

BENJAMIN J. HOULTBERG, PhD, LMFT

CURRENT POSITION

Assistant Professor – tenure track
September 2014 - Present
School of Psychology
Department of Marriage and Family
Fuller Theological Seminary

BACKGROUND

EDUCATION

Ph.D., Human Development and Family Science (May 2010)
Oklahoma State University, Stillwater, OK

M.A., Marriage and Family Therapy Emphasis (May 2003)
Oral Roberts University, Tulsa, OK

B.A., (May 2001)
Oral Roberts University, Tulsa, OK

PAST UNIVERSITY EXPERIENCE

Assistant Professor of Professional Studies –tenure track (May 2011 – August, 2014)
Couple and Family Counseling Program Coordinator
Department of Professional Studies, Indiana University-Purdue University Fort Wayne

Assistant Professor of Human Services – tenure track (August 2010-May 2011)
Department of Human Services, Indiana University-Purdue University Fort Wayne

Family & Youth Development Project Coordinator (2008-2010) Under supervision of Dr. Amanda Sheffield Morris, Department of Human Development and Family Science (HDFS), at Oklahoma State University, Tulsa, OK.

Research Associate (2009-2010) Under supervision of Dr. Ron Cox, Extension Specialist. Center for Family Risk and Resilience (CFRR), Oklahoma State University, Tulsa, OK

Assistant Athletic Director/Academics (2008)
Oral Robert University, Tulsa, OK

Graduate Teaching Associate (2007-2009)
Oklahoma State University, Department of Human Development and Family Science, Tulsa, OK

- HDFS 3001- HDFS Speaker Series Colloquium (Spring 2009)
- HDFS 4473 – Policy Law and Advocacy (Spring 2009)
- HDFS 3533 – Observation and Assessment (Spring 2009)
- HDFS 3523 - Professional Skills in Human Services (Spring 2008)
- HDFS 3423 - Adolescent Development (Fall 2007)
- HDFS 4423 - Family Risk and Resilience (Fall 2007)

SCHOLARLY AND CREATIVE PRODUCTIVITY

RESEARCH INTERESTS

Socialization of Emotions, Identity & Performance, Thriving in Adversity, Emotion Regulation, Positive Youth Development, Research-Informed Intervention, Spiritual Transformation, Purpose

PEER-REVIEWED PUBLICATIONS

Journal Articles

- Criss, M., Houlberg, B. J., Cui, L., Bolser, C., Morris, A., & Silk, J. (2016). Direct and indirect links between peer factors and adolescent adjustment difficulties. *Journal of Applied Developmental Psychology*, 43, 83-90.
- Cui, L., Morris, A. S., Harrist, A. W., Larzelere, R. E., Criss, M. M., & Houlberg, B. J. (2015). Adolescent RSA responses during an anger discussion task: Relations to emotion regulation and adjustment. *Emotion*, 15, 360-372.
- Houlberg, B. J., Morris, A. S., Cui, L., Henry, C., & Criss, M. (2014, December 18) The role of youth anger in explaining links between parenting and early adolescent prosocial and antisocial behavior. *Journal of Early Adolescence*. Advance online publication.
- Cui, L., Morris, A. S., Criss, M., Houlberg, B. J. & Silk, J. (2014) Parental psychological control and adolescent adjustment: The role of adolescent emotion regulation. *Parenting Science and Practice*, 14, 47-67.
- Houlberg, B. J., Henry, C. S., & Morris, A. S. (2012). Family interactions, exposure to violence, and emotion regulation: Perceptions of children and early adolescents at-risk. *Family Relations*, 61, 283-296.
- Houlberg, B. J., Henry, C. S., Merten, M. J., & Robinson, L. C. (2011). Intrinsic religiosity, family cohesion, parental support, and adolescent depressed mood. *Journal of Child and Family Studies*, 20, 111-119.
- Plunkett, S. W., Henry, C. S., Houlberg, B. J., Sands, T., & Abarca, S. (2008). Academic support by significant others and educational resilience in Mexican origin ninth grade students from intact families. *Journal of Early Adolescence*, 28, 333-355.

Refereed Book Chapters

- Fineran, K., & Houlberg, B. J. (2014). Consideration for advanced group workers. In K. Fineran, B. Houlberg, A. Nitza, J. McCoy, & S. Roberts (Eds.), *Group work experts share their favorite activities: A guide to choosing, planning, conducting, and processing volume 2* (pp. 9 - 19). Association for Specialists in Group Work.
- Morris, A. S., Houlberg, B. J., & Eisenberg, N. (2011). Adolescent Moral Development. In B. Brown & M. Prinstein (Eds.), *Encyclopedia of Adolescence* (pp. 48-55). San Diego: Academic Press. *Note:* The Encyclopedia was the recipient of the 2011 PROSE award for the best multivolume reference in humanities or social science.

