

SARAH L. HASTINGS

Psychology Department
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Licensed Clinical Psychologist
Commonwealth of Virginia, License Number 0810003817

EDUCATION

University of Kansas, Lawrence, KS

Ph.D., Counseling Psychology, (APA Accredited)

August, 1999

Dissertation: Hope and Gender Stereotypes in Autobiographical Narratives

Clinical Internship: University Counseling Services, Kansas State University
(APA Accredited)

University of Virginia, Charlottesville, VA

Ed.S., Counselor Education

July 1994

James Madison University, Harrisonburg, VA

M.Ed., Counseling Psychology

May 1989

James Madison University, Harrisonburg, VA

B.S., Psychology

magna cum laude

May 1987

EXPERIENCE

Department of Psychology, Radford University

Assistant Professor, August 2006 to present

Radford, Virginia

Undergraduate Courses Taught:

PSYC 361 Psychology of Personality (2007)

PSYC 218 Adolescent Psychology (2009)

Graduate Courses Taught:

PSYC 637	Personality Assessment (2007, 2008, 2009)
PSYC 640	Professional Orientation & Function in Mental Health Counseling (2006, 2007, 2008, 2009)
PSYC 642	Techniques of Counseling/Psychotherapy (2006)
PSYC 644	Mental Health Counseling Practicum II (2007)
PSYC663	Child Psychopathology (2006)
PSYC 698	Directed Study (2007, 2008)
PSYC 772	Couples and Family Systems Counseling (2007, 2008)
PSYC 798	Professional Internship (2007, 2008)
PSYC 800	Introduction to Counseling Psychology (2008, 2009)
PSYC 811	Health Psychology in Rural Areas (2009)
PSYC 841	Practicum in Child Psychopathology (2009)

University Counseling Center, Baker University

Director, August 2002-August 2006

Baldwin City, KS

- Managed operations of the counseling center including clinical activities, outreach, consultation and public relations.
- Served as Principle Investigator on grant application for \$200,000 awarded by the Department of Justice Office of Violence Against Women.
- Provided psychological counseling to university students presenting with a variety of mental health issues including mood disorders, anxiety, eating disorders, sexual assault recovery, differentiation, and relationship issues.
- Developed policies, procedures, programs, and services designed to meet departmental, divisional, and college goals.
- Received Early Career Psychologist Credentialing Scholarship from the National Register of Health Service Providers in Psychology
- Represented the needs of the department to university administration in the interest of promoting optimal clinical service delivery.
- Consulted with medical staff, faculty, and student affairs personnel regarding student needs.
- Participated on Student Development team to coordinate university-wide services.
- Recruited, trained, and supervised doctoral-level practicum students from the University of Kansas.
- Developed and maintained referral resources with individual practitioners and institutions on and off campus, providing referrals as necessary.

University Counseling Center, Baker University

Staff Psychologist, October 2000 to May 2002

Baldwin City, KS

- Provided psychological counseling to university students dealing with a variety of mental health issues including mood disorders, anxiety, eating disorders, sexual assault recovery, differentiation, and relationship issues.
- Supervised doctoral-level practicum students from the University of Kansas

Southeast Kansas Mental Health Center,
Psychologist, August 1999-January 2001
Garnett, KS

- Provided psychotherapy to children, adolescents, adults, and families.
- Conducted emergency screenings for admission to state psychiatric hospitals.
- Developed diagnoses and treatment plans.
- Conducted forensic assessments ordered by district courts.
- Presented outreach programs to promote mental health issues in the community
- Consulted with primary care physicians regarding patient psychological concerns and medication.

University Counseling Services (APA-Accredited Internship),
Kansas State University
Pre-Doctoral Psychology Intern, August 1998 – July 1999
Concentrations in Women's Issues and Teaching

- Conducted individual and couples counseling with university students, including intake interviewing, crisis intervention, psychological and career assessment.
- Addressed client concerns including eating disorders, marital conflicts, mood disorders, anxiety and stress-management, suicidality, personality disorders, and acculturation issues.
- Co-facilitated treatment for women's eating disorders group.
- Provided consultation for students, faculty, and staff regarding a wide range of behavioral and psychological concerns.
- Developed and implemented an International Women's Group for students and student spouses.
- Wrote formal assessment reports integrating findings from the MCMI-III, MMPI-II, SII, and MBTI.

