, GA.

Stafford, E., Crumley, E., Carney, J., & Strickland, A. (2012). *Understanding Educational Implications of Poverty: An Examination of Pre-Service Teachers' Attitudes and Attributions toward Poverty*. Presentation at the Eastern Educational Research Association Conference, Hilton Head, SC.

Carney, J., Stafford, E., Robinson, K., Crumley, E., & Vasilas, C. (2010). *Poverty and its effect on first generation college students*. Presentation at Eastern Educational Research Association, Savannah, GA.

Carney, J., Stafford, E., Smith, J., Burgess, J., Meachum, L., & Objifor, N. (2008). *Developing Awareness of Poverty through Multicultural Training and Advocacy*. Presentation at the Southern Association for Counselor Educators and Supervisors, Houston, TX

Stafford, E., Burgess, J., Meacham, L., & Obijiofor, N. (2008). *How Poverty Affects Children in the Educational Setting: Implications for Counselors and Counselor Educators*. Chi Sigma Iota Counseling Graduate Student Conference, Columbus, South Carolina.

State

Marbley, A., Li, J., Phelan, K, Huang, S., & Stafford, E. (November 2015). *Counselors Partnering to Eradicate Extreme Global Poverty*. Presentation at Texas Counseling Association, Corpus Christi, TX.

Stafford, E. (2015). *An Exploration of Counselors'-in-Training Attitudes when Working with Persons of Low Socioeconomic Status: Implications for Multicultural and Social Justice Training*. Presentation at Bearing Our Banners Far and Wide: 6350 EPCE Advanced Diversity and Social Justice Student Led Mini Conference in Lubbock, TX.

Stafford, E. (2013). *Ethical Considerations when Counseling Older Adults*. Presentation at Northwest Texas Counseling Association Winter Meeting in Lubbock, TX.

Tyson, L., Carney, J., Stafford, E., & Lacy, V. (2011). *Leadership Development for CSI Chapter Leaders*. Presentation at the Alabama Counseling Association's Annual Conference in Birmingham, AL.

Hopkinson, A., Stafford, E., Brietzke K., & Crumley, E. (2010). *Counseling Adolescents: The Role of Family*. Presentation at Alabama Counseling Association State Conference in Mobile, AL.

Carney, J. Robinson, K., Crumley, E., & Stafford, E. (2010). *Advocacy Partnerships between Schools: Addressing poverty collaboration*. Presentation at Alabama Poverty Project: Lifetime of Learning Summit in Montgomery, AL.

Stafford, E. & Stafford, T. (2009). *Creating Safe Spaces for LGBTQIQ Students on Campus*. Presentation at RADICAL Conference, in Auburn, AL.

Stafford, E. & Meachum, L. (2009). *How Poverty Affects Students in the Educational Setting: Implications for Resident Assistants*. Presentation at RADIAL Conference in Auburn, AL.

Carney, J., Stafford, E., Burgess, J., & Smith, J. (2008). *Children and Poverty: Implications for Counseling Professionals*. Presentation at Alabama Counseling Association Annual Meeting in Huntsville, AL.

Hanbury, D., Necaise, A., Helms (Stafford), E., Stafford, T., & Watson, S. (2006). Gender Differences in Attitudes toward Care and Use of Animals. Presentation presented at the Mississippi Academy of Sciences Annual Conference in Vicksburg, MS.

Guest Speaker

- Berman, M., Nadorff, M., & Stafford, E. "Crisis De-escalation, Mental Health, and Suicide Prevention." Presentation to Oktibbeha County Sheriff's Office. (2018). Starkville, MS.
- Panelist: Advanced Issues in Educational Psychology, Fall Semester. (2018). Starkville, MS.
- Panelist: Advanced Issues in Educational Psychology, Fall Semester. (2017). Starkville, MS.
- Panelist: Women in Mental Health. (2017). Starkville, MS.
- Panelist: "Let's Chat About Gender." (2017) Starkville, MS.
- Panelist: Psi Chi Graduate School Panel. (2017). Starkville, MS.
- Stafford, E. "Foundations and Theory of Bias." (2015). Lubbock, TX.
- Stafford, E. "University Student Housing Community Outreach: Red Raider Recycling." (2015). Lubbock, TX.
- Stafford, T., Adams, S., & Stafford, E. "Intimate Partner/Relationship Violence and the Psychology of those Involved." (2015). Lubbock, TX.
- Panelist: "Diversity in the Dark." (2015). Lubbock, TX.
- Panelist: "Seeking Justice in Sexual Assault: What to Expect when you Report." (2015). Lubbock, TX.
- Stafford, E. "Working with Diverse Populations." (2015). Lubbock, TX
- Stafford, E. "The Impact of Low Socioeconomic Status on the Well Being on Clients: Implications for Counselors." (2014). Lubbock, TX
- Panelist: "Women in the Academy." (2014). Lubbock, TX.
- Panelist: "Advocacy Panel" (2010). Auburn, AL.
- Stafford, E. "Who Are We? Diversity and Multiculturalism in the University Setting" (2010). Auburn, AL.
- Crumley, E. & Stafford, E. "Effective Fundraising Strategies for Student Organizations" (2010). Auburn, AL.
- Burgess, J., Meachum, L., Obijiofor, N., Shugart, J., & Stafford, E. "How Poverty Affects Children in the Educational Setting: Implications for Educators." (2008). Auburn, AL.

