

READE DOWDA, Ph.D., LPC, CHST

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OFFICE ADDRESS

Fort Hays State University
Rarick Hall 268A
AEP Department
600 Park Street
Hays, KS 67601

EDUCATION

Ph.D. in Counselor Education and Supervision
Sam Houston State University, Huntsville, TX
August 2015

Dissertation: Counselor Education Doctoral Students' Perceptions of Strengths-Based Supervision

Master of Science – Counseling, Oklahoma State University, Tulsa, OK 2012

Bachelor of Arts – American Studies, Oklahoma State University, Tulsa, OK 2007

Additional Training & Certification

Licensed Professional Counselor in Kansas, License #3186

Clinical Telemental Health Provider, 2021

QPR Suicide Prevention Training

Sam Houston State University, Huntsville, TX, 2015

Teaching Online with Blackboard

Sam Houston State University, Huntsville, TX, 2014

Certified Humanistic Sandtray Therapist

Sandtray Therapy Institute, Sam Houston State University, Huntsville, TX, 2015

QPR Suicide Prevention Training

Oklahoma State University, Tulsa, OK, 2011

Certificate in TESOL

School for International Training, Chiang Mai, Thailand, 2007

AREAS OF EXPERTISE WITHIN A DISCIPLINE

Strengths-based practices

Encouragement-focused practices

Supervision of clinical students

Group counseling

Adlerian counseling

Positive Psychology

PROFESSIONAL EXPERIENCE

Associate Professor

Department of Advanced Education Programs, Counseling
Fort Hays State University, Hays, KS

August 2021 – Present

Program Coordinator of the Clinical Mental Health Counseling Program

Department of Advanced Education Programs, Counseling August 2015 – Present
Fort Hays State University, Hays, KS

CACREP Liaison

Department of Advanced Education Programs, Counseling August 2021 – Present
Fort Hays State University, Hays, KS

Assistant Professor

Department of Advanced Education Programs, Counseling August 2015 – August 2021
Fort Hays State University, Hays, KS

Classes Taught at Fort Hays State University:

2017 – Present

- Advanced Group Counseling (COUN 855)

2015 – Present

- Social and Cultural Foundations of Counseling (COUN 840)
- Counseling Skills Development (COUN 827)
- Group Counseling: Theories and Procedures (COUN 838)

2015 – 2019

- Addictions Counseling (AEP 873)
- Problems/Education II: Premarital and Marital Counseling (AEP 873)

2015 – 2018

- Counseling Internship: Clinical Mental Health Counseling (COUN 889)

2015 – 2017

- Practicum in Education II: Community Counseling (AEP 879)

2015 – 2016

- Advanced Counseling Skills (AEP 875)
- Cultural Diversity (AEP 880)

Graduate Advisor

Advanced Education Programs, Fort Hays State University August 2015 – Present

INTERNATIONAL TEACHING

English Teacher

American University Alumni Language Center
Ayutthaya, Thailand

September 2007 - July 2009

Science Teacher

Ayutthaya International Preparatory School
Ayutthaya, Thailand

October 2007 - July 2009

DATE of APPOINTMENT to FORT HAYS STATE UNIVERSITY

August 2015 Assistant Professor

PRIOR SERVICE AT OTHER INSTITUTIONS

Graduate Mentor

McNair Scholar Program, Sam Houston State University

October 2012 – July 2015

DEPARTMENTAL AND INSTITUTIONAL SERVICE

Service to the Advanced Education Programs Department

AEP Tenure/Promotion Committee	Member	2023 – 2024
Merit Review Committee	Member	2023
AEP Remote Worker Policies and Procedures	Co-Chair	2021
Thought Leaders: Promotion & Tenure Revisions	Member	Summer 2021
CACREP Accreditation Committee	Chair	2015 – 2021
Adjuncts Committee	Member	2015 – 2022
New Faculty Search Committee	Member	Summer 2024
New Faculty Search Committee	Member	2023
New Faculty Search Committee	Chair	2020 – 2021
New Faculty Search Committee	Member	2015 – 2017
New Faculty Search Committee	Member	2018 – 2019
New Faculty Search Committee	Chair	2018 – 2019
Library Liaison for AEP		2015 – 2018