Johnson County Community College, Overland Park, KS
Counselor (Summer), May 1997 to August 1997

- Provided academic, personal, and career counseling to community college students.
- Assisted students in obtaining special resources, including LD services and academic support.

Johnson County Community College, Overland Park, KS
Instructor, Fall 1996 to Spring 1998
Department of Humanities and Social Sciences,
Overland Park, KS

- Taught six sections of introductory psychology to diverse student population.
- Covered topics including psychological research, biological foundations of behavior, sensation and perception, learning, human development, psychopathology, cultural diversity, and social psychology.
- Developed syllabus, quizzes, and tests.
- Designed special presentations including in-class group activities and demonstrations.
- Evaluated student performance based upon class participation, achievement on quizzes and tests, and final research paper.
- Five out of six classes scored in the top quartile of JCCC students on the final cumulative exam.

Kansas City VA Medical Center, Kansas City, MO

Neuropsychology Traineeship, May 1996-September 1996

- Conducted comprehensive cognitive assessments of patients referred by hospital staff.
- Developed proficiency in a number of psychological assessment instruments including the Wechsler Adult Intelligence Scale-Revised (WAIS-R), Wechsler Memory Scales-Revised (WMS-R), Luria-Nebraska Screening Test, Dementia Rating Scale, Trails A and B, Geriatric Neurobehavioral Cognitive Status Exam.
- Attended monthly brain cuttings conducted by medical center pathologist.
- Trained new interns in the use of assessment instruments.

Counseling and Psychological Services, University of Kansas

Advanced Practicum II, August 1995 - May 1996

- Provided individual and group counseling for students seeking mental health services.
- Developed diagnoses under supervision.
- Designed and implemented treatment plans.
- Conducted appropriate assessments, including the SII and the MBTI.
- Presented videotaped cases weekly for individual and group supervision.

Dwight D. Eisenhower VA Medical Center, Mental Health Clinic

Advanced Practicum I, Leavenworth, KS

January 1995 – May 1995

- Delivered outpatient psychotherapy to veterans.
- Managed crisis situations under supervision.
- Participated in weekly consultation meetings with social workers and psychologists.

Harrisonburg City Public Schools, Harrisonburg, VA

School Counselor, Harrisonburg, Virginia

August 1989 – June 1993

- Coordinated a comprehensive counseling and guidance program.
- Provided individual and group counseling to children and parents.

- Consulted with mental health, social services, and law enforcement professionals regarding child welfare matters.
- Sponsored and trained peer mediators.

Shenandoah Valley Human Development Center

Master's Practicum, Harrisonburg, VA

January 1988 – May 1988

- Provided counseling to children and adolescents for issues related to abuse, family dysfunction, trauma, and bereavement.
- Consulted with school personnel regarding client social/academic development.

GRANTS

Self-compassion and Emotional Eating in Rural Women

Faculty Seed Grant, Radford University, 2008

\$5706

Voices from the Mountain, Resilience in Appalachian Women

Faculty Summer Scholarship Grant, Radford University, 2008

\$6500

Optimism and Commitment Among Undergraduate Students

Faculty/Student Collaborative Grant, 2007

\$750

Violence Prevention Grant

Department of Justice, Office of Violence Against Women, Campus Grant

(PI: S. L. Hastings, Co-PI: T. Buzzell), Baker University, 2006

\$200,000

PUBLICATIONS

Cohn, T. J., & Hastings, S. L. (in press). Resilience among rural lesbian youth. *Journal of Lesbian Studies*.

Hastings, S. L. (in press). Mid-life Career Transition. In Trotter-Mathison, M., Koch, J. M., Sanger, S. & Skovholt, T. M. (Eds.). *Voices from the field: Defining moments in counselor and therapist development*. New York: Routledge.

