

Christa K. Schmidt, Ph.D.

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Towson University
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Education and Licensure

Psychologist Licensure The Maryland State Board of Examiners of Psychologists,
Department of Health and Mental Hygiene
February 2006 - Present

Ph.D. University of Missouri, Kansas City, July, 2004
Counseling Psychology (APA Accredited Program)
Pre-doctoral Internship: University of Maryland Counseling Center (APA-Accredited)

M.A. University of Missouri, Kansas City, December 2002
Counseling Psychology

B.A. University of Maryland, College Park, May, 1997
Major Field: Psychology

Employment

Towson University 2009-present
Graduate Program Director, Counseling Psychology (MPCAC-accredited), 2009-2023
Promoted to Full Professor, 2019
Promoted to Associate Professor with Tenure, 2014
Assistant Professor 2009-2014

University of Maryland, College Park 2005-2008
Staff Psychologist

University of Maryland, College Park 2004-2005
Visiting Assistant Professor

Honors

Professor of the Year Nominee, Honors College, Towson University, 2018, 2017, 2013
Diversity Faculty Fellow, Office of the Provost, Towson University 2015-2016
Graduate Professor of the Year, Psychology Department, Towson University 2014
Junior Fellow, Towson Community of Scholars, 2011
American Psychological Association Division 17, Society of Counseling Psychology,
Donald E. Super Fellowship for Outstanding Dissertation Research in Career
Development, 2003

Grants and Fellowships

Towson University Foundation Grant Proposal, Submitted November 2021
Amount Requested: \$25,400 (unfunded)

American Psychological Society, Small Grant in Antiracist Curricula,
Submitted September 2021
Amount Requested: \$7,200 (unfunded)

National Institutes of Health (NIH) Grant Proposal, Submitted October 2018
Impact Score: 37 (funded)
Amount: \$1,128,551

TU College of Liberal Arts Research Committee
Amount: \$1000

National Institutes of Health (NIH) R15 AREA Grant Proposal, Re-Submitted February 2017
Impact Score: 31 (unfunded)
Amount: \$437,041

National Institutes of Health (NIH) R15 AREA Grant Proposal, Submitted February 2016
Impact Score: 44 (unfunded)
Amount: \$252,136

Diversity Faculty Fellow, Office of the Provost, Towson University, 2015
Amount: \$2000

Faculty Development and Research Committee, Summer Research Fellowship, Towson University,
2013
Amount: \$4000.00

Community of Scholars, Towson University, 2011
Amount: \$1000

Faculty Development and Research Committee, Towson University, 2010
Amount: \$4750.00

Publications

Howard, S. V. & **Schmidt, C. K.** (in press). Intergroup dialogue facilitation training on faculty cultural responsiveness. *Journal of Intercultural Communication Research*.

Cross, W. E., Drinane, J. M., Owen, J., Raque-Bogdan, T. L., **Schmidt, C. K.**, Hook, J. N., Davis, D. E., & Ajibade, A. (2020). Uncovering alternative ethnic identity dynamics: A cluster analysis of the MEIM and psychological well-being. *Race and Social Problems, 12*, 103-111.

Schmidt, C. K., Earnest, D. E., & Miles, J. E. (2019). Expanding the reach of Intergroup

Dialogue: A quasi-experimental study of two teaching methods for undergraduate multicultural courses. *Journal of Diversity in Higher Education*, 13, 264-273.

<http://dx.doi.org/10.1037/dhe0000124>

Schmidt, C. K., Raque-Bogdan, T. L., & Hollern, E. A. (2019). Self-compassion, affect, and body image in college women. *Journal of College Counseling*, 22, 152-163.

<https://doi.org/10.1002/jocc.12127>

Milam, S. R. B. & **Schmidt, C. K.** (2018). A mixed methods investigation of posttraumatic growth in young adults following parental divorce. *The Family Journal: Counseling and Therapy for Couples and Families*, 26, 156-165. doi: 10.11177/1066-480718781518

Schaefer Ziemer, K., Lampher, B. R., Raque-Bogdan, T. L., & **Schmidt, C. K.** (2018). A randomized controlled study of writing interventions on college women's positive body image. *Mindfulness*. doi: <http://dx.doi.org/10.1007/s12671-018-0947-7>

Holt, L. J., Mattanah, J. F., **Schmidt, C. K.**, Daks, J. S., Brophy, E. N., Minnaar, P. Y., Rorer, K. Effects of relationship education on emerging adults' relationship beliefs and behaviors (2016). *Personal Relationships*, 23, 723-741.

Schmidt, C. K., Piontkowski, S., Raque-Bogdan, T. L. & Ziemer, K. S. (2014). Relational health, ethnic identity, and well-being of college students of color: A strengths-based perspective. *The Counseling Psychologist*, 42, 473-496.