Edited Book

- Fineran, K., Houlberg, B., Nitza, A., McCoy, J., & Roberts, S. (Eds.) (2014). *Group work experts*

share their favorite activities: A guide to choosing, planning, conducting, and processing volume 2. Alexandria, VA: Association for Specialists in Group Work.

Other Publications

Decker, E. E., & Houlberg, B. J. (2003). The empowerment of the holy spirit in counseling: A personal experience. *Christian Counseling Connection*, 3, 12-13.

Schnitker, S., & Houlberg, B. (2016). Building virtues in youth: A developmental take on spiritual formation. *Fuller Magazine*, 5, 69-73.

Manuscripts Under Review/Revision

Morris, A.S., Houlberg, B. J., Criss, M. M., Bosler, C. (in press). *Family context and psychopathology: The mediating role of children's emotion regulation*. In L. Centifanti & D. Williams (Eds.), *The Wiley Blackwell Handbook of Developmental Psychopathology*. Wiley & Sons.

Schnitker, S., Houlberg, B., Dyrness, W., & Redmond, N. (under review). The virtue of patience and spirituality: Integrating lessons from positive psychology, psychology of religion and a Christian theology of suffering. For special issue in the journal *Psychology of Religion and Spirituality*

Fernandez, N., Schnitker, S., & Houlberg, B. (under review). Charitable sporting events as a context for building adolescent generosity: Examining the role of religiousness and spirituality. For special issue in the journal of *Religion*.

Manuscripts in Progress

Houlberg, B. J., Criss, M., & Morris, A. S. Assessing risk and protective processes for youth living in socioeconomic disadvantage.

Cui, L, Houlberg, B., Morris, A.S. & Criss, M. RSA Suppression While Viewing Others Being Bullied: Does it Indicate Regulation Potential or Sympathy Arousal?

Criss, M., Morris, A. Cui, L, Houlberg, B., and Craven, J. Family emotion climate and oxytocin gene receptor as moderators in the link between emotion coaching and adolescent negative affect in low-income families.

Rojas-Flores, L., Houlberg, B., Currier, B., Herrera, S. & Choi, D. Community Violence and Posttraumatic Stress among Salvadorian Adolescents: Testing the Role of Ecological Factors

REFEREED PRESENTATIONS

International

Houlberg, B.J., Criss, M. M., Morris, A. S., & Bolser, C. (July, 2012). *Link between Peer Relationships and Adolescent Adjustment: Analysis of Emotion Regulation as a Mediator*. A paper presented at the 7th International Conference on Child and Adolescent Psychopathology, London, UK.

Houlberg, B. J., & Null, J. A. (July 2012). *Exploring self-concept of elite athletes: Beyond*

sport's psychology to a spiritual and developmental model. A paper presented at the International Convention on Science, Education and Medicine in Sport, Glasgow, UK.