Publications

Peer Reviewed

Evans, A., Carney, J., Lakin, J., & Stafford, E. (2013). *Assessing Peer Problematic Behavior and Related Training Experiences*. American Counseling Association's VISTAS, Volume 1.

Non-Peer Reviewed

Stafford, E. (2011). A Year in Review: Final Thoughts from an Outgoing President. *The Reflection*, 13 (2), 1.

Stafford, E. (2011). Professional Presentations: Experiences and Tips. *The Reflection*, 14 (1), 5.

Stafford, E. (2010). Welcome from the President. *The Reflection*, 13 (1), 1-2.

Stafford, E. (2009). Welcome from the President. *The Reflection*, 12 (1), 1-3.

Stafford, E. & Smith, J. (2008). The Truth among Impoverished Children. *The Reflection*, 11 (1), 5.

Grants

- 2019 **Substance Abuse and Mental Health Services Administration (as part of State of Mississippi Garrett Lee Smith Grant)**
Title: Innovative MSU Cares - Preventing and Responding to Mississippi Youth Suicide
Requested Costs: \$1,678,552 over 5 years
Role: Co-Principal Investigator, 23%
Result: Funded
- 2018 **Substance Abuse and Mental Health Services Administration**
Title: Mississippi Community Wellness Initiative
Requested Total Costs: \$375,000 over three years
Role: Co-Investigator, 40%
Result: Denied
- 2018 **Military Suicide Research Consortium (Summer 2018)**
Title: Reaching Soldiers Directly Through Technology: Investigating an Innovative Nightmare Intervention
Requested Total Costs: \$1,074,326 over two years
Role: Co-Investigator, 27%
Result: Denied

Awards

- **Guiding Compass Award**, Mississippi State University, Department of Psychology, Clinical Program, 2018 Academic Year
- **Distinguished LGBT Ally Award**, Texas Tech University, 2015
- **JoAnn Granberry Murrell Graduate Award**, Auburn University, 2011-2012 Academic Year
- **Outstanding Leadership Award**, Iota Delta Sigma (Chi Sigma Iota Counseling Academic & Professional Honor Society International, Inc.) Auburn University, 2011.
- **Outstanding Leadership Award**, Iota Delta Sigma (Chi Sigma Iota Counseling Academic & Professional Honor Society International, Inc.), Auburn University, 2010.
- **Mentor of the Year Award**, Iota Delta Sigma (Chi Sigma Iota Counseling Academic & Professional Honor Society International, Inc.), Auburn University, 2009.
- **Outstanding Master's Student Award**, Alabama Counseling Association (Chapter VII), 2009.

Media Appearances

- WCBI, "Sunrise Morning Show: Mindfulness Techniques for Reducing Stress" (July 31, 2019).
- WCBI, "Sunrise Morning Show: Mindfulness" (June 26, 2019).
- WCBI, "Sunrise Morning Show: Healthy Relationships" (April 24, 2019).
- WCBI, "Sunrise Morning Show: Keeping Resolutions" (January 28, 2019).
- WCBI, "Sunrise Morning Show: Holiday Stress," (November 20, 2018).
- WCBI, "Sunrise Morning Show: Back to School Help," (August 27, 2018).
- WCBI, "Sunrise Morning Show: Mental Health Awareness" (June 19, 2018).

Activities

- **Member:** American Counseling Association. Member (current) # 6272717
- **Safe Zone Ally:** Auburn University, Texas Tech University, Mississippi State University (current).
- **President:** Iota Delta Sigma (Chi Sigma Iota Counseling Academic & Professional Honor Society International, Inc.) 2009-2011, Auburn University.
- **Team Leader:** Big Event Community Service Project at Notasulga High School, Alabama. Spring 2011.
- **Coordinator** of “Reading Room Project” Service Project at Notasulga High School, Fall 2010.
- **Safe Zone Ally and Safe Zone:** Trainer Certified, Auburn University.
- **Secretary:** Iota Delta Sigma (Chi Sigma Iota Counseling, Academic & Professional Honor Society International, Inc.), 2008-2009, Auburn University.
- **Member:** Department of Counselor Education, Counseling Psychology and School Psychology Diversity Committee, Auburn University, 2008.