Russon, J. M. & **Schmidt, C. K.** (2014). Authenticity and career decision-making self-efficacy in lesbian, gay, and bisexual college students. *Journal of Gay & Lesbian Social Services*, 26, 207-221.

Schmidt, C. K., Schaefer, K. L., Piontkowski, S., & Raque-Bogdan, T. L. (2013). The history and future directions of positive health psychology. In J. Sinnott (Ed.) *Positive psychology and adult motivation*, New York: Springer.

Schmidt, C. K., Raque-Bogdan, T., Piontkowski, S., & Schaefer, K. (2011). Putting the positive in health psychology: A content analysis of three journals. *Journal of Health Psychology*, 16, 607-620.

Schmidt, C. K., Miles, J., & Cavanaugh, A. (2010). Perceived discrimination and social support: The influences on career development and college adjustment of LGBT college students. *Journal of Career Development*, 38, 293-309.

Schmidt, C. K. & Welsh A. C. (2010). College student adjustment in the face of a crisis: Coping with the chronic or terminal illness of a family member. *Journal of Counseling and Development*, 88, 397-406.

Schmidt, C. K. & Nilsson, J. E. (2006). The effects of simultaneous developmental processes: Factors relating to career development for lesbian, gay, and bisexual youth. *Career Development Quarterly*, 55, 22-37.

Schmidt, C. K., Hoffman, M. A., & Taylor, N. (2006). Social justice related to working with HIV and AIDS from a counseling health psychology perspective. In R. L. Toporek, L. Gerstein, N. Fouad, G. Roysircar, & T. Israel (Eds.). *Handbook for social justice in counseling psychology: Leadership, vision, and action*. Thousand Oaks, C.A.: Sage Publications.

Nilsson, J. E., & **Schmidt, C. K.** (2005). Predictors of social activism in counseling and counseling psychology graduate students. *Journal of College Student Development*, 46, 267-279.

Nilsson, J. E., **Schmidt, C. K.**, & Meek, W. D. (2002). Reliability generalization: An examination of the Career Decision-Making Self-Efficacy Scale. *Educational and Psychological Measurement*, 62, 647-658.

Heiland, M. F., Goggin, K., Brandt-Kessler, K., Brammer, S., Nollen, N., Murray, T. S., & **Schmidt, C. K.** (2002). Reconstruction of meaning and identity in the wake of new treatments for HIV disease. *Journal of Psychology and Human Sexuality*, 14, 55-79.

Nollen, N. L., Goggin, K., Heiland, M. F., Brammer, S. K., Gibbs, A. A., Lawrenz, C., **Schmidt, C.**, & Murray, T. (2002). Sex, drugs, and combo: The impact of combination therapy on the health behaviors of gay men. *AIDS and Behavior*, 6, 131-139.

Schmidt, C. K. & Goggin, K. (2001). Disclosure patterns of HIV+ women. *American Clinical Laboratory*, 21, 40-43.

Thurber, C. A., Sigman, M. D., Weisz, J. R., & **Schmidt, C.** (1999). Homesickness in preadolescent and adolescent girls: Risk factors, behavioral correlates, and sequelae. *Journal of Clinical Child Psychology* 28, 185-196.

Manuscripts In Preparation

Schmidt, C. K., Johnson, I., Aston, C. N., & Davenport, M. (in preparation). Interprofessional graduate training in health equity for health service psychology students.

Conference Presentations

Schmidt, C. K., Johnson, I., Aston, C. N., & Davenport, M. (2023). Interprofessional graduate training in health equity for health service psychology students. Poster accepted for presentation at the annual meeting of the American Psychological Association, August 2023.

Smith, J. & **Schmidt, C. K.** (2023). Nature-based therapy practices through an Indigenous lens: A content analysis of two counseling journals. Poster accepted for presentation at the annual meeting of the American Psychological Association, August 2023.

Schmidt, C. K. & Galupo, M. P. (2020). Gender diversity at intake: Knowledge, awareness, and skills for trans affirmative practice. Continuing Education Workshop at the APA Interprofessional CE Institute. October 20, 2020.

Schmidt, C. K., Galupo, M. P., Humm, L., Matsuno, E., Bettergarcia, J., Elkins, J., & Steacy, C. (2020) A training simulation for gender-affirmative therapy: A discussion and demonstration. Symposium accepted for presentation at the Counseling Psychology Conference, New Orleans, LA.

Howard, S. V. & **Schmidt, C. K.** (2020). The effects of intergroup dialogue facilitation training on faculty cultural responsiveness. Poster accepted for presentation at the annual meeting of the American Psychological Association, Virtual Convention.