National

- Houlberg, B., Redmond, N., & Schnitker, S. (March, 2016) *The role of patience and emotion regulation strategies in explaining the link between spiritual transcendence and youth outcomes.* Accepted for paper presentation as a part of a symposium at the biennial meeting of the Society of Research of Adolescence. Baltimore, MD.
- Schnitker, S., Houlberg, B., Fernandez, N., & Redmond, N. (March, 2016) *God-contingent self-worth moderates the effects of private and public religious practice on self- and emotion-regulation: Divergent effects for at-risk adolescents and emerging adults.* Accepted for paper presentation as a part of a symposium at the biennial meeting of the Society of Research of Adolescence. Baltimore, MD.
- Houlberg, B., Criss, M., Morris, A., Craven, J., & Roblyer, M. (March, 2016). *Interactions between parenting, family emotional climate and adolescent oxytocin receptor gene in explaining adolescent affectivity.* Accepted for poster presentation at the biennial meeting of the Society of Research of Adolescence. Baltimore, MD.
- Hand, D., Houlberg, B., & Plunkett, S. (March, 2016). *The role of emotion regulation in understanding the relationship between family emotion climate and romantic attachment in a diverse sample of emerging adults.* Accepted for poster presentation at the Christian Association for Psychological Sciences. Pasadena, CA.
- King, P., Houlberg, B. & Furrow, J. (March, 2016) *Thriving: Beyond the Buzzword to Fostering Relationships and Spirituality that Empower Youth to Thrive.* Submitted for symposium at the Christian Association for Psychological Sciences. Pasadena, CA
- Houlberg, B., Wang, K. & Schnitker, S. (March, 2016). *An examination of the impact of sports and activity on emotional health and relationships.* Accepted for poster at the Christian Association for Psychological Sciences. Pasadena, CA. Symposium includes graduate students Nanyamka Redmond, Christa Nelson, Erik Daily, Gabriel Qi, Denette Boyd- King, Luke Durain, & Yasha Paul.
- Criss, M. M, Morris, A. S. Craven, J., & Houlberg, B. J. (January, 2016). *Link between Family Emotional Expressivity and Emotion Regulation among High-Risk Adolescents: The Moderating Role of Pubertal Development and Oxytocin Receptor Gene.* Accepted for poster presentation at the annual meeting of the Society for Personality and Social Psychology. San Diego, CA.
- Houlberg, B.J., Fernandez, N., Nelson, C. (January, 2016). *The role of emotion regulation in the relationship between achievement orientation and youth outcomes in marathon training.* Accepted for poster presentation at the annual meeting of the Society for Personality and Social Psychology. San Diego, CA
- Houlberg, B. J., & Wang, K. (October, 2015) *Perception of God in the Context of Elite Competition.* Paper accepted to be presented as a part of a symposium at the conference for the Society for the Scientific Study of Religion, Newport Beach, CA.
- Redmond, N.M., & Houlberg, B., (2015, March). *The role of emotion regulation in explaining the link between spiritual strivings and positive youth development.* Paper presented at APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Provo, UT.
- Smith, A., London-Johnson, A., Bolser, C., Criss, M., Morris, Russel, C., and Houlberg, B. J. (March, 2015). *An Investigation of Protective Factors among Families Experiencing Economic Risk.* Paper presented at the Conference for the Society for Research on Child Development, Philadelphia, PA.
- Morris, A.S., Cui, L., Silk, J., Criss, M., Larzerlere, R. & Houlberg, B. J. (March, 2014). *Parent-*

- Adolescent Dyadic Emotional Support and Adjustment: The Role of Teen Emotion Regulation.* Paper presentation at biennial meeting of the Society of Research of Adolescence. Austin, Texas.
- Cui, L., Morris, A. S., Criss, M., & Houlberg, B. J. (November, 2013). *Respiratory Sinus Arrhythmia baseline and changes: Relations with parenting and adolescent behavior.* Poster presentation at National Council on Family Relations Annual Conference. San Antonio, Texas.
- Cui, L., Morris, A. S., Criss, M., Houlberg, B. J., & Bolser, C. (April, 2013). *Contextual Influences on Sadness and Anger Regulation among Adolescents from High-risk Families.* Poster presentation at the biennial meeting of the Society of Research of Child Development, Seattle, Washington.
- Houlberg, B. J., Morris, A. S., Cui, L. (November, 2012). *Emotional Climate of the Family, Anger Regulation and Adjustment in Low-Income Urban Youth.* Paper presentation at National Council on Family Relations Annual Conference. Phoenix, Arizona.
- Cui, L., Morris, A. S., Criss, M., Houlberg, B. J., & Bolser, C. (March 2012). *Parental Psychological Control and Adolescent Adjustment: The Mediating Role of Anger Regulation.* Poster presentation at the biennial meeting of the Society of Research of Adolescence, Vancouver, Canada.
- Morris, A. S., Criss, M., Houlberg, B.J., Bolser, C. & Cui, L. (March 2012). *Emotion Socialization Influences in a Sample of High-Risk Adolescents.* Poster presentation at the biennial meeting of the Society of Research of Adolescence, Vancouver, Canada.
- Criss, M., Morris, A. S., & Lee, T., Bosler, C. D., Cui, L., & Houlberg, B. J. (March, 2012). *How adolescents communicate with their parents about their emotions: An examination of age differences.* Paper present at the biennial meeting of the Society for Research in Human Development, New Orleans, LA.
- Morris, A. S., Criss, M., & Lee, T., Bosler, C. D., Cui, L., & Houlberg, B. J. (March, 2012). *Emotion socialization in adolescence: A multi-method perspective.* Paper present at the biennial meeting of the Society for Research in Human Development, New Orleans, LA.
- Cui, L., Morris, A. S., Kithakye, M. A., Houlberg, B. J., Myers, S. S. (April, 2011). *Maternal psychological control and child adjustment in a low-income sample: The moderating roles of ethnicity and temperament.* Paper presented at the Conference for the Society for Research on Child Development, Montreal, Canada.
- Bolser, C., Criss, M. M., Morris, A. S., Houlberg, B. J., Cui, L., & Lee, T. (March, 2011) *Link between Peer Relationships and Adolescent Adjustment: Analysis of Emotion Regulation as a Mediator and Moderator.* Poster presented at the biennial meeting of the Society of Research of Child Development, Montreal, Canada.
- Lee, T., Criss, M. M., Morris, A. S., Houlberg, B. J., Cui, L., & Roblyer-Zapata, M. (March, 2011). *Link between Emotion Regulation and Adolescent Adjustment in High-Risk Families.* Poster presented at the biennial meeting of the Society of Research of Child Development, Montreal, Canada.
- Reyes, B. J., Criss, M. M., Morris, A. S., Houlberg, B. J., & Cui, L. (March, 2011) *Perspectives on Resilience among Youth from High-Risk Families.* Poster presented at the biennial meeting of the Society of Research of Child Development, Montreal, Canada.
- Houlberg, B. J., Henry, C. S., & Morris, A. S. (November, 2010). *Family systems, parenting, and prosocial behavior in low-income urban youth.* Poster presented at the National Council on Family Relations Annual Conference, Minneapolis, MN.
- Houlberg, B. J., Morris, A. S., Henry, C. S., Cassel, R. (March, 2010). *Family system qualities, parenting behaviors and emotion regulation in a low-income, urban youth.* Poster presented as a part of a poster symposium at the biennial conference for the Society for Research in Adolescence, Philadelphia, PA.

