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**Kellie Forziat Pytel, M.S., NCC**  
née Kellie E. Forziat

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**EDUCATION**

- Counselor Education and Supervision Ph.D. Program (*CACREP Accredited*)
  - Specialty Area in Military, Trauma, Grief and Loss: Impacts on Individuals and Families
  - Graduation: Anticipated Summer 2020 \*Coursework complete; August 2019
  - The Pennsylvania State University
  
- **Master of Science in Clinical Mental Health Counseling** (*CACREP Accredited*)
  - Concentration in Counseling Veterans and their Families
  - Graduation: December 2016
  - Lock Haven University
  
- **Bachelor of Science in Crime, Law, and Justice**
  - Business Option
  - Graduation: August 2013
  - The Pennsylvania State University
  
- **Bachelor of Science in Psychology**
  - Business Option
  - Graduation: August 2013
  - The Pennsylvania State University

**CERTIFICATIONS**

- Board Certified Counselor (NCC) **October 2016-Present**
- Graduate Online Teaching Certificate Program **October 2017**  
*The Pennsylvania State University*
- Mental Health First Aid USA **June 2015- June 2018**
- American Red Cross: *Lifeguard, First Aid, and CPR/AED* **August 2008- February 2017**

**Notable Achievements**

- Certificate for ACA 2016 Counseling Awareness Month Public Outreach Contest Submission.
- NARACES Graduate Student Spotlight (Spring 2016). NARACES Newsletter, 13.
- NARACES Emerging Leader (2016, September 22nd). North Atlantic Region Association for Counselor Education and Supervision Conference, Syracuse, NY.

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**TEACHING EXPERIENCE**

- **Lock Haven University of Pennsylvania: *Part-time Teaching Instructor*** **present**  
**Lock Haven, PA**  
Responsible for:
  - Teaching courses (CMHC620) within the prescribed curriculum using the D2L platform.
  - Utilizing synchronous and asynchronous teaching modalities to maximize student learning.
  - Stimulating class discussions.

- Compiling, administering, and grading assessments.
- Communicating and collaborating with other CMHC faculty.
- Remaining current with new trends and development in field of expertise.
- **The Pennsylvania State University (University Park)**
  - **Co-teacher** with Dr. Carlos Zalaquett **Summer 2019**
    - Counselor Education (CNED) 532: *Diagnosis Counseling*
      - This course examines elements of counseling diagnosis, including identification and assessment of symptoms and behaviors in determining appropriate diagnoses.
      - CACREP accredited master-level course; Residential; 3 credit
- **The Pennsylvania State University (World Campus)**
  - **Co-teacher** with Dr. Melissa Luse **Spring 2019**
    - Rehabilitation and Human Services (RHS) 403: *Medical Aspects of Disability*
      - This course discussed common disabling illnesses, injuries, and congenital defects; their symptomatology, prognosis, and treatment; implications for personal, social, and vocational adjustment.
      - Undergraduate-level course; Online; 3 credit
- **The Pennsylvania State University (University Park)** **10/25/18**
  - **Guest Lecturer** with Dr. Allison Fleming
    - Rehabilitation and Human Services (RHS) 300: *Introduction to Rehabilitation and Human Services*. This course is an introduction to Rehabilitation and Human Services practice settings.
      - Presented special lecture on Military and Mental Health.
    - Undergraduate-level course; Residential; 3 credit
- **The Pennsylvania State University (World Campus)** **Fall 2018**
  - **Co-teacher** with Dr. Melissa Luse
    - Rehabilitation and Human Services (RHS) 403: *Medical Aspects of Disability*
      - This course discussed common disabling illnesses, injuries, and congenital defects; their symptomatology, prognosis, and treatment; implications for personal, social, and vocational adjustment.
      - Undergraduate-level course; Online; 3 credit
- **Lock Haven University of Pennsylvania** **Summer 2018**
  - **Co-teacher** with Dr. Kristin Vincenzes
    - Clinical Mental Health Counseling (CMHC) 680: Reintegration and Recovery for Veterans and their Families
      - This course was a review of the post-deployment stage and issues facing military Veterans and their families during reintegration and recovery. It discusses techniques and interventions for Veterans and their families given the unique issues they face.
      - CACREP accredited master-level course; Online; 3 credit
- **Lock Haven University of Pennsylvania** **Summer 2018**
  - **Co-teacher** with Dr. Kristin Vincenzes
    - Clinical Mental Health Counseling (CMHC) 675: *Issues Facing Military Veterans*

- This course was an introduction to the military culture to include (a) the stages of a military deployment, (b) psychological issues service members and Veterans face, and (c) considerations for counselors working with the military population.
  - CACREP accredited master-level course; Online; 3 credit
  
- **Lock Haven University of Pennsylvania**
  - *Co-teacher* with Dr. Kristin Vincenzes **Summer 2018**
    - Clinical Mental Health Counseling (CMHC) 645: *Addiction Counseling*
      - This course was an introduction to the assessment, etiology, understanding, and treatment of addictions, including substance abuse, gambling, shopping and other behavioral addictions.
      - CACREP accredited master-level course; Online; 3 credit
  