Schmidt, C. K., Pulice-Farrow, L., & Morris, E. R. (2019). A qualitative analysis of student journals during 8-week intergroup dialogues on race. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Singletary, M. L. & **Schmidt, C. K.** (2019). The effectiveness of intergroup dialogue in promoting social action. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Schmidt, C. K., Earnest, D. E., Halsey, K., & Madubata, I. (2017). Diversity and inclusion in psychology courses: The effectiveness of intergroup dialogue. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

Schmidt, C. K. (2017). Seizing the moment: Piloting IGD on a college campus in the wake of socio-political conflict. Presentation at the annual meeting of the American Psychological Association, Washington, DC.

Bannerman, D. & **Schmidt, C. K.** (2017). Stigma, self-concealment, and mentoring relationships' effect on help-seeking attitudes of African American college students. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

Hollern, E., **Schmidt, C. K.,** Raque-Bogdan, T. L., Ziemer, K., & Lamphere, B. (2016). The role of affect in the relationship between self-compassion and positive body image. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.

Lamphere, B., Raque-Bogdan, T. L., Ziemer, K., & **Schmidt, C. K.** (2016). A self-compassion writing intervention for promoting body appreciation in college women. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.

Berkey, S. & **Schmidt, C. K.** (2015). Social support, religiousness, gender and posttraumatic growth in young adults following parental divorce. Poster presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.

Holt, L. J., Mattanah, J., **Schmidt, C. K.,** Daks, J., Brophy, E., Rorer, K., & Delguercio, A. (2015). Promoting Psychological and Physical Well-Being in Emerging Adults through Relationship Education. Presented at the annual meeting of the Society for the Study of Emerging Adulthood.

Schmidt, C. K., Wallace, D. W., & Travers, C. (2014). Racial microaggressions, bicultural competence, and health perceptions among African Americans. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Wiley, E. D. & **Schmidt, C.K.** (2014). The relationship of positive body image to self-compassion and ethnic identity in adulthood. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Weinberg, M., Dunn, M. G., Keys, K., Lai, L., **Schmidt, C. K.**, & Graham, S. (2014). Student Support Network: Evaluating a mental health advocacy and peer support training program. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Schmidt, C. K., Raque-Bogdan, T. L., Schaefer, K. L., & Piotkowski, S. (2013). *Positive health in college students: An application of the broaden-and-build theory*. Poster presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Schmidt, C. K., Piotkowski, S., Raque-Bogdan, T. L., & Schaefer, K. L. (2013). *Positive health in students of color: Applying the relational-cultural model*. Poster presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Schmidt, C. K. (2011). *Intergroup dialogues: Encouraging interaction around difference*. Presented at Towson Spark, Towson University, MD.

Raque-Bogdan, T., **Schmidt, C. K.**, Piotkowski, S., & Schaefer, K. (2009). *Positive health psychology: Has research caught up with practice?* Poster presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Miles, J., **Schmidt, C. K.**, & Cavanaugh, A. (2006). *College adjustment and career development in heterosexual and LGB undergraduate students*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Cavanaugh, A. & **Schmidt, C. K.** (2006). *College student adjustment during a family member's illness*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Brown, C. & **Schmidt, C. K.** (2006). *You and counseling psychology: Charting the future*. Roundtable discussion facilitated at the annual meeting of the American Psychological Association, New Orleans, LA.

Schmidt, C. K., Nilsson, J. E., & Rooney, S. C. (2003). Career development outcomes for lesbian, gay, and bisexual youth. In Schmidt, C. K. & Murdock, T. (Co-chairs), *Developmental considerations of sexual minority youth for counseling psychologists*. Symposium presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Murdock, N., Keller, C., & **Schmidt, C. K.** (2003). *Factors influencing decisions to*

apply and attend counseling psychology programs: A preliminary study. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Murdock, N., **Schmidt, C. K.**, Sites, E., Keller, C., & Kovach, H. (2003). *Mentoring post-degree: An exploratory study of psychologists.* Poster session presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Nilsson, J. E., **Schmidt, C. K.**, & Linnemeyer, R. (2003). *Predictors of social activism in counseling/psychology graduate students.* Poster session presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

Schmidt, C. K. (2003). Feminism and training in counseling psychology: A student's perspective. In Morrow, S. L. & Davidson, M. M. (Co-chairs), *Feminism in the age of multiculturalism.* Symposium conducted at the annual meeting of the American Psychological Association, Toronto, Ontario.

Paul, B. D., Nilsson, J. E., Barnette, V., & **Schmidt, C. K.** (2002). *Transition from student to professional.* Panel presented at the annual meeting of the American Psychological Association, Chicago, IL.

Meek, W. D., **Schmidt, C. K.**, & Nilsson, J. E. (2002). *Reliability generalization: An examination of the Career Decision-Making Self-Efficacy Scale.* Poster session presented at the annual meeting of the American Psychological Association, Chicago, IL.

