

## MICHAEL J. SCHEEL

### Curriculum Vita

Department of Educational Psychology  
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### PROFESSIONAL INTERESTS

**RESEARCH:** Application of positive psychology to psychotherapy; hope and motivation in psychotherapy; therapy processes and outcomes; high school dropout prevention; contextualized therapy approaches; action-oriented therapy approaches; Goal Focused Positive Psychotherapy.

**TEACHING:** Couple and family counseling; counseling practicum; counseling psychology advanced theory and practice; counseling processes and skills; group counseling; supervision; happiness and well-being; school counseling; topical seminars of positive psychology applications to psychotherapy.

**SERVICE:** Peer scientific review of counseling and psychotherapy manuscripts; clinical supervision; national leadership of counseling psychology training initiatives; developing and implementing high school dropout prevention programs in schools.

### EDUCATION

Ph.D. 1993 University of Nebraska, Lincoln, NE (APA accredited), Counseling Psychology

M.Ed. 1975 University of Idaho, Moscow, ID, Counseling

B.S. 1973 University of Nebraska, Lincoln, NE, Mathematics Education

### LICENSURE/BOARD CERTIFICATION

American Board of Professional Psychology (ABPP), Board Certification in Counseling Psychology, 2012 to present

Licensed Psychologist, State of Nebraska, 2001 to present (#557)

Licensed Psychologist, State of Utah, 1994–2002 (#94-276727-2501)

### PROFESSIONAL EXPERIENCE

2021 - present *Professor*, Department of Educational Psychology, University of Nebraska-Lincoln

2019 – 2020 *Interim Director*, Nebraska Internship Consortium in Professional Psychology (NICPP)

2018 – 2021 *Chair and Professor*, Department of Educational Psychology, College of Education and Human Sciences, University of Nebraska-

	Lincoln
2013 - present	<i>Professor</i> , Department of Educational Psychology, University of Nebraska-Lincoln
2000 - 2017	<i>Director of Training</i> , Counseling Psychology Program, University of Nebraska-Lincoln
2000 - 2013	<i>Associate Professor with tenure</i> ; Department of Educational Psychology, University of Nebraska-Lincoln
2000	<i>Associate Professor with tenure</i> , Department of Educational Psychology, University of Utah
1993 - 2000	<i>Assistant Professor</i> , Department of Educational Psychology, University of Utah, Salt Lake City, UT
1993 - 2000	<i>Staff Associate</i> , University of Utah Counseling Center
1992 – 1993	<i>Psychology Intern</i> , Counseling and Psychological Services, Montana State University, Bozeman, MT
1989 - 1992	<i>Coordinator</i> , Guidance Laboratory for Gifted and Talented Students, UNL Department of Educational Psychology
1989	<i>Instructor</i> , UNL Department of Educational Psychology
1976 - 1988	<i>School Counselor, Math Teacher and Coach</i> , Daniel J. Gross High School, Omaha, NE
1975 - 1976	<i>Head Resident</i> , Rogers Hall, Washington State University, Pullman, WA
1974 – 1975	<i>Intern</i> , Student Advisory Services, University of Idaho, Moscow, ID
1973 - 1974	<i>Seventh/Eighth Grade Mathematics Teacher and Coach</i> , Sts. Peter and Paul School, Omaha, NE
1971 - 1973	<i>Student Assistant</i> , Abel Hall, University of Nebraska

## HONORS AND AWARDS

- 2019 Big Ten Academic Alliance *Department Executive Officer (DEO) Fellow*.
- 2016 *Outstanding Training Director Award*, Division 17, Society of Counseling Psychology, Section on Supervision and Training.
- 2014 *APA Fellow*, Division 17, Society of Counseling Psychology.
- 2014 *Shane Lopez Distinguished Contributions to Positive Psychology*, Division 17, Society of Counseling Psychology, Section on Positive Psychology.
- 2013 *Fellow of the American Academy of Counseling Psychology*.
- 2006 *Faculty Student Mentoring Award*, University of Nebraska-Lincoln, College of Education and Human Sciences (CEHS).
- 2003 *Student Affairs Recognition Award*, University of Nebraska-Lincoln.
- 1992 *John A. Glover Memorial Award*, In recognition of promise and achievement in research, University of Nebraska – Lincoln, Department of Educational Psychology.