- **The Pennsylvania State University (University Park)**
  - *Co-teacher* with Dr. Wendy Coduti **Summer 2018**
    - Rehabilitation and Human Services (RHS) 403: *Medical Aspects of Disability*
      - Discussed common disabling illnesses, injuries, and congenital defects; their symptomatology, prognosis, and treatment; implications for personal, social, and vocational adjustment.
      - Undergraduate-level course; Online; 3 credit
  
- **The Pennsylvania State University (World Campus)**
  - *Co-teacher* with Dr. Melissa Luse **Spring 2018**
    - Rehabilitation and Human Services (RHS) 403: *Medical Aspects of Disability*
      - Discussed common disabling illnesses, injuries, and congenital defects; their symptomatology, prognosis, and treatment; implications for personal, social, and vocational adjustment.
      - Undergraduate-level course; Online; 3 credit
  
- **Monmouth University** **August 2017**
  - *Guest Lecturer* (conducted through Zoom) with Drs. Megan Delaney and Nicole Arcuri
    - Special Topics in Professional Counseling: Ecotherapy (PC-598)
      - Presented special lecture on nature based interventions for the military population
    - Master-level course; Residential; 3 credit
  
- **The Pennsylvania State University (University Park)**
  - *Teaching Assistant* **Fall 2016**
    - Education 100, *Transition is the Mission*: A seminar providing information about different Penn State majors, transitioning to civilian life, and exploring educational and career goals. Prerequisite: first- through fourth-semester standing.
      - Attended all classes to assist the instructor and students.
      - Welcomed students with opportunities (e.g., course announcements) to reach out via e-mail given any questions or concerns related to professional and/or personal well-being.

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**TRAINING/FACILITATING EXPERIENCE**

- **PSU Clearinghouse for Military Family Readiness**

- **Trainer**

- *Air Force Zero Suicide Systems Approach: Revised Suicide Screening, Assessment, and Safety Planning Protocol*. Trainings for individuals working in the United States Air Force.

### **Langley Air Force Base**

- **Forziat- Pytel, K.** & Griggs, J. (2018, Dec. 13th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- **Forziat- Pytel, K.** & Griggs, J. (2018, Dec. 13th). *Assessing Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- **Forziat- Pytel, K.** & Griggs, J. (2018, Dec. 13th). *Safety planning for Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.

### **Live Webinar**

- Hawkey, K.R., & **Forziat-Pytel, K.E.** (2018, August 29th). *Columbia-Suicide Severity Rating Scale (Columbia): Screening and Assessment*. Live webinar presented to the United States Air Force Medical Services. University Park, PA: Clearinghouse for Military Family Readiness at Penn State.

### **Nellis Air Force Base**

- Aronson, K.R. & **Forziat, K.E.** (2017, May 1st). *Assessing Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.**, Griggs, J., & Aronson, K. R. (2017, May 1st). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.**, & Griggs, J. (2017, May 1st). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.**, & Griggs, J. (2017, May 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.** (2017, May 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.** (2017, May 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.** (2017, May 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.**, & Griggs, J. (2017, May 3rd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- Griggs, J., & **Forziat, K.E.** (2017, May 3rd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.

- **Forziat, K.E.** (2017, May 3rd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- **Forziat, K.E.** (2017, May 3rd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.
- Hawkey, K.R., Aronson, K.R., **Forziat, K.E.** (2017, May 4th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Las Vegas Valley, NV.

#### **Langley Air Force Base**

- Aronson, K. R & **Forziat, K.E.** (2017, May 17th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- **Forziat, K.E.**, & Aronson, K. R. (2017, May 17th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- Aronson, K.R & **Forziat, K.E.** (2017, May 18th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- **Forziat, K.E.**, & Griggs, J. (2017, May 18th). *Master Screening: Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- Hawkey, K.R., & **Forziat, K.E.** (2017, May 19th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- **Forziat, K.E.**, & Hawkey, K.R. (2017, May 19th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.
- Hawkey, K.R., & **Forziat, K.E.** (2017, May 19th). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Hampton, VA.

#### **Tyndall Air Force Base**

- **Forziat, K.E.**, & Griggs, J. (2017, August 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Panama City, FL.
- **Forziat, K.E.**, Griggs, J., Jackson, J. (2017, August 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Panama City, FL.
- **Forziat, K.E.**, Griggs, J., Jackson, J. (2017, August 2nd). *Master Screening: Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Panama City, FL.
- **Forziat, K.E.**, & Griggs, J. (2017, August 2nd). *Screening Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Panama City, FL.
- Griggs, J., Jackson, J., & **Forziat, K.E.** (2017, August 2nd). *Assessing Airmen at risk for suicide using the Columbia-Suicide Severity Rating Scale*. Series of workshop presentations presented to the United States Air Force Medical Services. Panama City, FL.

