

Cara S. Maffini, Ph.D.

Department of Counselor Education
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Education

Ph.D., Counseling Psychology, Indiana University Bloomington, 2014
Minor: Asian American Development
Dissertation: *Biculturalism and the Feelings About Culture Scales*
Pre-Doctoral Internship: Indiana University Bloomington Counseling and Psychological Services (CAPS), 2013-2014
M.A., Psychology, Pre-doctoral Track, California State University Sacramento, 2009
Thesis: *Exploring ethnic identity, self-efficacy, and at-risk behaviors in early adolescents.*
B.S., Psychology, core emphasis in Biology, University of California Davis, 2006
B.A., Dramatic Art, core emphasis in Dance, University of California Davis, 2006

Employment

San José State University
Department of Counselor Education
Assistant Professor (2014-present)

Awards

Outstanding Associate Instructor Award (2012)
School of Education, Indiana University Bloomington
Graduate Student of the Month -- Research (2012, October)
Graduate Student and Professional Organization (GPSO), Indiana University Bloomington
Paul Munger Award (2012)
Counseling Psychology Program, Indiana University Bloomington
Selected by Counseling Psychology faculty for excellence in leadership, character, and scholarship.
Commission of Multicultural Understanding (COMU) Graduate Student Award (2012)
Indiana University Bloomington
Selected as the graduate student recipient for excellence in efforts to promote multiculturalism at Indiana University.
Counseling and Educational Psychology Research Fellowship (2011, 2012)
Department of Counseling and Educational Psychology, Indiana University Bloomington

Peer-Reviewed Publications

1. **Maffini, C. S.**, & Wong, Y. J. (in press). Feelings About Culture Scales: Development, factor structure, reliability, and validity. *Cultural Diversity & Ethnic Minority Psychology*.
2. **Maffini, C. S.**, Vaughan, E. L., & Wong, Y. J. (2014). Life transitions and smoking among Asian Americans. Manuscript submitted to *Asian American Journal of Psychology*.

3. Wong, Y. J., **Maffini, C. S.**, & Shin, M. (2014). [Major Contribution] The Racial-Cultural Framework: A framework for addressing suicide-related outcomes in communities of color. *The Counseling Psychologist*, 42, 13-54. doi: 10.1177/0011000012470568
4. Wong, Y. J., Wang, K. T., & **Maffini, C. S.** (2014). Asian international students' mental health-related outcomes: A person x context cultural framework. *The Counseling Psychologist*, 42, 278-305. doi: 10.1177/0011000013482592
5. **Maffini, C. S.**, Wong, Y. J., & Shin, M. (2011). The potential impact of victimization on somatic symptoms among Asian American adolescents: A national longitudinal study. *Asian American Journal of Psychology*, 2, 157-167. doi: 10.1037/a0024920
6. **Maffini, C.**, YoussefAgha, A., Jayawardene, W., Perez-Medina, E., & Torabi, M. (2011). Barriers contributing to health disparities among Latinos in the United States. *The International Journal of Health, Wellness and Society*, 1, 163-178.
7. Wong, Y. J., & **Maffini, C. S.** (2011). Predictors of Asian American adolescents' suicide attempts: A latent class regression analysis. *Journal of Youth and Adolescence*, 40, 1453-1464. doi: 10.1007/s10964-011-9701-3
8. Kim, B. S. K., Wong, Y. J., & **Maffini, C. S.** (2010). Annual review of Asian American psychology, 2009. *Asian American Journal of Psychology*, 1, 227-260. doi: 10.1037/a0022157
9. Kim-Ju, G., Maeda, W., & **Maffini, C.** (2009). A historical and contemporary overview of Asian American and Pacific Islander experiences: Immigration, racialization, and liminality. *Journal of Aggression and Violent Behavior*, 14, 437-444. doi: 10.1016/j.avb.2009.07.005

Book Chapters

10. **Maffini, C. S.**, & Wong, Y. J. (2014). Assessing somatization with Asian American clients. In L. T. Benuto, N. Thaler, & B. Leany (Eds.), *Guide to Psychological Assessment with Asian Americans*. New York, NY: Springer.
11. **Maffini, C. S.**, & Wong, Y. J. (2012). Psychology of biculturalism. In G. R. Hayes & M. H. Bryant (Eds.), *Psychology of Culture* (pp. 87-104). Hauppauge, NY: Nova Science.
12. Whiston, S. C., Campbell, W. L., & **Maffini, C. S.** (2012). Work-family balance: A counseling psychology perspective. In N. Fouad & J. Carter (Eds.), *APA Handbook of Counseling Psychology* (pp. 75-102). Washington, DC: American Psychological Association.