- Morris, A. S., Houlberg, B. J., Cui, L., Prevost, C., & Abbot, Y. (March, 2010). *The effects of parenting on emotion regulation and adjustment: Preliminary findings from a high risk sample of early adolescents*. Poster presentation at the biennial conference for the Society for Research in Adolescence, Philadelphia, PA.
- Babb, D., Houlberg, B.J., Prevost, C., & Morris, A. S. (March, 2010). *Results and experiences of problem solving groups for youth in high risk communities*. Accepted paper presented at the annual meeting of the Society of Research of Human Development Annual Conference, San Antonio, TX.
- McDaniel, B. L., Houlberg, B., and Morris, A. S. (2009) *Role models and the moral development of at-risk youth*. Poster presentation at the First Annual Research in Personality Conference, Evanston, IL.
- Kithakye, M., Morris, A. S., Myers, S., Cui, L., & Houlberg, B. J. (April, 2009) *Impact of parental psychological control on preschool child functioning in light of child emotional regulation abilities*. Poster presentation at the biennial meeting of the Society of Research of Child Development, Denver, CO.
- Houlberg, B. J., Henry, C. S., Plunkett, S. W., & Robinson, L. C. (November, 2008). *Family systems, parent-adolescent communication, and parental behaviors*. Paper presented at the annual meeting of the National Conference on Family Relations Annual Conference, Little Rock, AR.
- Kithakye, K., Houlberg, B., Burr, B., Babb, D., & Hubbs-Tait, L. (April, 2008). *Couple verbal aggression and the relationship between maternal traits and child outcomes*. Paper presented at the annual meeting of the Society of Research of Human Development Annual Conference, Little Rock, AR.
- Houlberg B.J., Henry, C. S., Merten, M. J. & Robinson, L. (November, 2007). *Adolescent intrinsic religiosity, family cohesion, parental support and adolescent depressed mood*. Paper presented at the annual meeting of the National Conference on Family Relations, Pittsburgh, PA.
- Houlberg, B. J., Plunkett, S. W., Henry, C. S., Sands, T., & Abarca, S. (November, 2006). *Academic support and educational resilience in Mexican origin adolescents*. Paper presented at the annual meeting of the National Conference on Family Relations, Minneapolis, MN.