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## **ADMINISTRATIVE EXPERIENCE**

- **Lock Haven University: *Graduate Assistant***  
**Lock Haven, PA.** **August 2014- May 2016**
  - Maintained and updated licensure requirements by state.
  - Collaborated with the admissions office in recruiting students (i.e., provide Blackboard Collaborate Assistance for interviews).
  - Collaborated with the Program Director and the Public Relations Associate to maintain and update the CMHC website and CMHC Orientation Shell.
  - Coordinated the Student Mentoring Program.
  - Collaborated with CMHC faculty to create a bi-annual CMHC Newsletter.
  - Assisted the Program Director and CMHC faculty with the CACREP self-study to include assisting with the coordination of the site visit.
  - Assisted the Program Director and CMHC faculty with Desire2Learn course page editing.
  - Maintained a list of potential practicum/internship sites.
  - Maintained a list of potential job opportunities for CMHC student's weekly.
  - Maintained CMHC Facebook Page with information that positively promotes the program.

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## **RESEARCH EXPERIENCE**

- **Exploration of Recruitment, Inclusion, and Retention Experiences in Counselor Education: *Primary Research Investigator***  
Co-Investigators: Angelica Galvan and Carlos Zalaquett (faculty member/advisor)  
**The Pennsylvania State University** **February 2018- present**
  - This is a research study examining experiences of recruitment, inclusion, and retention of culturally diverse individuals (e.g., international students, African Americans, etc.) in counseling programs at university campuses in the United States.
  - IRB approval number: STUDY00010555
- **Unmarried Military Significant Others' Relationship Satisfaction and Support: *Primary Research Investigator***  
Co-Investigator: Dr. Allison Fleming  
**The Pennsylvania State University** **June 2018- present**
  - This is a research study examining relationship satisfaction and support for unmarried military significant others in relationships with military service member partners.
  - IRB approval number: STUDY00010212
- **HERR Clinic Counselor Effectiveness Project: *Research Assistant***  
Primary Investigator: Dr. Carlos Zalaquett  
Co-Investigators: So Rin Kim, Lindsey Fullmer, Aubrey Daniels, Taylor Bigelow, and Dr. Katie Kostohryz  
**The Pennsylvania State University** **May 2018- present**
  - A goal for counselor educators is to assess the therapeutic performance of their master-level counselors, this project looks at therapeutic efficiency and early dropout as variables that are critical to determining client treatment outcome and to measure counselor effectiveness.
    - Organize clinic data.
    - Identify necessary changes to clinic data collection process.

- Attend research design meetings for data analysis (i.e., HLM).
  - Contribute to the development of journal articles, training programs, and clinic documents.
- **The Pennsylvania State University: *Graduate Research Assistant***  
**The Clearinghouse for Military Family Readiness (Clearinghouse)** **August 2017- present**
    - *The Clearinghouse's mission is to advance the health and wellbeing of military families.*
      - Assist with research projects and training programs.
      - Attend meetings with team leaders and AFMOA and DOD partners.
      - Attend trainings and workshops relevant to suicide prevention and intervention.
      - Engage in program evaluation, assist in data collection and data management and analysis.
      - Review, summarize, and write scientific literature.
      - Contribute to the development of reports, training programs, documents, proposals, and presentations.
- **Counseling the Military Population: The factor of counselor prior military exposure: *Research Investigator***  
 Co-Investigator: Dr. Nicole Arcuri  
**Lock Haven University** **November 2017- May 2019**
    - This is a research study examining (1) how master-level counseling programs prepare students to effectively work with the military population and (2) what counselors-in-training need in order to feel competent and confident counseling this population.
    - IRB approval number: FA17-09
- **Social Media Use and Support for Psychological Well-being: *Primary Research Investigator***  
 Co-Investigators: Julia Gessner and Dr. Mary Beth Oliver (faculty member/advisor)  
**The Pennsylvania State University** **October 2018- December 2018**
    - This was a research study examining the relationship between social media use, perceived social support, and psychological well-being for individuals at various stages of their life.
    - IRB approval number: STUDY00010960
- **Examination of service members and veterans needs in higher education: *Research Investigator***  
 Co-Investigator: Dr. Kristin Vincenzes  
**Lock Haven University** **May 2016- August 2018**
    - Through structured interviewing, this study focused on the experiences and opinions of individuals who are current service members or who have undergone the transition from service member to veteran status, and are now on the university campus. This research provided a place for service members and veterans' voices; their stories will generate knowledge on how best to assist them in their journey of fully reintegrating into the higher education setting.
    - IRB approval number: SP16-44G.
- **Implications for self-care in an online counseling environment: *Research Assistant***  
 Primary Investigators: Dr. Nicole Arcuri and Dr. Kristin Vincenzes  
**Lock Haven University** **December 2015- December 2017**
    - The purpose of this research was to identify the self-care needs of mental health graduate counseling students in an online setting and assess practical strategies that current educators use to develop the promotion of self-care needs of the mental health graduate counseling students.
    - IRB approval number: SP16-02.

- **The Pennsylvania State University: *Research & Evaluation Associate***  
**The Clearinghouse for Military Family Readiness (Clearinghouse)** **January 2017- August 2017**  
 \*The Clearinghouse’s mission is to advance the health and wellbeing of military families.