Hastings, S. L. (in press). Meta-analysis of psychotherapy outcome studies (Smith and Glass). In N. J. Salkind (Ed.), *The encyclopedia of research design*. Thousand Oaks, CA: Sage Publications, Inc.

Hastings, S. L. (in press). Triangulation. In N. J. Salkind (Ed.), *The encyclopedia of research design*. Thousand Oaks, CA: Sage Publications, Inc.

- Hastings, S. L. (2009). The Five-factor model. In The American Counseling Association (Ed.), *The ACA encyclopedia of counseling*, (pp. 203-204). Alexandria, VA: American Counseling Association.
- McDermott, D., & Hastings, S. (2000). Hope interventions for children and adolescents. In C. R. Snyder (Ed.), *Handbook of hope: Theories, measures, and applications*. Boston: Academic Press.
- Krieschok, T., Hastings, S., Ebberwein, C., Wettersten, K., Owens, A. (1999). Telling a good story: Using narratives in VAMC vocational rehabilitation. *Career Development Quarterly*, 47(3), 204-213.

PRESENTATIONS

* Denotes graduate student collaborations

- *Bradley, J. M, Moberg, J. L., Simonson, K. R., Herren, A. M., & Hastings, S. L. (2009, August). *Assessing volunteer opportunities: the role of personality*. Poster session presented at the 117th Convention of the American Psychological Association, Toronto, Canada.
- *Leake, V., Hastings, S. L., Cohn, T. J., Riding-Malon, R. (2009, April). Faculty perspectives on infusing social justice throughout the curriculum. In J. Werth (Chair) *Starting from scratch: Building a social justice oriented program*. Symposium conducted at the Southeast Counseling Psychology Conference, Atlanta, GA.
- *Boone, D. & Hastings, S. L. (2009, April). *Social support among first-generation minority and non-minority college women*. Poster presented at the 2009 Gender Conference, Radford University, Radford, VA.
- Hastings, S. L. (2009, April). *Psychological factors related to retirement*. Program presented for the Second Annual Leadership Development Series, Wytheville, VA.
- *Hastings, S.L. & Boone, D. (2009, August). *College satisfaction among first-generation African American students attending predominantly white institutions*. Poster session presented at the 117th Convention of the American Psychological Association, Toronto, Canada.
- *Hastings, S. L. (2008, August). Stories from the mountain: Resilience in Appalachian women. In J. Werth (Chair), *Resilience among, and empowerment of, under-discussed cultural groups*. Symposium conducted at the 116th Convention of the American Psychological Association, Boston, MA.
- Hastings, S. L. (2008, August). Service provision challenges and opportunities in rural areas. In J. Werth (Chair), *Facing challenges and opportunities in rural*

- communities—counseling psychologists respond*. Symposium conducted at the 116th Convention of the American Psychological Association, Boston, MA.
- Hastings, S. L. (2008, May). *Self-compassion in therapy*. Program presented at the Creative Alternatives in Therapy Conference, Abingdon, VA.
- *Hastings, S. L., Maschauer, E., Snyder, J. (2008, March). *Self-compassion and emotional eating*. Poster session presented at the International Counseling Psychology Conference, Chicago, IL.
- *Hastings, S. L., Burns, A., Sanderson, M., Zaro, A. (2008, March). *Counseling psychologists in rural practice: Training implications*. Poster session presented at the International Counseling Psychology Conference, Chicago, IL.
- Hastings, S. L. (2008, March). Rural women and mental health. In J. Werth (Chair), *Rurality and diversity: Reciprocal implications*. Symposium conducted at the International Counseling Psychology Conference, Chicago, IL.
- *Hastings, S. L., Burns, A., Sanderson, M. (2008, February). Rural mental health practitioners: Enhancing recruitment and retention in underserved areas. Poster session presented at the 3rd Annual Graduate Student Research Forum, Virginia Council of Graduate Schools, Richmond, VA.
- *Hastings, S. L., Nash, T. (2008, February). Optimism in women reporting relationship abuse history. Poster session presented at the American Psychological Association Summit on Violence, Bethesda, MD.
- *Londry, M., & Hastings, S. L. (2008, February). Applications of positive psychology to domestic violence survivors. Poster session presented at the American Psychological Association Summit on Violence, Bethesda, MD.
- Hastings, S. L. (2007, July). *Letting go of perfection: Self-compassion and body image in young adult women*. Poster session presented at the annual meeting of the American Mental Health Counselors Association, New Orleans, LA.
- *Hastings, S. L., Zaro, A., Burns, A., Sanderson, M., Whiting, E. (2007, July). *Counseling in rural Appalachia*. Poster session presented at the annual meeting of the American Mental Health Counselors Association, New Orleans, LA.
- *Nash, T., & Hastings, S. L. (2007, July). *Commitment in romantic partnerships: Effects of gender, relationship satisfaction, and number of previous relationships*. Poster session presented at the annual meeting of the American Mental Health Counselors Association, New Orleans, LA.
- *Hastings, S. L., Nash, T., Montuori, M., Reilly, N. P., & Mullis, T. (2007, May). *Optimism as a predictor of relationship commitment in romantic partnerships*. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, DC.