Service to the College of Education

Counseling Programs Data Retreat	Organizer	2023
CACREP Liaison		2021 – Present
CACREP Section 1 Committee	Co-Chair	2021 – Present
CACREP Section 2 Committee	Chair	2021 – Present
CACREP Section 3 Committee	Member	2021 – Present
CACREP Section 4 Committee	Member	2021 – Present
CACREP Section 5 Committee	Member	2021 – Present
Counseling Tuition Differential Committee	Member	2023
College of Education Tenure/Promotion Committee	Member	2022 – 2023
Council on Preparation of Teachers and School Personnel Committee	Member	2015 – 2022
CAEP Standard Four Committee	Member	2015 – 2018
CAEP Standard Two Committee	Member	2018 – 2021
CAEP Standard One Content and Pedagogical Knowledge Committee	Member	2015 – 2021
Technology Committee	Member	2015 – 2021
CAEP Data Retreat Facilitator and Presenter		2015 & 2016

Service to the University

Scholarship Environment Committee	Member	2022 – Present
SEC Fostering Scholarship Subcommittee	Member	2023 – 2024
Tenure and Promotion Panel	Member	2022
University Student Court Committee	Member	2016 – 2020
Student Court of Appeals	Member	2015 – 2016

Internationalization Committee Member 2015 – 2016

Professional Service

Advisory Council for School and CMHC Counseling	Member	2017 – Present
Kansas Counseling Association Northwest Region	President	2017 – 2018
Kansas Counseling Association Multicultural Division	President	2016 – 2018

SCHOLARLY SUBMISSIONS

Dowda, R. (2023) Extended Abstract (CIMSSR-00242) ISBN: 978-967-13147-0-8

Isom, E., **Dowda, R.** & Olt, P. (2022) The learning intensive: Examining the counseling skills acquisition between hybrid instructional formats. *International Journal for the Advancement of Counselling* 44(1), 112–125. <https://doi.org/10.1007/s10447-021-09450-0>

Li, C.S., Lertora, I., **Dowda, R.**, Lin, Y. F. (2022). The TRAINing technique: An experiential process fostering growth of counselors in training. *Journal of Creativity in Mental Health* 17(2). DOI:10.1080/15401383.2020.1842277

Li, C., Lugar, R. J., **Dowda, R.**, Smedley, D., and Lin, Y. F. (2020). Evidence-based models of treatment for borderline personality disorder. In *Lepkowsky, C. M. (Ed.) Borderline Personality Disorder*. Nova Science Publishers, Inc., Hauppauge, NY.

Henderson, S. E., **Dowda, R.**, & Robles-Pina, R. A. (2018). Predictors of bullying behavior: An Adlerian approach in J. U. Gordon (Ed.), *Bullying prevention and Intervention at school: Integrating theory and research into best practices*. (pp. 17-35). Lawrence, KS: Springer.

Wilson, G. & **Dowda, R.** (2017). Making meaning of life satisfaction predictors: Implications for Alfred Adler’s neuroplasticians of social justice. *Journal of Individual Psychology* 73(3), 173-189.

Nichter, M., & **Dowda, R.**, (2016). Strengths-based supervision. In J. K. Edwards, N. Young, & H. J. Nichols (Eds.), *Handbook of strengths-based clinical practices: Finding common factors* (pp. 305-322). New York, NY: Routledge.

Dowda, R. (2015). Counselor education doctoral students’ perceptions of strengths-based supervision (Order No. 3664344). Available from ProQuest Dissertations & Theses Global. Retrieved from <https://search.proquest.com/openview/d48cd553784cfcf61eb5dad6d8ee6bd3/1?pq-origsite=gscholar&cbl=18750&diss=y>

Dowda, R., Li, C., & Irby, B. J. (2015). The international student experience: Studying in an English Language Institute at a regional university in Texas. *Professional Issues in Counseling*. Spring 2015.

Technical Reports

Dowda, R. (2023). Council for the Accreditation of Counseling and Related Programs (CACREP) Vital Statistics Report.

Dowda, R. (2023). SEP Annual Report

Dowda, R., Lancaster, S. (2023). Council for the Accreditation of Counseling and Related Programs (CACREP) Digital Delivery Report.

Dowda, R. (2022). Council for the Accreditation of Counseling and Related Programs (CACREP) Interim Report.

Dowda, R. (2022). Council for the Accreditation of Counseling and Related Programs (CACREP) Vital Statistics Report.