  - Assisted with research projects.
  - Assisted with training programs.
  - Project lead of Brief Cognitive Behavioral Therapy (BCBT).
  - Attended meetings with team leaders and AFMOA and DOD partners.
  - Attended trainings and workshops relevant to suicide prevention.
  - Engaged in program evaluation, assist in data collection and data management and analysis.
  - Reviewed, summarized, and wrote scientific literature.
  - Contributed to the development of reports, training programs, documents, proposals, and presentations.
- **The Pennsylvania State University: *Part-time Research Assistant***  
**The Clearinghouse for Military Family Readiness (Clearinghouse)** **January 2016- January 2017**

  - Assisted with research projects under direction of faculty and/or staff research personnel.
  - Attended meetings with team leaders.
  - Engaged in program evaluation, assist in data collection and data management and analysis.
  - Reviewed, summarized, and wrote scientific literature.
  - Contribute to the development of reports, training programs, documents, proposals, and presentations.
- **Strengths, weaknesses, opportunities and threats in addressing prescription drug and heroin abuse in Lycoming County: *Research Assistant***  
 Primary Investigators: Dr. Kristin Vincenzes, Dr. Beth McMahon  
 Co-Research Assistant: Jennifer Lange  
**Lock Haven University** **July 2015- January 2017**

  - Structured interviewing provided a better understanding of individuals who misuse heroin and prescription drugs, done by examining the experiences and opinions of those impacted by opioid and drug use.
  - Transcribed and analyzed structured interviews in order to: identify the gaps in service, assess the areas in need of education, determine current resources available, create an improvement in the system, and identify and provide recommendations for the needs in this population.
  - IRB approval number: FA15-04.
- **The Friendship Connection Project: *Research Assistant***  
**Pennsylvania State University: Psychology Department** **September 2015 – May 2016**

  - Assisted in child screening assessments in schools.
  - Conducted parent in-home structured interviews.
    - The purpose of the study was to determine whether an intensive, individualized social skills training program can remediate the social skill deficits of children who are rejected by their peers, improve their peer relations, reduce distress, and thereby enhance student learning engagement.
- **Promoting School Readiness in Child Care Centers (Head Start REDI): *Research Assistant***  
**Pennsylvania State University: Psychology Department** **August 2015 – May 2016**

  - Helped compile information on child assessments (e.g., picked up teacher ratings and provided them with payment and payment forms).



- This study evaluated the long-term benefits of evidence-based enrichments to Head Start classroom and home visiting programs.
- **Promoting School Readiness in Child Care Centers (REDI-BKC): *Research Assistant***  
**Pennsylvania State University: Psychology Department** **August 2015 – May 2016**
  - Conducted and scored child assessments in child care centers.
    - The purpose of the study was to enhance the capacity of child-care centers serving socioeconomically disadvantaged communities to implement evidence-based curriculum components and teaching practices that promote school readiness.
- **Needs assessment for student veterans, veteran’s family members, staff, faculty and administrators at LHU.**  
Co-Investigators: Dr. Kristin Vincenzes, Emily Raymond, and Sean MacMillen  
**Lock Haven University** **February 2015**
  - IRB approval number: SP15-06G.
  - Rejected by university provost.
- **International Center for the Study of Terrorism: *Research Intern***  
**Pennsylvania State University** **May 2012 – December 2012**
  - Conducted research related to the disengagement of terrorists from their terrorist groups.
  - Analyzed and coded terrorist’s autobiographies to observe the correlations.
- **Parachurch Project: *Research Assistant***  
**Pennsylvania State University: Sociology Department** **February 2011 – November 2012**
  - Coded and classified religious congregations and non-profit organizations within IRA and Info USA databases.
  - Organized and transcribed interviews of specified organizations.

## **SCHOLARLY ACTIVITY**

### **PEER-REVIEWED PUBLICATIONS**

- Arcuri Sanders, N., Vincenzes, K.A., & **Forziat-Pytel, K.** (n.d.). What does self-care look like for online graduate mental health counseling students? Accepted to the *Journal of Creativity in Mental Health*.
- Vincenzes, K., McMahan, B., Lange, J., **Forziat-Pytel, K.** (2018). Systemic issues in the opioid epidemic: Supporting the individual, family, and community. Submitted to the *International Journal of Mental Health and Addiction*, 11469, 1-15. Retrieved from <https://doi.org/10.1007/s11469-018-0041-3>
- Vincenzes, K.A., Arcuri, N.M., & **Forziat, K.E.** (2018). Self-Care in an online graduate program: How can counselor educators support their students’ needs remotely. *Journal of Pennsylvania Counseling Association*, 17(1), 47-56. Retrieved from [http://www.pacounseling.org/aws/PACA/asset\\_manager/get\\_file/211773](http://www.pacounseling.org/aws/PACA/asset_manager/get_file/211773)
- **Forziat, K. E.**, Arcuri, N. M., & Erb, C. (2018). Counseling the military population: The factor of prior military exposure for counselors-in-training. *The Journal of Counselor Preparation and Supervision*, 10(1). Retrieved from <https://repository.wcsu.edu/jcps/vol10/iss1/6>
- **Forziat, K. E.**, & Pytel, N. C. (2018). Almost married to the mission: An unmarried couple’s deployment experience. *Journal of Military and Government Counseling*, 6(1), 20-39. Retrieved from <http://aceonline.org/wp-content/uploads/2018/04/JMGC-Vol-6-Is-1.pdf>
- Vincenzes, K.A., **Forziat, K.**, & Raymond, E. (2016). Coping with post-deployment: Exploring social support for military wives. *Kentucky Counseling Journal*, 2(1), 42-57. Retrieved from <https://kca.memberclicks.net/assets/docs/kca%20journal%202016.pdf>