Manuscripts Under Review

- Shin, M., Wong, Y. J., & **Maffini, C. S.** (under review). Correlates of Asian American emerging adults' parent-child cultural match and mismatch: Testing a bilinear and bidimensional model. Manuscript submitted to *Asian American Journal of Psychology*.

Presentations

- Maffini, C. S.** (2014, February). *Mindfulness and Self-Compassion: Tools for Success among Counseling Center Trainees*. Panel presented with A. Zimmerman, C. Klebanoff, and A. Shea for the 2014 Big Ten Counseling Centers Conference, Columbus, OH.

- Maffini, C. S.**, & Wong, Y. J. (2012, August). *Predictors of Asian American adolescents' delinquency: A longitudinal study*. Poster presentation at the annual American Psychological Association Conference, Orlando, FL.
- Shin, M., Gorlen, A., & **Maffini, C. S.** (2012, March). *Creative recruiting, needs-appraisal, and innovative formatting: Contemporary outreach programs for international populations*. Round table presentation at the 25th Annual Great Lakes Conference, West Lafayette, IN.
- Gorlen, A., Shin, M., & **Maffini, C. S.** (2012, February). *Outreach and support for international students and scholars: The role of social media*. Poster presentation at Big Ten Counseling Center Conference 2012, Bloomington, IN.
- Hagood, B., Kim, S., Meno, C., Dayoff, D., & **Maffini, C.** (2012, February). *Crimson C.O.R.P.S. (Caring, Open-Minded, Respectful, Peer Support): Creating a Peer Support Program*. Poster presentation at Big Ten Counseling Center Conference 2012, Bloomington, IN.
- Maffini, C. S.**, Wong, Y. J., & Shin, M. (2011, April). *A Silent Hurt: The impact of violent victimization among Asian American adolescents*. Poster presentation at the 24th Annual Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- YoussefAgha, A., **Maffini, C. S.**, Jayawardene, W. P., Perez-Medina, E., & Torabi, M. R. (2011, January). *Barriers contributing to health disparities among Latinos in the United States*. Health and Wellness Conference, Berkeley, CA.
- Maffini, C.**, & Kim-Ju, G. (2010, August). *The relationship among ethnic identity, self-efficacy, and violence with Asian American and Latino youth*. Poster presentation at the annual Asian American Psychological Association Conference, San Diego, CA.
- Wong, Y. J., & **Maffini, C.** (2010, August). *Predictors of suicide ideation and attempts among Asian American adolescents*. In Y. J. Wong's (Chair), *Suicide prevention in Asian American communities: New directions in research and practice*. Symposium conducted at the annual meeting of the Asian American Psychological Association, San Diego, CA.
- Maffini, C.** (2010, April). *The history, plight, and experiences of Asian Americans in psychology*. Poster presentation at the 23rd Annual Great Lakes Regional Counseling Psychology Conference, Akron, OH.
- Maffini, C.** (2009, April). *Asian Americans and Pacific Islanders, community mobilization, and at-risk and violence issues: Case studies in Honolulu, Hawaii and Sacramento, California*. Panel presented with J. Figueroa, G. Kim-Ju, K. Umemoto, and T. A. Miao for the 2009 Association for Asian American Studies Conference, Honolulu, HI.
- Maffini, C.**, Juricich, L., & Timmer, S. (2009, April). *Caregiver-child emotional availability and compliance in children with PTSD*. Poster presentation at Society for Research in Child Development Biennial Meeting, Denver, CO.
- Lambdin-Shirley, N., **Maffini, C.**, Culver, M., & Timmer, S. (2008, April). *Effects of stimulant exposure on mother-child interaction*. Poster presented at the 88th Annual Convention of the Western Psychology Association, Irvine, CA.

Teaching Experience

EDUC-G206 - Introduction to Counseling Psychology

Department of Counseling and Educational Psychology
Indiana University Bloomington
Associate Instructor (2012-2013)

Instructor of record for three sections of new undergraduate course. Discussed and evaluated counseling theories. Provided introduction to activities and interventions associated with theories such as identifying defense mechanisms and filling out thought records. Provided individual guidance on intervention-based research paper. Facilitated student development of helping skills focusing on empathic listening, reflecting feelings, open-ended questions, and restatements. Encouraged exploration of professional identity and goals.

