

**Christa K. Schmidt, Ph.D.**

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**Education and Licensure**

Psychologist The Maryland State Board of Examiners of Psychologists,  
Licensure

## **Grants and Fellowships**

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

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

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

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

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

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

Schaefer Ziemer, K., Lampher, B. R., Raque-Bogdan, T. L., & **Schmidt, C. K.**

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

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

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

Heiland, M. F., Goggin, K., Brandt-Kessler, K., Brammer, S., Nollen, N., Murray, T. S., & **Schmidt, C. K.** (2002). Reconstruction of meaning and identity in the wake of new treatments  
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**Schmidt, C. K., Galupo, M. P., Humm, L., Matsuno, E., Bettergarcia, J., Elkins, J., & Steacy, C.** (2020) A training simulation for gender-affirmative therapy: A discussion and demonstration. Symposium accepted for presentation at the Counseling Psychology Conference, New Orleans, LA.

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

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

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

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

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

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

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

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

Berkey, S. & **Schmidt, C. K.** (2015). Social support, religiousness, gender and posttraumatic growth in young adults following parental divorce. Poster presented

**Schmidt, C. K.,** Wallace, D. W., & Travers, C. (2014). Racial microaggressions, bicultural

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

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

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

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

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

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

## **Invited Presentations and Workshops**

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

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

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



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

## **Additional Teaching Experience**

### **Courses Taught**

Graduate: Basic Counseling Theory, Applied Counseling Techniques, Ethics, Practicum,  
Assessment I, Assessment II, Lifespan Human Development, Positive Psychotherapy

Undergraduate: Positive Psychology, Multicultural Psychology, The Helping Relationship,  
Abnormal Psychology, Basic Helping Skills, Introduction to Counseling Psychology

The Pursuit of Happiness: A Cultural Comparison Between the U.S. and Italy