

*Curriculum Vitae*

# NATHAN C. GEHLERT

ASSISTANT PROFESSOR • JOHN CARROLL UNIVERSITY

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## EDUCATION

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**Loyola University Maryland;** Columbia, MD; M.S. Fall 2007; Ph.D. Spring 2011

*Pastoral Counseling (CACREP accredited Ph.D. in counselor education)*

- Dissertation: The Incremental Validity of Spiritual Transcendence as a Predictor of Marital Satisfaction and Mate Selection.
- Inaugural recipient of the Barry K. Estadt Medal for Excellence in Pastoral Counseling (2011).

**Colby College;** Waterville, ME; B.A. 2001

*Majors: Government and German Studies; Minor: Science, Technology, and Society*

- Cum Laude, Honors in Government, Distinction in Government and German Studies.
- Thesis: Wolves in sheep's clothing: Creationist manipulation of Kansas science standards.

## RESEARCH EXPERIENCE

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**Way Station, Inc., & Dartmouth Psychiatric Research Center;** Frederick, MD; 2010 – present

*Research Assistant*

- Implementing 5-year research study of Maryland WorkFORCE Hope, an \$8.8 million supported employment program for individuals with severe mental illness. The study seeks to determine the effectiveness of three different employment support conditions at twelve agencies across Maryland.
- Authored proposals for Sheppard Pratt and Maryland Department of Health and Mental Hygiene IRBs and liaised with IRB committees.
- Liaise with Dartmouth researchers and personnel at Maryland Medicaid and Maryland Department of Rehabilitation Services.
- Trained supported employment personnel at study sites in data collection procedures.
- Oversee quality control of data collection.

**Way Station, Inc.;** Frederick, MD; 2009 – 2010

*Research Consultant*

- Designed between-subjects research study to investigate the inclusion of spiritual interventions in a group treatment program for adults with serious mental illness. The study seeks to determine if the interventions increase levels of well-being and reduce levels of religious crisis.
- Selected assessment tools and designed comprehensive instrument for the study.
- Authored proposal for IRB and liaised with IRB committee.

**Loyola University Maryland;** Columbia, MD; 2007 – 2008

*Research Assistant for Kelly Murray, Ph.D.*

- Conducted literature review on relationships among body image, sexual practices, and religion/spirituality.
- Edited research manuscripts.

## TEACHING EXPERIENCE

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### **John Carroll University;** University Heights, OH

*Assistant Professor; Fall 2012 - present*

- Teaching courses: Counseling Techniques, Group Theory and Practice, Counseling Theories

### **Loyola University Maryland;** Columbia, MD

*Teaching Assistant for Joseph Ciarrocchi, Ph.D.; The Helping Relationship; Fall 2009*

- Taught portions of class on multiple occasions, primarily focusing on Motivational Interviewing theory and techniques.
- Graded papers and quizzes.
- Reviewed and coded student tapes using Motivation Interviewing coding techniques.
- Provided students feedback on overall progress in writing and in one-on-one meetings.

*Teaching Assistant for Sharon Cheston, Ed.D.; Counseling Theory and Practice; Spring 2008*

- Taught class and met with students as needed.
- Assisted with grading papers and quizzes.
- Developed and moderated online forum for students to discuss readings and relevant topics.

## CLINICAL EXPERIENCE

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### **Imago Center of Washington DC;** Washington, DC; 2007 – present

*Psychotherapist*

- Counsel clients facing depression, anxiety, bereavement, career, and interpersonal issues.
- Primarily employ modalities of motivational interviewing and cognitive-behavioral therapy.
- Counsel couples using Imago Relationship Therapy interventions and techniques.
- Co-lead psychotherapy groups: a men's group, a co-ed relationship group, and a group for young adults focusing on issues related to "quarterlife crisis."
- Write articles on mental health issues for monthly newsletter.
- Manage social media marketing for the agency.

### **Anchor Mental Health, Catholic Charities;** Washington, DC; 2006 – 2009

*Psychotherapist*

- Assessed and counseled clients with severe mental illness, usually dual-diagnosed, including schizophrenia, schizoaffective disorder, bipolar disorder, and major depressive disorder.
- Lead psychotherapy and psycho-educational groups to assist clients in recovering from severe and persistent mental illness and co-occurring disorders.

## PUBLICATIONS

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Brown, I.T., Chen, T., Gehlert, N.C., & Piedmont, R.L. (in press). Age and gender effect on the Assessment of Spirituality and Religious Sentiments (ASPIRES) Scale: A cross-sectional analysis. *Psychology of Religion and Spirituality*.