State

- Freson, M., & Houlberg, B. J. (March, 2012). *A research informed approach to promoting family connection and individuation among adolescents in disadvantaged contexts*. Student poster presentation at 2012 Indiana Association for Marriage and Family Therapy Spring Conference in Indianapolis, IN.
- Cui, L., Morris, A. S., Criss, M. M., Houlberg, B. J., & Bosler, C. (April, 2012). *Parenting practices, emotion regulation, and adolescent adjustment: A moderated mediation model*. Poster presented at the Southwestern Psychological Association Annual meeting, Oklahoma City, OK.
- Prevost, C., Abbot, Y., Houlberg, B.J., Cui, L., Lee, T., Cassel, R., & Morris, A.S. (March, 2010). *Parenting behaviors and emotion functioning associated with youth outcomes*. Paper presented at the annual meeting of the Oklahoma Council on Family Relations, Edmond, OK.
- Houlberg, B.J., Cui, L., Lee, T., Prevost, C., Cassel, R., Abbot, Y., & Morris, A.S. (March, 2010). *Perceived discrimination, parenting behaviors, parental emotion functioning and youth outcomes*. Paper presentation at the annual meeting of the Oklahoma Council on Family Relations, Edmond, OK.
- Babb, D., Houlberg, B. J., & Sheffield-Morris, A. (March, 2009). *Initial evidence of the effectiveness of a problem solving intervention*. Paper presented at the annual meeting of the Oklahoma Council on Family Relations, Edmond, OK.

- Houlberg, B. J., Henry, C. S., Merten, M. J., & Robinson, L. C. (March, 2008). *Adolescent intrinsic religiosity and gender as moderators of family factors and adolescent depressed mood*. Paper presented at the annual meeting of the Oklahoma Council on Family Relations, Edmond, OK.
- Houlberg, B. J., Plunkett, S. W., Henry, C. S., Sands, T., & Abarca-Mortensen, S. (March, 2007). *Perceived academic support of Mexican origin adolescents*. Paper presented at the annual meeting of the Oklahoma Conference on Family Relations, Edmond, OK.

Other

- Cui, L., Cassel, R., Houlberg, B.J. and Morris, A.S. (February, 2010). *The Effects of Parents' Depression and Emotion Regulation on Child Conduct Problems*. Poster presentation at Oklahoma State University Research Symposium.
- Lee, T., Houlberg, B. J., & Morris, A. S. (February, 2010). *Parenting behaviors, exposure to violence and youth outcomes in sociodisadvantage youth*. Poster presentation at Oklahoma State University Research Symposium.
- Morris, A. S., Houlberg, B. J., Babb, D., & Whitty, K. (January, 2009). *Adaptation of ICPS for youth attending boys and girls clubs in Tulsa*. Presentation for Family Resilience Impact Team for Oklahoma Extension, Stillwater, OK.
- Babb, D., Houlberg, B. J., Scyffore, B., & Morris, A. S. (February, 2009). *Effectiveness of problem solving intervention for at-risk youth*. Presentation at Oklahoma State University research symposium.

Grant Funded as Investigator

- Virtue Interventions in Adolescent Athletes: Framing and Context Effects (#51914, Principal Investigator: Sarah Schnitker; Co-Investigator: Benjamin Houlberg). John Templeton Foundation (January 2015-December 2017). \$802,903.
- Achievement Orientation, Concept of God and Emotional Health in Elite Athletes (Principal Investigators: Benjamin Houlberg & Kenneth Wang; Co-Investigators: Sarah Schnitker & Pam King). Travis Research Institute Seed Grant (January 2015-present). \$3,000.
- Awarded IPFW Overseas Conference Grant (\$600) for presentation at the 7th International Conference on Child and Adolescent Psychopathology. London, UK (July, 2012).
- Awarded Indiana University Overseas Conference Grant (\$600) for presentation at the International Convention on Science, Education and Medicine in Sport, Glasgow, UK. (July, 2012).
- Awarded IPFW Graduate Research Assistantship – Office of Graduate Studies and Office of Research, Engagement, and Sponsored Programs. (.50 FTE for 2013/14).

Grant Funded as a Consultant or Participant

- Theology and Psychology of Self-Control Cluster Group Grant (Principal Investigator: Sarah Schnitker; Core Participant: Benjamin Houlberg) RFP on the Philosophy and Science of Self Control, Florida State University Research Foundation, John Templeton Foundation (September 2015-August 2016). \$5,000.
- Planning Grant for Mindfulness Meditation and Virtue Development: Examining the effects of secular versus spiritual meditation on empathy (Principal Investigator: Joey Fung; Consultant: Benjamin Houlberg). Templeton World Charity Foundation (August 2015 – January 2017). \$215,950.

Grant Submitted

21st Century Community Learning Program- Indiana Department of Education and Boys and Girls Club. Community Partner for an emotion regulation program and evaluation. (partially funded without emotion regulation program).