EDUC-G203 - Communication in the Classroom
Department of Counseling and Educational Psychology
Indiana University Bloomington
Associate Instructor (2010-2012)

Instructor of record for five sections introducing microskills to future teachers to facilitate empathic listening and effective communication when interacting with students and teachers. Promoted dialogue on multicultural issues in the classroom including intercultural communication, microaggressions, identity development, and challenges of diversity in education. Scaffolded activities and assignments to build confidence in students. Utilized diverse strategies to promote an inclusive classroom and engage different types of learners.

Research Methods Lab
Psychology Department, California State University, Sacramento
Teaching Associate, Part-time faculty instructor for lab (2008)

Supervised students in design and analysis of research projects; taught students how to use SPSS to facilitate their learning and application of mixed designs, analysis of variance, factor analysis, multiple regression, analysis of covariance, and multivariate analysis of variance.

Teaching-Related Activities

Presenter, Promoting an Inclusive Classroom & Campus, Effective Strategies for working with International and Other Culturally Diverse Students (2012-2013)

Conducted seven workshops for instructors and academic advisors in many departments at Indiana University Bloomington addressing strategies for effective culturally-responsive instruction and communication. Facilitated discussion and provided resources regarding the needs of working with an increasing international student population.

Presenter, Providing Culturally Sensitive Counseling to International Students
Counseling and Psychological Services (CAPS), Indiana University Bloomington

Faculty Spotlight, Creating Inclusive Classrooms (2012, August)

Center for Innovative Teaching and Learning (CITL), Indiana University Bloomington

Interview of classroom instruction to promote awareness about effective strategies for working with international students and creating an inclusive classroom.

<http://citl.indiana.edu/innovations/spotlights/maffini.php>

Undergraduate Counseling Minor, Department of Counseling and Educational Psychology,
Indiana University Bloomington (2012-2013)

Helped to develop curriculum for new undergraduate minor. Proposed syllabus for course entitled *Multicultural Counseling-Related Skills and Communication*. Created and implemented curriculum for foundational minor course, *Introduction to Counseling Psychology*.

Clinical Experience

Counseling and Psychological Services (CAPS), Indiana University Health Center
APA-accredited internship under supervision of Brad Stepp, Psy.D., HSPP and Carolyn Lee, Ph.D., HSPP, ABPP

Concentration: Diversity Outreach, supervised by Paul Toth, Ph.D., HSPP (2013-present)

Provide individual, couples, and crisis counseling to undergraduate and graduate students addressing adjustment, anxiety, depressive, trauma, identity exploration, and other psychosocial and developmental concerns in a brief model utilizing interpersonal processes and cognitive-behavioral interventions. Co-facilitate an interpersonal graduate and undergraduate group. Utilize Alcohol Use Disorders Identification Test (AUDIT) and Drug Use Disorders Identification Test (DUDIT) screening tools to assess for risk associated with substance use. Conduct ADHD assessments. Trained to provide Psychological First Aid in campus, community, and natural disasters.

Counseling and Psychological Services (CAPS), Indiana University Health Center
Practicum under supervision of Bridget Hagood, Psy.D., HSPP, and psychology interns, Amanda Bordfeld, M.A. and Jennifer Simmons, M.A. (2012-2013)

Provide individual counseling to undergraduate and graduate students. Address psychosocial and developmental issues including adjustment, anxiety, depression, disordered eating, and trauma. Utilize Alcohol Use Disorders Identification Test (AUDIT) and Drug Use Disorders Identification Test (DUDIT) screening tools to assess for risk associated with substance use.

Centerstone
Bloomington, Indiana

Practicum under supervision of Matt Oliver, Ph.D., HSPP, and Mark Hickman, Ph.D., HSPP (2011-2013)

Provided individual and family counseling in community mental health setting. Worked with adults, adolescents, and children to address psychosocial and interpersonal difficulties, addictions, and severe mental illness. Worked in conjunction with probation officers and the Department of Child Services. Co-led ACRA (Adolescent Community Reinforcement Approach) group for adolescents diagnosed with substance dependence.

Assessments

Administered psychological cognitive and personality assessments including Wechsler Adult Intelligence Scale-IV (WAIS-IV), Wechsler Memory Scale-III (WMS-III), Thematic Apperception Test (TAT), Minnesota Multiphasic Personality Inventory (MMPI-II), Structured Inventory of Malingering Symptoms (SIMS), Beck Depression Inventory, Beck Anxiety Inventory, Vineland Adaptive Behavioral Scales, Miller Forensic Assessment of Symptoms Test (M-FAST), Stroop Color and Word Test, Dementia Rating Scale -2 (DRS-2). Observed forensic evaluations (based on MacArthur Competence Assessment Tool – Criminal Adjudication; Rogers Criminal Responsibility Assessment Scales).