- Vincenzes, K., & **Forziat, K.** (2016). The implications of social support for military wives: Effects during a post-deployment period. *Journal of Military and Government Counseling*, 4(1), 134-147. Retrieved from <http://acegonline.org/wp-content/uploads/2013/02/JMGC-Vol-4-Is-2.pdf>
- Arcuri, N.M., **Forziat, K.**, Erb, C., Schmouder, S., & Jensen, B. (2016). Active duty to civilian: Family transition to veteran status. *Journal of Military and Government Counseling*, 4(1), 90-117. Retrieved from <http://acegonline.org/wp-content/uploads/2013/02/JMGC-Vol-4-Is-2.pdf>

#### ARTICLES UNDER REVIEW

- Arcuri Sanders, N. & **Forziat-Pytel, K.** (n.d.). Effectively counseling the military population: Training needs for counselors. The article is currently under review with the *Journal of Multicultural Counseling and Development*.

#### BOOK CHAPTERS UNDER REVIEW

- Arcuri, N. & **Forziat-Pytel, K.**, (n.d.). Nature based interventions for the military/veteran population. In M. Delaney *Counseling and Nature: Reconnecting our Clients to the Natural World*.

#### NONPEER-REVIEWED PUBLICATIONS

- Arcuri, N. & **Forziat, K.** (Fall 2015). The importance of self-care infusion for distance learning students? *NARACES Newsletter*, 10-11.
- **Forziat, K.**, & Vincenzes, K. (Fall 2015). Clinical Mental Health Counseling Newsletter. Lock Haven University Clinical Mental Health Counseling Program, 1(3), 1-5. Retrieved from <https://lhu.desire2learn.com/d2l/le/content/1588488/viewContent/10873583/View>
- **Forziat, K.**, & Vincenzes, K. (Spring 2015). Clinical Mental Health Counseling Newsletter. Lock Haven University Clinical Mental Health Counseling Program, 1(2), 1-4. Retrieved from <https://lhu.desire2learn.com/d2l/le/content/1588488/viewContent/9849291/View>
- **Forziat, K.**, & Vincenzes, K. (Fall 2014). Clinical Mental Health Counseling Newsletter. *Lock Haven University Clinical Mental Health Counseling Program*, 1(1), 1-4. Retrieved from <https://lhu.desire2learn.com/d2l/le/content/1588488/viewContent/9066955/View>

#### PUBLICATIONS: EXTENSION MATERIALS, REPORTS, & OTHERS

- **Forziat, K.E.**, Hawkey, K.R., & Perkins, D. (2018). *Brief Cognitive Behavioral Therapy Implementation and Evaluation Project: Summary of Results*. Report submitted to the United States Air Force Medical Operations Agency. University Park, PA: Clearinghouse for Military Family Readiness at Penn State.
- **Forziat, K.E.**, & Hawkey, K.R. (2017). *BCBT Workshop Summary*. Report submitted to the United States Air Force Medical Operations Agency. University Park, PA: Clearinghouse for Military Family Readiness at Penn State.
- **Forziat, K. E.**, Michalopoulou, L. E., Hawkey, K. R., Aronson, K. R., & Perkins, D. F. (2016). *Electronic health record systems and clinical record keeping*. Report submitted to the United States Air Force Medical Operations Agency. University Park, PA: Clearinghouse for Military Family Readiness at Penn State.
- Hawkey, K. R., Breden, N., **Forziat, K. E.**, & Perkins, D. F. (2016). *Examination of Embedded Mental Health Providers*. Report submitted to the United States Air Force Medical Operations Agency. University Park, PA: Clearinghouse for Military Family Readiness at Penn State.

#### BOOK PUBLISHING

- Zalaquett, C., Ivey, A., & Ivey, M.B. (2018). *Essential Theories of Counseling and Psychotherapy: Everyday Practice in Our Diverse World*. Cognella Academic Publishing.
  - Editor
- **Forziat-Pytel, K.**, Zalaquett, C., Ivey, A., & Ivey, M.B. (2018). *Teachers Manual for Essential Theories of Counseling and Psychotherapy: Everyday Practice in Our Diverse World*. Cognella Academic Publishing.
  - Author/Editor/Contributor
- **Forziat-Pytel, K.**, Zalaquett, & Cognella, Inc. (in progress). *Online Learning Modules for Essential Theories of Counseling and Psychotherapy: Everyday Practice in Our Diverse World*. Cognella Academic Publishing.