Dowda, R. (2021). Council for the Accreditation of Counseling and Related Programs (CACREP) Vital Statistics Report.

Isom, E., **Dowda, R.,** Haynes, J. (2019). Council for the Accreditation of Counseling and Related Programs (CACREP) Self Study.

Isom, E., **Dowda, R.** (2018). Kansas Behavioral Sciences and Regulatory Board (KBSRB) Self Study.

Presentations Peer Reviewed

International/National

Dowda, R. (2023). Supervisory Focus on Strengths. *Global Conference on Business & Social Sciences*. Bangkok, Thailand.

Isom, E., **Dowda, R.** (2020). Limbic Capitalism and Social Validation the Future of Addictions Counseling. *American Counseling Association*. San Diego, CA.

Dowda, R. (2017). Fostering Competence and Effectiveness in Practicum and Internship via Strengths-Based Interventions. *Association of Counselor Education and Supervision*. Chicago, IL.

Watts, R. E., **Dowda, R.** (2017). Encouragement-focused supervision: Benefits, Challenges, and Interventions. *Association of Counselor Education and Supervision*. Chicago, IL.

Regional

Dowda, R., Henderson, S. E. (2022). Growing Ourselves: Enhancing your Self-Care with Positive Psychology. *Texas Counseling Association Professional Growth Conference*. Dallas, TX.

Dowda, R. Isom, E., Olliff, K. (2020). Encouraging the Discouraged: Strengths-Based Interventions to Promote Success in Clients and Students. *North Central Association for Counselor Education and Supervision*. Omaha, NE.

Isom, E., **Dowda, R.**, Olliff, K., Lancaster, S., Weber, B. (2020). Using Google Applications to Collect Data and Deliver Assessments in Counselor Education. *North Central Association for Counselor Education and Supervision*. Omaha, NE.

Dowda, R., Henderson, S. E., Watts, R. E. (2019). Promoting Counselor Self-Care through Encouragement and Positive Psychology. *Texas Counseling Association Professional Growth Conference*. Dallas, TX.

Henderson, S. E. **Dowda, R.**, Li, C.S. (2019). Your Group Counseling Toolkit: Fostering Change through Experiential Activities. *Texas Counseling Association Professional Growth Conference*. Dallas, TX.

Dowda, R., Watts, R. E. (2018). Encouraging the Discouraged: Strengths-Based Interventions to Promote Success in Clients and Students. *Texas Counseling Association Professional Growth Conference*. Dallas, TX.

Dowda, R., Lertora, I., Li, C. S., Lin, Y. F. (2018) The TRAIN is Leaving the Innovation Station! Interactive Teaching Methods for Counselor TRAINing. *Texas Counseling Association Professional Growth Conference*. Dallas, TX.

Dowda, R., Nichter, M., Henderson, S. (2016). Tapping into success: A strengths-based approach to counseling and supervision. *Texas Counseling Association Professional Growth Conference*. Dallas, TX.

Isom, E., **Dowda, R.** (2016). Advocacy dispositions: Training future counselors to become effective advocates. *North Central Association for Counselor Education and Supervision*. Bloomington, MN.

Watts, R. E., **Dowda, R.** (2016). Encouragement-focused supervision: Benefits, Challenges, and Interventions. *Southern Association of Counselor Education and Supervision*. New Orleans, LA.

State

Dowda, R., Olliff, K., Solko-Olliff, C. (2021). Mind full or Mindful: Mindfulness Interventions. Kansas Counseling Association. Virtual Conference.

Olliff, K., **Dowda, R.**, Hill, J. (2021). Using Gratitude as an Intervention to Maintain Hope during Challenging Times. Kansas Counseling Association. Virtual Conference.

Dowda, R. (2021). Tapping into Success: Implementing a Strengths-Based Approach in the Classroom. *Olliff Family Educational Symposium*. Hays, KS.

Dowda, R. & Weber, B. (2020). Using Encouragement and Positive Psychology to Promote Resilience. *Olliff Family Educational Symposium*. Hays, KS.