- Hastings, S. L. (2007, April). *Positive psychology: Integrating principles with practice*. Program presented at the annual Creative Impulse in Therapy Conference: Health and Mental Health Care in Appalachia, Radford, VA.
- *Hastings, S. L., Burns, A., Sanderson, M., Whiting, E., Zaro, A. (2007, April). *Pinnacles and pitfalls of rural mental health practice*. Program presented at the annual Creative Impulse in Therapy Conference: Health and Mental Health Care in Appalachia, Radford, VA.
- Hastings, S. L. (2006, November). Ethical training for psychologists and counselors. In S. E. Hartline (Chair), *Doing the right thing: The impact of ethics education on professional behavior*. Symposium conducted at Radford University, Radford, Virginia.
- Hastings, S. L. (2005, November). *Playing to our strengths: An innovative approach to fostering vocational and personal development*. Kansas Association for Colleges and Employers (CASE), Kansas City, KS.
- Weitzman, L, Heaton, J. Bradley, K, & Gray, K, Hastings, S., (2005, October). *Innovative outreach programs*. Symposium presented at the Association for University and College Counseling Center Directors (AUCCCD), Minneapolis, MN.
- Hastings, S. L. (2005, March). *Capitalizing on our strengths*. Program presented at the Kansas Counseling Association Congention, Topeka, KS.
- Hastings, S. L. (2004, September). *Do people really change? A model for understanding growth in students and in ourselves*, Presentation for the Kansas Student Affairs Conference, Washburn University, Topeka, KS.
- Hastings, S. L., McDermott, D., Gariglietti, K. (1998, August). *Hope in adolescent girls' narratives*. Poster presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.
- McDermott, D., Gariglietti, K., Hastings, S., (1998, August). *Hope in African American, Hispanic, and Caucasian students*. Poster presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.
- McDermott, D., Hastings, S., Gariglietti, K. (1998, August). *Development of the Young Children's Hope Scale*. Poster presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.
- McDermott, D., Callahan, B., Diamond, K., Gariglietti, K., Gingerich, K., & Hastings, S., (1997, August). *Hope and its relationship to self-efficacy in adolescent girls*. Poster presented at the 105th Annual Convention of the American Psychological Association, Chicago, IL.

Hastings, S., & Gingerich, K. (1997, March). *Listening to our clients' stories: Counseling from a narrative perspective*. A presentation for the Kansas Counselors Association Annual Convention, Hutchinson, KS.

Krieshok, T., Hastings, S., Ebberwein, C., Owen, A., Wettersten, K. (1997, August). *Telling a good story: Using narratives in VAMC vocational rehabilitation*. Poster presented at the annual convention of the 105th American Psychological Association, Chicago, IL.

McDermott, D., Callahan, B., Gingerich, K., Hastings, S., Gariglietti, K. (1997, March). *Working together to bring hope to our children*. Program presented at the Kansas Counselors Association Annual Convention, Hutchinson, KS.