Schmidt, C. K., Goggin, K., Brandt-Kessler, K., Brammer, S., Link, K., & DeMore, M. (2001). *Depression among HIV+ women: The link between disclosure and social support.* Poster presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.

Heiland, M.F., Goggin, K., Brant-Kessler, K., Brammer, S.K., Nollen, N.L., Murray, T., & **Schmidt, C.K.** (2001). *Meaning and identity in the wake of combination therapy.* Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Schmidt, C. K., Goggin, K., Brammer, S. K., Brandt-Kessler, K., Link, K. M., & DeMore, M. (2001). *The disclosure patterns of HIV+ women.* Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Schmidt, C. K., Rooney, S. C., Paul, B. D., & Perez, R. M. (2001). *Coverage of lesbian, gay, and bisexual concerns in the Journal of Counseling Psychology.* Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Schmidt, C. K., Goggin, K., Kessler, K., Brammer, S. K., Link, K. M., & DeMore, M. (2000). *The disclosure patterns of HIV+ women.* Presented to medical staff at Trinity Lutheran Hospital Infectious Disease Clinic, Truman Hospital Infectious Disease Clinic, Southwest Boulevard Family Health Clinic, Kansas City Free Health Clinic, & Kansas University Medical Center. Kansas City, MO.

Invited Presentations and Workshops

Schmidt, C. K. & Brown, D. L. (2023). Dialogue over debate: Building community through difficult conversations. Maryland State Bar Association, Young Lawyers Section. March 22, 2023.

Johnson, I., **Schmidt, C. K.**, & Winston, J. (2022). Addressing health equity through an interprofessional/interdisciplinary model. USM Convening: Empowering Students to be Agents for Change in Promoting Health Equity, May 9, 2022.

Brown, D. L. & **Schmidt, C. K.** (2020). Racism and racial healing in the workplace. Presented at the Counseling Center, Towson University.

Schmidt, C. K. (2019). Let's talk! Why is it hard to talk about race when you're white? Presented at the Center for Student Diversity, Towson University.

Schmidt, C. K. (2018). Intergroup dialogue: Examining TU's pilot program. Presented at the January Conference at Towson University.

Schmidt, C. K. (2017, September). Applying the principles of Intergroup Dialogue to the Classroom. Presented at *Courageous Conversations: Fostering a More Inclusive Towson*, Towson University.

Schmidt, C. K., Earnest, D. E., Korme, A., Bolling, J. (2017). Intergroup Dialogue: A pilot program to advance TU's goals for cultural competence. Presented at the January Conference at Towson University.

Schmidt, C. K. (2017). Intergroup Dialogue at Towson University: Increasing empathy and understanding across social identity differences. Presented as part of the Multicultural Brown Bag Series, Towson University.

Schmidt, C. K. (2014). Mindfulness and relaxation in the chaos of the classroom. Keynote address for the annual meeting of the Abilities Network, Baltimore, MD.

Schmidt, C. K. (2015). Sanity after spring break: Mindfulness in the chaos of a college semester. Research and Development presentation for the University of Maryland, College Park, Counseling Center.

Training and Facilitation

Co-Creator and Lead Presenter
Interprofessional Graduate Training in Social Justice, 2020-2023, Towson University

Group Co-Facilitator
Intergroup Dialogue on Religion, September-December 2019, Towson University

Creator, Lead Presenter, and Group Facilitator
Intergroup Dialogue Facilitators Training, 2016-2019, Towson University

Additional Teaching Experience

Courses Taught

Graduate: Basic Counseling Theory, Applied Counseling Techniques, Ethics, Practicum, Assessment I, Assessment II, Lifespan Human Development, Positive Psychotherapy
Undergraduate: Positive Psychology, Multicultural Psychology, The Helping Relationship, Abnormal Psychology, Basic Helping Skills, Introduction to Counseling Psychology

The Pursuit of Happiness: A Cultural Comparison Between the U.S. and Italy Study Abroad Program, 2022

Taught 16 students (12 undergraduate and 4 graduate) an immersive course in Rome and Florence, Italy for 2 weeks.

Staff Psychologist, University of Maryland College Park Counseling Center

Prepared and taught a seminar on career development for undergraduate students trying to decide on an educational direction. Assisted in the exploration of interests, values, and abilities, as well as gaining knowledge about the world of work.

August, 2007 – December, 2007

Program Coordinator: Linda Gast, Ph.D.

Undergraduate Research Team Mentor, University of Maryland College Park Gemstone Program, A. James Clark School of Engineering

Directed and advised the research of nine undergraduate students for a three year period.

Mentored students in research process including conducting a literature review, formulating research methods and design, writing a proposal, collecting and statistically analyzing data, and drawing conclusions. Student research was presented at a national conference. Topic area was the effect of practicing yoga on the attention of college students.

October, 2006 – May 2009

Faculty Director: James Wallace, Ph.D.