- Editor

## **PRESENTATIONS**

### **REGIONAL/NATIONAL/INTERNATIONAL PRESENTATIONS**

- Arcuri Sanders, N., & **Forziat-Pytel, K.** (2018, September 28). Virtual Nature-based Interventions. Content Session Presenter at 2018 North Atlantic Region Association for Counselor Education and Supervision Conference, Burlington, VT.
- **Forziat-Pytel, K.** (2018, September 29). The Culturally Competent Counselor Who Learned "Culture" in an Online Program. Round Table Presenter at 2018 North Atlantic Region Association for Counselor Education and Supervision Conference, Burlington, VT.
- Fullmer, L., Daniels, A., **Forziat-Pytel, K.**, Kim, S., & Galvan, A. (2018, September 29). Confronting Dual Roles Head On: Implications for Doctoral Students in Dual Relationships. Poster Session Presenter at 2018 North Atlantic Region Association for Counselor Education and Supervision Conference, Burlington, VT.
- **Forziat, K.,** & Arcuri, N. (2018, Feb 3rd). The educational journey: Insight into the military populations needs. Content Session Presenter at 2018 International Association of Marriage and Family Counselors World Conference, New Orleans, LA.
- Arcuri, N., & **Forziat, K.** (2018, Feb 3rd). Soldier to Civilian: Counselor Resources to Offer Effective Support for Whole Family. Content Session Presenter at 2018 International Association of Marriage and Family Counselors World Conference, New Orleans, LA.
- Arcuri, N., & **Forziat, K.** (2018, Feb 2nd). Cultural considerations for nature based interventions. Roundtable Presenter at 2018 International Association of Marriage and Family Counselors World Conference, New Orleans, LA.
- **Forziat, K.,** & Arcuri, N. (2018, Feb 2nd). Counseling the military population: The factor of counselor prior military exposure. Content Session Presenter at 2018 International Association of Marriage and Family Counselors World Conference, New Orleans, LA.
- Lange, J., & **Forziat, K.** (2017, October 6th). Understanding the impact of the opioid epidemic: SWOT analysis results. Poster Session Presenter at 2017 Association for Counselor Education and Supervision Conference, Chicago, IL.
- **Forziat, K.,** & Vincenzes, K. (2017, October 6th). Service members and veterans in higher education. Poster Session Presenter at 2017 Association for Counselor Education and Supervision Conference, Chicago, IL.
- Vincenzes, K., **Forziat, K.,** Lange, J., & Smith, M. (2016, September). Opioid epidemic: Personal insight from survivors. Poster Session Presenter at 2016 North Atlantic Region Association for Counselor Education and Supervision Conference, Syracuse, NY.
- Arcuri, N., Erb, C., **Forziat, K.,** Jensen, B., & Schmouder, S. (2016, September). Active duty to civilian: Family transition to veteran status. Content Session Presenter at 2016 North Atlantic Region Association for Counselor Education and Supervision Conference, Syracuse, NY.
- Arcuri, N., Vincenzes, K., & **Forziat, K.** (2016, September). Implications for self-care in an on-line counseling graduate program. Roundtable Session Presenter at 2016 North Atlantic Region Association for Counselor Education and Supervision Conference, Syracuse, NY.
- Vincenzes, K., **Forziat, K.,** & Raymond, E. (2015, October 8th). Military culture... Let's RAP: Research, assess, plan. Content Session Presenter at Association for Counselor Education and Supervision Conference, Philadelphia, PA.

### **LOCAL/STATE PRESENTATIONS**

- **Forziat, K.** (2019, March 25th). *Unmarried Military Significant Others: Relationship Commitment, Satisfaction, and Support.* Poster Session Presenter at the 2019 Pennsylvania State University Graduate Exhibition, State College, PA.
- **Forziat, K.,** & Hawkey, K. (2018, March 25th). *Beta test of brief cognitive behavioral therapy (BCBT) for suicide prevention in the United States Air Force.* Poster Session Presenter at the 2018 Pennsylvania State University Graduate Exhibition, State College, PA.

- Vincenzes, K., Arcuri, N., & **Forziat, K.** (2017, April 19th). Encouraging self-care for online counseling graduate students. Poster Session Presenter at Lock Haven University Celebration of Scholarship, Lock Haven, PA.
- **Forziat, K.**, Arcuri, N. (2017, April 19th). Effectively counseling the military population: Do I need to be prior military? Poster Session Presenter at Lock Haven University Celebration of Scholarship, Lock Haven, PA.
- **Forziat, K.**, Vincenzes, K., McMahon, B., Lange, J., & Smith, M. (2016, April 20th). Opioid epidemic: Personal insight from survivors. Poster Session Presenter at Lock Haven University Celebration of Scholarship, Lock Haven, PA.
- **Forziat, K.**, Vincenzes, K., McMahon, B., Lange, J., & Smith, M. (2016, April 7th). Opioid epidemic: Personal insight from survivors. Content Session Presenter at Pennsylvania Public Health Association and the Pennsylvania Office of Rural Health Conference, Lancaster, PA.

#### **ACCEPTED PROPOSALS *FUTURE***

- Zalaquett, C., **Forziat- Pytel, K.** & Hanna, J. (2019, October). Beyond the Theory-of-the-Week Approach: Key Concepts for the Teaching of Theories in the 21st Century. Content Session Presenter at 2019 Association for Counselor Education and Supervision Conference, Seattle, WA.
- **Forziat- Pytel, K.** & Gálvan, A. (2019, October). Recruitment and Inclusion Cultural Experiences in Counselor Education: “I’m Here, Do You See Me”? Content Session Presenter at 2019 Association for Counselor Education and Supervision Conference, Seattle, WA.