## PRESENTATIONS

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**Using Social Media to Build and Maintain a Successful Practice, Connect with Clients, and Advocate for Mental Health**, Symposium presentation given at the American Counseling Association 2011 Conference.

**Structural Invariance of the Spiritual Transcendence Scale Across the Lifespan**, Symposium presentation given at the American Psychological Association 2010 Conference. Also presented as

a symposium presentation at the American Psychological Association Division 36 2010 Mid-year Conference.

**Validity of Spiritual Transcendence as a Personality Factor and its Implications on Subjective Well Being**, Poster presentation given at the American Psychological Association Division 36 2010 Mid-year Conference.

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## ACADEMIC SERVICE

**Research Planning Committee, Imago Relationships International**; 2010 – present

*Committee Member*

- Solicit research and operational talent within and outside the Imago community to support the Operational Research Committee.
- Explore and solicit funding for research projects.
- Educate Imago community on research findings and build consensus around research agenda.
- Liaise with Imago Relationship International around the inclusion of research in the organization's strategic plan.
- Liaise with Imago faculty to incorporate research findings into Imago curriculum.

**Operational Research Committee, Imago Relationships International**; 2009 – present

*Chair and Researcher*

- Currently implementing between-group study to examine the efficacy of a 12-week protocol for treating distressed couples.
- Recently coauthored article on outcome study of weekend couples workshop. The study examines changes in didactic adjustment pre and post treatment. Findings indicate that couples with low didactic adjustment scores evidenced significant and clinically relevant improvements six months post treatment.
- Work with committee to design future research studies.

**Psychology of Religion and Spirituality, APA Journal**; 2011 – present

*Manuscript Reviewer*

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## SCHOLARSHIPS

- Research Scholarship, awarded by the Imago Center of Washington DC, \$1000 (2010).

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## STATISTICS QUALIFICATIONS

- Proficient in SPSS; working knowledge of LISREL.
- z test, t test, ANOVA, linear regression.
- Multiple regression analysis.
- Multivariate statistics: Factor analysis, canonical correlation, discriminant analysis, MANOVA.
- Structural equation modeling.
- Congruence coefficient analysis, Monte Carlo methods.

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## PROFESSIONAL ASSOCIATIONS

- Alpha Sigma Nu (National Jesuit Honor Society).
- American Counseling Association.
- Association for Spiritual, Ethical, and Religious Values in Counseling.
- Imago Relations International.
- Mid-Atlantic Association for Imago Relationship Therapists.

## LICENSURE & CERTIFICATIONS

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- Licensed Professional Counselor: Washington, DC.
- Imago Relationship Therapist: completed Basic Clinical Training and Supervision, certification expected 2011.
- Motivational Interviewing: Part I, Part II, and Advanced Skills training.

## QUOTES IN THE MEDIA

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Shallcross, L. (2011). Finding technology's role in the counseling relationship. *Counseling Today*.  
<http://ct.counseling.org/2011/10/finding-technologys-role-in-the-counseling-relationship/>

Starr, L. B. (2011). Do you have to be crazy to be a reality TV star? *HitFix*.  
[www.hitfix.com/blogs/starr-raving/posts/do-you-have-to-be-crazy-to-be-a-reality-tv-star](http://www.hitfix.com/blogs/starr-raving/posts/do-you-have-to-be-crazy-to-be-a-reality-tv-star)

Hardy, B. (2011). Do we reveal too much about our kids online? *PBS Parents*.  
[www.pbs.org/parents/childrenandmedia/article-revealing-too-much-about-kids-online.html](http://www.pbs.org/parents/childrenandmedia/article-revealing-too-much-about-kids-online.html)

Philpott, S. (2011). Finding the perfect mix for a blended family. *eHow Family*.  
[www.ehow.com/feature\\_8187345\\_finding-perfect-mix-blended-family.html](http://www.ehow.com/feature_8187345_finding-perfect-mix-blended-family.html)

Hoglund, A. (2011). Can video games destroy marriages? *HeadDrama*.  
[www.headdrama.com/article/life/30/8944/can-video-games-destroy-marriages](http://www.headdrama.com/article/life/30/8944/can-video-games-destroy-marriages)

Beach, M. (2011). Top 5 books to help Will & Kate weather marital storms. *GalTime*.  
[www.galtime.com/article/love-sex/21098/10636/top-5-books-help-will-kate-weather-marital-storms](http://www.galtime.com/article/love-sex/21098/10636/top-5-books-help-will-kate-weather-marital-storms)

## GRANT WRITING EXPERIENCE

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**Waterville Main Street**, Waterville, ME; 2001

*Consultant*

- Coauthored Main Street Maine grant application. Waterville awarded \$70,000 grant.
- Consulted with business and community leaders to build consensus for Main Street program.