TEACHING AND MENTORING

Undergraduate Courses Taught

- HSRV 100 - Introduction to Human Services
- HSRV 103 - Helping Relationship Techniques
- HSRV 169 - Stress Management and Wellness
- HSRV 399 - Special Topics in Human Services
- HSRV 400- Human Services Internship
- HSRV 450- Advanced Human Services Internship

Graduate Courses Taught

- FS –Clinical Consultant
- FS505 – Family and Child Development
- PG820 – Cognition and Affect
- FS810 – Human Development in Context
- EDUC G504 - Counseling Theories and Techniques II
- EDUC G514 - Life Span Development: From Birth to Death
- EDUC G524 - Counseling Practicum
- EDUC G525 - Advanced Counseling Practicum
- EDUC G550 - MFT Internship in Counseling and Guidance
- EDUC G551 - MFT Advanced Internship in Counseling and Guidance
- EDUC G567 - Introduction to Marriage and Family Counseling
- EDUC G580 – Child and Adolescent Counseling
- EDUC G590 - Research in Counseling and Guidance
- EDUC G590MFT - Outcome Research in Marriage and Family Therapy

Dissertation Chair and Committee Member

- Dissertation Chair for 5 Clinical PhD/PsyD students in Psychology at Fuller Theological Seminary – Danielle Hand 2017, Luke Durain 2020, Christa Nelson 2020, Yasha Paul 2019, Denette Boyd-King 2020.
- Dissertation Committee Member for 4 students in Psychology at Fuller Theological Seminary – Thomas Felke 2016; Nathaniel Fernandez 2017; Nanyamka Redmond 2017, Kendra Varnell, 2017

APPLIED EXPERIENCE

Practicum and Internship Clinical Supervisor (2011- present)

Provided live supervision and monitoring of students conducting counseling as a part of the practicum at the IPFW Community Counseling Center. Conduct site visits, observations of sessions and case conceptualization to students during internship placements at a variety of mental health agencies. Indiana University Purdue University, Fort Wayne, IN

Program Facilitator and Manager (2007-2009)

Facilitated and oversaw the application of Myrna Shure's I Can Problem Solve critical thinking program for middle childhood - Boys and Girls Clubs of Tulsa

Counselor for "At-Risk" Students (2004-2007) -Union Secondary Schools, Tulsa, OK

Conducted counseling with students and families that faced adverse circumstances that impacted student's emotional health and academic achievement.

Group Counselor (2004-2006) -Daybreak Dynamics, Tulsa OK

Facilitated prevention and intervention groups for adolescents facing a variety of clinical issues (e.g. substance abuse, self-harm, anxiety, gang involvement)

Marriage and Family Therapist Affiliate (Summer 2005) – Family and Children's Services

Family Support Specialist-Head Start (2003-2004)

Marriage and Family Therapy Internship/Practicum (2002-2003)

Conducted individual, couple and family therapy at a non-profit counseling agency and provided home-based counseling services for families that were in the Head Start program.

Life Skills Director/ Graduate Assistant (2001-2003) - Oral Roberts University, Tulsa, OK

Implemented psycho-educational and support programs for student-athletes that focused on promoting positive socio-emotional skills and enhance stress management.

COMMUNITY OUTREACH

Invited Presentation

Houlberg, B. J. (September, 2015). *Empowering youth to thrive in sport*. Main speaker to coaches, trainers and researchers at the Adrenaline Swim Clinic for youth swimmers. Leon, Mexico.

Houlberg, B. J. (November, 2014, January, 2015, May, 2015, June, 2015). *Identity formation in sport*. Presentation to professional athletes at More Than Sport and Homes of Hope event in Tijuana, Mexico.

Houlberg, B. J. (November, 2010, 2011; October, 2012, 2013, 2014). *Performance based identity in sport*. Main Speaker for the annual Retreat for Coaches and Elite Athletes in Olympic Sports. San Antonio, TX.

Guest speaker for Indiana Tech Cross Country Team Meeting (October, 2012). *Dealing with the pressure of sports*. Fort Wayne, IN.

Guest speaker along with Olympians Josh Davis and Ian Crocker and Dr. Ashley Null to Salina South High School students in the gifted program. (November, 2011). *Performance-based identity and physiological functioning*. Salina, Kansas.

Houlberg, B. J. (April, 2012). *Emotional Resilience: Working with At Risk Populations*. Guest speaker at the Indiana Association for Marriage and Family Therapy Region 2 Meeting. Fort Wayne, IN.

Houlberg, B. J. (December, 2010). *Emotion regulation and alcohol use*. Presentation at the Northeast Indiana Symposium on Alcohol, Tobacco, and Other Drug Studies in Fort Wayne, IN.

Houlberg, B. J. (April, 2010) *Pressure to Perform: Spirituality in Sport*. Presentation at Sports de Foi Conference in Paris, France.