#### **ACCEPTED PROPOSALS *PAST***

- **Forziat, K.**, Hawkey, K., Aronson, K, Shelton, T., & Perkins, D. (2017, August). Beta test of brief cognitive behavioral therapy (BCBT) for suicide prevention in the United States Air Force. Poster presenter at the 2017 Military Health System Research Symposium (MHSRS), Kissimmee, FL (Could not attend, but group presented).
- Arcuri, N., **Forziat, K.**, Erb, C., Schmouder, S., & Jensen, B. (2016, October). Active duty to civilian: Family transition to veteran status. Poster Session Presenter at 2016 Southern Association for Counselor Education and Supervision Conference, New Orleans, LA (Could not attend, but group presented).

### **CLINICAL EXPERIENCE**

- **The Individual and Family CHOICES\* Program**

*Mental Health Counselor Intern*

State College, PA.

**December 2018- May 2019**

- The purposes of the internship were to (a) receive traditional and cutting edge clinical knowledge and skills in the process of professional counseling with traumatized individuals across the life span as well as to individuals and groups, (b) facilitate an ethical and responsible professional identity as a professional helper entering the field, (c) increase competency level in the advanced skills of professional counseling and with a focus on traumatology, and (d) ensure responsibility as it relates to Self- Care and professional growth
  - Conducted both Individual Counseling & Family Counseling
  - Developed mental health activities to utilize in practice with clients (e.g., therapy bear, “What would you say, what would you do?” etc.).

- **Career Services**

*Career Counselor Intern*

The Pennsylvania State University: University Park, PA.

**January 2018- May 2019**

- This internship took place in the PSU Career Services Center and integrated career counseling and mental health counseling in order to develop a personal theory of human development to assist clients in all areas of their life/career development.
  - Mastery of comprehensive career assessments required.
  - Conducted both Individual Counseling & Counseling Drop-in with college students.

- **Herr Clinic**

- *Supervisor*

- **The Pennsylvania State University: University Park, PA.**

- **January 2018- May 2019**

- This internship took take place in the Herr Clinic, with group supervision provided by the supervision course instructor and individual supervision provided by another supervisor in charge of the master students (i.e., supervisees) doing practicum in the clinic.
  - Obtain supervision experience under supervision and meet internship goals related to attainment of 100 clinical hours.
  - Utilize advanced assessment, recording, and documentation technologies required for clinical work review and feedback to supervisees.
  - Ensure supervisee and client welfare.
  - Provide individual supervision weekly to supervisees.
  - Attend and participate in group supervision and supervisor-supervision weekly.

- **Career Services**

- *Part-time Career Counselor*

- **The Pennsylvania State University: University Park, PA.**

- **August 2018- December 2018**

- Assist recruiters and students during on-campus interviewing.
- Assist students with job and internship; exploration, search strategies, resume/CV, and cover letter reviews in both Individual Counseling & Counseling Drop-in with college students.

- **Career Services**

- *Counseling Practicum Intern*

- **The Pennsylvania State University: University Park, PA.**

- **January 2018- May 2018**

- This practicum took place in the PSU Career Services Center and integrated career counseling and mental health counseling in order to develop a personal theory of human development to assist clients in all areas of their life/career development.
  - Mastery of comprehensive career assessments required.
  - Conducted both Individual Counseling & Counseling Drop-in with college students.

- **CEDAR Clinic**

- *Counseling Practicum Intern*

- **The Pennsylvania State University: University Park, PA.**

- **August 2017- December 2017**

- This practicum took take place in the CEDAR Clinic with group supervision provided by the course instructor and individual supervision provided by my adviser. The CEDAR Clinic aims to provide strengths-based counseling services to promote mental health and wellness for the Penn State Community.
  - Obtain practicum experience under supervision and meet practicum goals related to mental health counseling of college students.
  - Utilize advanced assessment, recording, and documentation technologies (e.g., tape reviews, live supervision).

- Individual Counseling.
- **A Journey to You: *Counseling Internship Intern***  
**State College, PA.** **August 2016- December 2016**
  - Obtain 600 hours of internship experience under supervision and meet internship goals.
    - Conducted Individual/Family/Group Counseling.
    - Developed and implemented treatment plans.
    - Clinical observations of other clinicians in practice.
    - Office Management (e.g., scheduling, payments, inventory).
- **A Journey to You: *Counseling Practicum Intern***  
**State College, PA.** **May 2016- August 2016**
  - Obtain 100 hours of practicum experience under supervision and meet practicum goals.
    - Conducted both Individual/Family Counseling.
    - Developed and implemented treatment plans.
    - Clinical observations of other clinicians in practice.
    - Office Management (e.g., scheduling, payments, inventory).
- **MHM Services: *Mental Health Worker (SCI-Rockview)***  
**Bellefonte, PA.** **April 2013 -July 2014**
  - Supervised patients who are incarcerated in routine activities of daily living.
  - Provided appropriate mental health care to patients who are incarcerated in the Mental Health Unit.
    - Provided recreation and informal education activities.
    - Designed mental health group materials.
    - Updated group weekly calendar.
    - Tracked monthly activity report statements.
    - Implemented treatment plans.
    - Charted patients progress.
  - Obtain up-to-date certifications in CPR and mental health training.
    - **MHM Services Training Team: *Mental Health Worker***  
**Bellefonte, PA** **February 2014 -July 2014**
      - Travel to training sites.
      - Supervise and train incoming employees for MHM Services on job duties: paperwork, group materials, the correction system, and mental illness.