- Dowda, R., Olliff, K.** (2020). *Burnout: Fighting the Fire with Positivity and Self-Care.* Kansas Counseling Association. Manhattan, KS.
- Olliff, K. **Dowda, R., Hill, J.** (2020). *Mind Full or Mindful: Being Present in the Moment.* Kansas Counseling Association. Manhattan, KS.
- Dowda, R., McClure, T.** (2018). *Using Encouragement and Positive Psychology to Promote Happiness and Self-Care.* Kansas Counseling Association. Lawrence, KS.
- Dowda, R.** (2018). *Encouragement-focused supervision: Benefits, Challenges, and Interventions.* Kansas Counseling Association. Wichita, KS.
- Dowda, R., Nichter, M.** (2018). *Stronger Together: The Influence of 100 years of Field Work in Psychiatry and Family Therapy on Counseling.* Kansas Counseling Association. Wichita, KS.
- Dowda, R., Stivers, T.** (2017). *Looking Past Appearances: Expanding our View of Cultural Diversity.* Michael Tilford Conference on Diversity and Multiculturalism. Hays, KS.
- Dowda, R.** (2017). *Promoting Competence through Focusing on Strengths: Benefits, Challenges, and Interventions.* Kansas Counseling Association Conference. Manhattan, KS.
- Meyers, H., **Dowda, R.** (2017). *Interventions and Techniques to Successfully Reintegrate Criminal Offenders into Society: A Strengths Based Approach.* Kansas Counseling Association Conference. Manhattan, KS.
- Dowda, R.** (2016). "I don't really have a culture." Expanding our view of cultural diversity. *Kansas Counseling Association Conference.* Topeka, KS.
- Dowda, R., Nichter, M.** (2016). *Balancing the negativity bias: Strengths-based counseling and supervision.* Kansas Counseling Association Conference. Topeka, KS.
- Isom, E., **Dowda, R.** (2016). *Supervision in the digital age: Best practices.* Kansas Counseling Association Conference. Topeka, KS.

Local Non-Peer Reviewed

- Dowda, R.** (2024). *Supervisory Focus on Strengths: Perceptions of Supervisees and Supervisors.* AEP Presentation Day. Fort Hays State University, Hays, KS.
- Dowda, R.** (2023). *The Five Core Elements of Happiness and Well-Being.* AEP Presentation Day. Fort Hays State University, Hays, KS.
- Dowda, R.** (2023). *Stress, Burnout, and Interventions: Oh My!* Professional Development Day. Fort Hays State University, Hays, KS.

Dowda, R., Olliff, K. (2021). Gratitude and Self-Care: Let's Make it Normal! *Professional Development Day*. Fort Hays State University, Hays, KS.

Dowda, R., Olliff, K. (2019). Counseling Interventions for Promote Happiness and Self-Care. *Professional Development Day*. Fort Hays State University, Hays, KS.

Dowda, R., (2019). Taking Care of Me: Interventions for Self-Care & Happiness. *Professional Development Day*. Fort Hays State University, Hays, KS.

Dowda, R. (2018) Encouraging the Discouraged: Strengths Based Interventions to Promote Success in Students. *Professional Development Day*. Fort Hays State University, Hays, KS.

Chalfant, A, **Dowda, R. (2017).** Treating Shock in Clients: Best practices. T.I.G.E.R. Fort Hays State University, Hays, KS.

Dowda, R. (2017,). Strengths-Based Supervision. *John Heinrichs Scholarly and Creative Activities Day (SACAD)*. Fort Hays State University, Hays, KS.

Research Grants

Adams, P., **Dowda, R., Lancaster, S. (2024).** Kansas Legislative Appropriation for Telehealth. \$1,250,000 (\$250,000 over 5 years).

Isom, E., **Dowda, R. (2019).** National Board for Certified Counselors (NBCC) Site Visit Phase for Council for the Accreditation of Counseling and Related Programs (CACREP). \$4000.

Isom, E., **Dowda, R. (2018).** National Board for Certified Counselors (NBCC) Application Phase for Council for the Accreditation of Counseling and Related Programs (CACREP). \$2500.

Isom, E., **Dowda, R. (2018).** National Board for Certified Counselors (NBCC) Pre-Application Phase for Council for the Accreditation of Counseling and Related Programs (CACREP). \$2500.

Invited Workshop Facilitator

Dowda, R. (2021, December). Fostering Change through Group Counseling. High Plains Mental Health, Hays, KS. (Training Workshop)

Dowda, R. (2021, November 3rd & 4th). Fostering Change through Group Counseling. High Plains Mental Health, Hays, KS. (Training Workshop)

Dowda, R. (2021, July). Fostering Change through Group Counseling. High Plains Mental Health, Hays, KS. (6 hour presentation and workshop)

Dowda, R. (2019). Models of Supervision: Site Supervisor Professional Development. *Fort Hays State University Sternberg Museum*. Hays, KS.