Community Service

- Retreat for Coaches and Elite Athletes in Olympic Sports Steering Committee (2010-present)

- Boys and Girls Club 21st Century Community Learning Center Program Consultant (2012-2014).
- Passport to Manhood Partner – Boys and Girls Clubs, Fort Wayne (2013).
- Accredited foreign chaplain for US team at the World Track and Field Championships ISC/SPS Chaplaincy Committee (2009 - present).
- Committee member for the Elite Coaches and Athletes Retreat (2012- present).
- Monthly skype meetings with youth track club (2012 - present).
- Research talk videos for Elite Coaches and Athletes private facebook page (2013- present).
- Clinical training to community connectors at Associated Churches of Ft. Wayne (September, 2010 - 2011).
- Rising Stars Steering Committee for Associated Churches of Ft. Wayne (September, 2010 - 2011).
- Supervised team of student from the Human Services Department at the Monthly Prevention Clinic (September, 2010)
- East Tulsa Prevention Coalition (2004-2007) – Agencies and organizations to address community issues in disadvantaged neighborhoods.
- Tulsa Gang Task Force and Drug Free Youth (2004-2007)
- Presented “Promoting Educational Resilience in Latino Youth” to administrators at Union High School (2006)
- Served on panel and provided questions and answers for the “Speak Up” conference for adolescent issues (2006)

METHODS AND STATISTICS

Computer Programs and Statistics Training: Micro and Macro Level Coding, Observer, BioPac, Mindware, Noldus, Remark, SPSS, M-Plus, ANOVA, Multiple Regression, Multivariate Analysis, Structural Equation Modeling

PROFESSIONAL MEMBERSHIPS

- Society for Research on Adolescence
- Society of Research on Child Development
- National Council on Family Relations
- Clinical Fellow of American Association for Marriage and Family Therapy
- Association for Specialists in Group Work

LICENSES/CERTIFICATIONS

Licensed Marriage and Family Therapist (2011 - present)
State of Indiana (License Number 35001749A)

Licensed Marriage and Family Therapist (2006-2011)
State of Oklahoma (License Number 856- *inactive status*)

Certified School Counselor (2006-2010)
State of Oklahoma – *inactive status*

SERVICE

University/Institutional Service

- Guest Speaker for Fuller Classroom Live entitled *Purpose-based identity and performance: Building emotional healthy leaders* (December, 2015)
- Educational Effectiveness Council (September 2015-present)

- Fuller Youth Institute Executive Committee (September, 2014- present)
- Panel member for New Faculty Orientation (August, 2011).
- Guest speaker for IPFW Wellness Biggest Loser Campaign entitled *EveryBody Is Beautiful: Boost Body Image, Self Esteem, and Self Talk* (February, 2011).
- Multicultural Committee Member (2008) – Oral Roberts University
- Academic Performance Rate Committee (2008) – Oral Roberts University
- Member of Athletic Advisory Council (2008) – Oral Roberts University

College/School Service

- Integration Luncheon Co-leader on Patience with Sarah Schnitker and Bill Dryness (November, 2015)
- Thrive Center for Human Development Executive Committee (September, 2014 – present)
- SOP Assessment Committee (September 2015- present)
- College of Education and Public Policy Leadership Committee (2013-2014).
- Presenter at CEPP Contemporary Issues Colloquium on School Safety “Emotion Regulation and Violence” (March, 2013)
- Panel member for Elementary and Secondary Education Undergraduate Student’s Project Based Learning Proposals (April, 2012).
- College of Health and Human Services Committee for developing the structure and guidelines for a research assistant program for faculty engaged in scholarship (September, 2010 - 2011).
- College of Health and Human Services Student Success Celebration Committee (September, 2010 -2011).

Department Service

- MFT Admissions Committee (March, 2015 – present)
- Faculty Affairs Committee (August, 2011 - 2014).
- Marriage and Family Therapist Coordinator (August, 2011 - 2014).
- Suicide Prevention and Assessment Training (September, 2012).
- Public Relations Task Force for Department of Professional Studies (August, 2011 - 2012).
- Department of Human Services Commencement Marshall (May, 2011).
- Selection Committee for the Department of Human Services Secretary Position (August, 2010).
- Center for Family Risk and Resilience (CFRR) planning committee (2009)-Oklahoma State University
- Student Representative for HDFS department at graduate night at NCFR university reception (2007/08).