Center for Human Growth, Indiana University Bloomington
Practicum under supervision of Susan Whiston, Ph.D. (2010-2011)

Provided individual counseling to adolescents and adults in a training clinic working with both the university and community populations. Utilized cognitive-behavioral, interpersonal, and strength-based strategies to address psychosocial, emotional, interpersonal, cultural adjustment, abuse, and life transition difficulties.

Batchelor Middle School

Provided mental health counseling to adolescents at local middle school. Worked with clients individually to address academic, family, social, and emotional difficulties. Co-led group for adolescent girls struggling with familial stress.

Inner Resources Counseling Center
Bloomington, Indiana

Practicum under supervision of Heather Maritano, LCSW, and advanced doctoral student, Amanda Voils-Levenda, M.S. under supervision of Lynn Gilman, Ph.D., HSPP (2010)

Provided co-therapy to children, adolescents, adults, and families. Provided individual counseling services to adolescents and young adults. Addressed psychosocial, emotional, and adjustment difficulties.

Head Start

Provided social skill and emotional guidance to children ages 3-5 in group setting. Helped teachers develop strategies to manage children's emotional and behavioral needs.

UC Davis Children's Hospital, Child and Adolescent Abuse Resource and Evaluation (CAARE)
Diagnostic and Treatment Center

Community Health Representative (2007-2008)
Sacramento, California

Worked individually with parent-child dyads implementing the fundamentals of Parent-Child Interaction Therapy (PCIT) to manage externalizing behaviors of children with histories of abuse or neglect through strengthening parent-child relationships and developing better parenting skills to address needs of child; provided psychoeducation about appropriate developmental milestones for children who have been abused and/or neglected; supervised by licensed psychologists.

Supervision

Psychology intern supervisor under supervision of Cathy Batka, Ph.D., HSPP (2013-2014)
Counseling and Psychology Services, Indiana University

Primary supervisor for counseling psychology doctoral students completing their advanced clinical practicum. Supervise one student each semester. Provide weekly supervision, oversee client care, promote development of advanced clinical skills, and support personal and professional development of practicum student.

Doctoral supervisor under supervision of Lynn Gilman, Ph.D., HSPP (2012)

Provided clinical supervision to four master's level students during their first practicum experience. Two students worked at a community mental health center primarily with adults with substance dependence diagnoses. Two students worked with adolescents on acute and residential units of a local psychiatric hospital. Addressed developmental areas included microskills, symptom, suicide, and safety assessment, ethics, professional development, and case conceptualizations through video, role plays, and Socratic questioning.

Service

President, Counseling Psychology Student Organization (CPSO)
Indiana University Bloomington (2010-2012)

Student representative at faculty meetings and served as a liaison between students and faculty. Led CPSO committee and helped to organize CPSO social events, compile bi-annual newsletter, and support international and diverse students. Created OnCourse site for the department where information for students is aggregated and easily accessible. Created Facebook group to link current students and alumni and disseminate information about social and academic events, and provide a forum for social communication. Coordinated

mentoring for facilitate integration into the program for first year students. Organized 'Brown Bag Series' where local psychologists presented on various career paths and opportunities in counseling psychology. Worked with Vice President to set up opportunities for students to earn educational credits toward licensure requirements.

Student Representative, Search Committee for new Counseling Psychology Program Training Director, Indiana University Bloomington (2011-2012)

Associate Editor, Up Close & Personal Section, Diversity Factor, Newsletter (2011-2013)
Society of Ethnic & Racial Diversity (Division 17) of American Psychological Association-

Student Representative, Student Affiliates of Seventeen (SAS), American Psychological Association, Division 17, Society of Counseling Psychology (2011-2012)

Served as liaison between SAS and the counseling psychology program at IU. Provide monthly updates to Division 17 about student activities in the counseling psychology program at IU. Conversed with representatives from other counseling psychology programs about challenges and shared ideas to improve programs and student involvement.

Professional Memberships

American Psychological Association, Student Affiliate

Division 2 (Society for the Teaching of Psychology)

Division 7 (Developmental Psychology)

Division 17 (Society of Counseling Psychology)

Division 45 (Society for the Psychological Study of Culture, Ethnicity and Race)

Asian American Psychological Association, Graduate Student Member

Association of Asian American Studies, Graduate Student Member

Society for Research in Child Development, Graduate Student Member

Psi Chi, National Honor Society in Psychology

Pi Lambda Theta, International Honor Society in Education