Dowda, R. (2015). Strengths-based supervision and ACA ethical codes. *Sam Houston State University*. The Woodlands, TX.

Invited Guest Speaker

Dowda, R. (2022). Building Connection through Gratitude and other Positive Psychology Interventions. *Olliff Family Educational Symposium*. Hays, KS.

Strengths-Based Supervision. Practice of Counselor Supervision. Sam Houston State University, 2021.

Hays, Together. Using Gratitude to Improve Well-Being. Fort Hays State University, 2020.

Transgenerational Wisdom. Counseling Skills Development, Fort Hays State University, 2019.

Erikson's Theory of Psychosocial Development. Addictions Counseling, Fort Hays State University, 2019.

Strengths-Based Supervision: Benefits, Challenges, and Interventions. Practice of Counselor Supervision, Sam Houston State University, 2019.

Promoting Happiness via Strengths-Based Interventions. T.I.G.E.R. Fort Hays State University, 2018.

Counselor Education Doctoral Students' Perceptions of Strengths-Based Supervision, Practice of Counselor Supervision, Sam Houston State University, 2017.

Focusing on Strengths: Success and Self-Care. Make Great things Happen: Regional Inservice. Hays High School, Hays, KS. 2016.

Focusing on Strengths: Promoting Success in the Classroom. Make Great things Happen: Regional Inservice. Hays High School, Hays, KS. 2016.

Strengths Based Counseling. Kelly Center, Fort Hays State University, 2017.

Positive Psychotherapy: Benefits and Interventions. T.I.G.E.R. Fort Hays State University, Hays, KS. 2016.

Focusing on Strengths: Success and Self-Care. Make Great things Happen: Regional Inservice. Hays High School, Hays, KS. 2016.

Strengths-Based Interventions for the Classroom. Make Great things Happen: Regional Inservice. Hays High School, Hays, KS. 2016.

Focusing on Student Strengths: Benefits and Applications. InTIGERated Educational Workshop: Student Mental Health through Positivity, Fort Hays State University, 2016.

McNair Scholars Program. Honor's College, Sam Houston State University, 2014.

Clinical Supervision. Orientation and Ethics, Sam Houston State University, 2014.

McNair Scholars Program. SHSU Elite, Sam Houston State University, April 2014.

McNair Scholars Program. SHSU Elite, Sam Houston State University, April 2014.

McNair Scholars Program. SHSU Elite, Sam Houston State University, March 2014.

Counselor Education Curriculum. New Education World, Bangkok, Thailand, 2013.

American Culture and Social Norms. New Education World, Bangkok, Thailand, 2013.

American Culture and Social Norms. The English Club, Chiang Mai, Thailand, 2013.

Teaching in Paradise: My Experience in Thailand. Office of International Programs. Sam Houston State University, 2013.

PROFESSIONAL MEMBERSHIPS

American Counseling Association	Member	2017 – Present
Association of Counselor Education and Supervision	Member	2017 – Present
Kansas Counseling Association	Member	2015 – Present
Chi Sigma Iota	Member	2013 – Present
Texas Association for Counselor Education and Supervision	Member	2013 – Present
Texas Counseling Association	Member	2012 – Present
Southwest Educational Research Association	Member	2013 – 2018
Southwestern Psychological Association	Member	2012 – 2016
Texas Psychological Association	Member	2014 – 2016

HONORS/DISTINCTIONS/SCHOLARSHIPS

Counselor of the Year. Kansas Counseling Association, 2024

Counselor of the Year Finalist. Kansas Counseling Association, 2019

Pilot Award Nominee for outstanding advising, Fort Hays State University, 2019

Outstanding Scholarly Activity Award, College of Education at Fort Hays State University, 2018

My-Go-To Mentoring Award, Fort Hays State University, 2018

My-Go-To Mentoring Award, Fort Hays State University, 2017

Pilot Award Nominee for outstanding advising, Fort Hays State University, 2017

Outstanding Teaching Award, College of Education at Fort Hays State University, 2016

Outstanding Counselor Educator Doctoral Student Award, Sam Houston State University, 2014