Service to Profession

Ad hoc Reviewer:

- *Family Relations*
- *Emotion*
- *Journal of Abnormal Child Psychology*
- *Journal of Youth Studies*
- *Self and Identity*
- *Journal of Child Psychology and Psychiatry*
- Co-chair for Students and New Professionals Session “Mixer Session for Undergraduate and Graduate Students to Meet New People Attending the Conference” at National Council on Family Relations Annual Conference (November, 2011).

- Member of the Student Mixer planning committee for Students and New Professionals Chapter of the National Council on Family Relations Annual Conference (November, 2010).

PROFESSIONAL DEVELOPMENT

Clinical Training

- Restoration Therapy: Understanding and Guiding Healing in Therapy (December, 2014) – Dr. Terry Hargrave
- Exploring the Process of Change: Process Research and Blamer Softening in Emotionally Focused Therapy (January, 2015) – Jim Furrow, PhD
- A Self for Others: Concepts of the Self in Beneficent and Benevolent Action (February, 2015)- Michael Spezio, PhD
- DSM-5 Webinar Series from American Counseling Association (Fall, 2013)
 - DSM-5: General Overview and Addictive Disorders
 - The Changing Face of Autism: DSM-5 Diagnostic Criteria
 - Depressive Disorder in DSM-5
 - Bipolar Disorders
 - Anxiety Disorders
 - Personality Disorders and Wrap-Up
- Externship in Emotionally Focused Couple Therapy 13 hour Training Videos (Spring, 2013)
- Mindfulness Based Stress Reduction 8 week training course (Fall, 2012)
- “Children, Families, and Trauma: A Relational Approach presented by Kenneth Hardy, Indianapolis, IN (March, 2012)

Teaching Trainings

- Master Teacher Professional Development Program (Spring, 2014)
- Attended Fort Wayne Teaching Conference "Classroom Diversity: Student Engagement Across the Spectrum" (February, 2013)
- Peer evaluation of Teaching (Fall 2010, Spring 2012, Fall, 2012)

Supervision Training

- American Association for Marriage and Family Therapy Conference (September, 2011)
Core classes to become Approved AMFT supervisor.
 - Personal Model of MFT Supervision (5 hours)
 - Co-Creating the Supervisory Relationship (2 hours)
 - Structuring the Supervision Process (2 hours)
 - Mentorship with MFT Supervision (2 hours)
 - Ethical and Legal Issues in MFT Supervision (2 hours)
 - Human Diversity within MFT Supervision (3 hours)

Research Training

- National Science Foundation (NSF) Day at IUPUI designed for writing NSF grant proposals. Indianapolis, IN (February, 2013)
- Research relevant information colloquium, IPFW (March, 2012)
- Workshop #1: Reviewers processes and preparation, IPFW (February, 2012)
- Summer Grant Workshop and Orientation, IPFW (September, 2010)
- Use of Human Subjects in Research/Institutional Review Board Nuts and Bolts Workshop, IPFW (September, 2010)

Other Trainings

- Attended “Hard Conversations: Talking About Race and Racism” Naomi Tutu (February, 2013)
- Attended Blackboard Learn 9.1 “Getting Started” training (November, 2011)
- Attended “Communication Tools on Blackboard” training (September, 2010)
- Attended “Assessments on Blackboard” training (September, 2010)

HONORS/AWARDS

Scholarships/Fellowships – Oklahoma State University

- Distinguished Graduate Fellowship (2007/08, 2008/09, 2009/10)
- Roberson Graduate College Research Fellowship (2008)
- Mildred H. and John W. Skinner Graduate Fellowship Award (2007/08)
- Karl and Louise Wolf Fellowship Award (2006/07)
- John Skinner Fellowship Award (2005/06)

Awards – Fuller Theological Seminary

- Cultural Competence Award (2015)

Awards – Indiana University Purdue University Fort Wayne

- 2012 NCACES Innovative Counselor Education Program Award (2012)

Awards - Oklahoma State University

- Doctoral Phoenix Award Finalist (2009/10)
- Outstanding Graduate Teaching Assistant in HDFS (2009)
- Nominated for Outstanding PhD student in HDFS (2007/08)
- National Honor Society Phi Kappa Phi (2007-2008)
- Cambridge Who’s Who (2007-2008)
- National Deans List (2006-2007)
- Chancellor’s List (2005-2007)
- U.S. Indoor Track and Field Championships qualifier (2005)

Awards – Oral Robert University

- President’s Cup (2001)
- Who’s Who Among Students in American Universities and Colleges (2003)
- Scholar Athlete of the Year (2000-2001)
- NCAA Track & Field National Qualifier (2000-2001)
- Conference Track & Field Athlete of the Year (1999-2000)