## **PROFESSIONAL DEVELOPMENT/ TRAININGS**

- ***Anti-Terrorism Advisory Council 2019 Conference (State College, PA)***  
June 2019
- ***Internal Family Systems Therapy (CHOICES; State College, PA)***  
March 2019
- ***Penn State's Family Symposium, Rural Families and Communities***

- October 2018
  - *North Atlantic Region Association for Counselor Education and Supervision Regional Conference*  
September 2018
  - *International Association of Marriage and Family Counselors World Conference*  
February 2018
  - *PSU Continuing Education Course: OL 3200 Serving the Military and Veteran Students*  
December 2017
  - *Association for Counselor Education and Supervision National Conference*  
October 2017.
  - **PSU Workshop: Bullying Among Diverse Populations (Drs. Chatters & Zalaquett)**  
September 2017
  - *Brief Cognitive Behavioral Therapy for Suicide Risk (Assessment, Crisis Intervention, and Treatment in the US Military)* Advanced Training for Mental Health Providers  
February 2017; March 2017
  - *Military Joining Forces Wellness Week*  
November 2016
  - *2nd Annual Military Spouse Wellness Summit 2016*  
October 2016
  - *North Atlantic Region Association for Counselor Education and Supervision Regional Conference*  
September 2016
  - *Suicide Prevention Resource Center Training Institute: Counseling on Access to Lethal Means*  
April 2016
  - *EDU: Protect Children (Pennsylvania) Pennsylvania State System of Higher Education*  
April 2016
  - *Building a Safe Penn State: Reporting Child Abuse*  
February 2016
  - *Association for Counselor Education and Supervision National Conference*  
October 2015
  - *Behavior Analysis & Therapy and Autism Spectrum Disorders: Behavior Analysis & Therapy Program; Southern Illinois University*  
March 2015
  - *Recognizing a Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania*  
January 2015
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## **PROFESSIONAL MEMBERSHIPS**

- **Chi Sigma Iota RAM-Honor Society (The Pennsylvania State University)**  
January 2018- present
- **National Board for Certified Counselors (NBCC)**  
February 2017- present
- **North Atlantic Regional Association for Counselor Education and Supervision (NARACES)**  
January 2016- present
- **American Counseling Association (ACA)**  
January 2015- present
- **Association for Counselor Education and Supervision (ACES)**  
January 2015- present
- **International Association of Marriage and Family Counselors (IAMFC)**  
November 2017- November 2018
- **Lock Haven University Clinical Mental Health Counseling Advisory Board Member**  
December 2014- December 2016

- **Phi Kappa Phi- Honor Society**  
January 2016- January 2018
  - **Lock Haven University Veterans Advisory Board Member**  
October 2015-August 2017
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### **PROFESSIONAL PARTICIPATION & SERVICE**

- **Editorial Board Member**  
Journal of Counselor Preparation and Supervision  
November 2017- Present
- **CMHCSC Admissions *Committee Member*: The Pennsylvania State University, University Park, PA.**  
February 2019
- **CES Program Interview *Doctoral Assistant*: The Pennsylvania State University, University Park, PA.**  
January-February 2019
- **CES Program Interviews *Volunteer*: The Pennsylvania State University, University Park, PA.**  
January 2018
- **NARACES GSC Mentorship *Mentor*: State College, PA**  
January 2018
- **CSI ACA Poster Review Panel Member**  
Chi Sigma Iota Counseling Academic & Professional Honor Society International  
August 2018- October 2018
- **ACES National *Conference Volunteer*: Chicago, IL.**  
October 2017

### **COMMUNITY PARTICIPATION**

- **The Pennsylvania State University Veterans Day Ceremony: State College, PA**  
November 2017
  - **Lock Haven University Veterans' Benefit Expo *Volunteer*: Lock Haven, PA**  
November 2016
  - **Relay For Life of Happy Valley-A Journey to You *Team*: Centre Hall, PA**  
June 25, 2016
  - **Lock Haven University Veterans' Benefit Expo *Co-coordinator*: Lock Haven, PA**  
November 2015
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### **SKILLS & EXPERTISE**

- Advanced in Microsoft Office, Microsoft Excel, Microsoft Word, Publisher, PowerPoint, Web 2.0 technologies
  - Familiar with OmniUpdate software, D2L course editing, ANGEL, eLion, Blackboard Collaborate (BBC), SurveyMonkey, Qualtrics, NVIVO software, Adobe, Canvas, LionPATH, Zoom, BOX
  - Photoshop
-