## RESEARCH/SCHOLARSHIP

**Publications** (\* mentored student co-author)

Farquhar-Leicester, A., Tebbe, E., & **Scheel, M. J.** (Revise and Resubmit, August, 2021). *The*

- Intersection of Transgender and Gender-Diverse Identity and Neurodiversity: An Exploratory Study and Application of Minority Stress Theory.*
- Winter Plumb, E. I., Hawley, K. J., Conoley, C. W., & **Scheel, M. J.** (2020). From Cosmetics to Compassion: A case study of Goal Focused Positive Psychotherapy. *Psychotherapy Theory, Research, and Practice*, 57(3), 414-425.  
<https://doi.org/10.1037/0000287>
- Winter Plumb, E. I., Hawley, K. J., Boyer, M. P., **Scheel, M. J.**, & Conoley, C. W. (2020). Goal focused positive psychotherapy: An integration of positive psychology and psychotherapy. In J. J. M. Hermans & F. Meijers (Eds.) *The Pursuit of Happiness: Between prosperity and adversity*. Oxford, UK: Routledge. ISBN: 978-0-367-4312-1
- Gundel, B. E., \*Bartholomew, T. T., & **Scheel, M. J.** (2020). Culture and care: An illustration of multicultural processes in a counseling dyad. *Practice Innovations*, 5, 19-31.
- Scheel, M. J.**, \*Bartholomew, T. T., \*Byrom, R. Jr., \*Dahl, A., \*Cassidy, K., \*Gassman, S., & Gundel, B. (in review). The effectiveness and differential effects of positive psychology group interventions with college students: A mixed methods investigation. *Journal of Happiness Studies*.
- Bartholomew, T. T., Gundel, B. E., **Scheel, M. J.**, Kang, E., Joy, E. E., & Li, H. (2019). Development and initial validation of the Therapist Hope for Clients Scale. *The Counseling Psychologist*, 48(2), 191-222. DOI: 10.1177/001000019886428.
- Parnell, K. J., Wood, N. D., & **Scheel, M. J.** (2020). A gratitude exercise for couples. *Journal of Couple and Relationship Therapy*. 19(3), 212-229.  
<https://doi.org/10.1080/15332691.2019.1687385>
- Rostovsky, S. S., **Scheel, M. J.**, & Clements, Z. (2020). Our state of the union: Results from the 2017-2018 CCPTP membership survey. *The Counseling Psychologist*, 47(8), 1115-1135.  
<https://doi.org/10.1177/0011000019893619>
- Bartholomew, T. T., Gundel, B. E., Li, H., Joy, E. E., Kang, E., & **Scheel, M. J.** (2019). The meaning of therapists' hope for their clients: A phenomenological study. *Journal of Counseling Psychology*, 66(4), 496-507.  
<https://doi.org/10.1037/cou0000328>
- Winter Plumb, E. I., Hawley, K. J., Boyer, M. P., **Scheel, M. J.**, & Conoley, C. W. (2019). Goal Focused Positive Psychotherapy: An integration of positive psychology and psychotherapy. *British Journal of Guidance and Counselling*. 47(2), 223-233. DOI: 10.1080/03069885.2018.1533105
- \*Emery, A., \*Gassman, S. & **Scheel, M. J.** (2019). Homework as treatment: Active versus passive homework. *The SAGE Encyclopedia of Criminal Psychology*, vol. 2 (pp. 604-606). Thousand Oaks, CA: SAGE Publications, Inc.
- \*Cassidy, K., \*Byrom, R., & **Scheel, M. J.** (2019). Homework as Treatment. *The SAGE Encyclopedia of Criminal Psychology*.
- Scheel, M. J.**, Stabb, S. D., Cohn, T., Duan, C., & Sauer, E. (2018). The counseling psychology model training program. *The Counseling Psychologist*, 46(1), 6 - 49. DOI: 10.1177/0011000018755512
- \*Parnell, K. J., **Scheel, M. J.**, \*Davis, C. K., & Black, W. W. (2018). An investigation of couples' help-seeking: A multiple case study. *Contemporary Family Therapy: An International Journal*, 40, 110-117. DOI: 10.1007/s10591-017-9427-9
- Conoley, C. W., & **Scheel, M. J.** (2018). *Goal Focused Positive Psychotherapy: A Strengths-Based Approach*. New York: Oxford University Press.

- \*Bartholomew, T. T., \*Gundel, B. E., & **Scheel, M. J.** (2017). The relationship between alliance rupture and hope for change through counseling: A mixed methods study. *Counselling Psychology Quarterly*, 30, 1-19. DOI: 10.1080/09515070.2015.1125853
- Scheel, M. J.**, Conoley, C. W., \*Cassidy, K., \*Chen, Z., \*Dahl, A., & \*Byrom, R. (2016). Goal Focused Positive Psychotherapy in a high school dropout prevention program. *Positive Psychology: Theory and Application*, 11(1), 15 - 21.
- \*Wang, S. C., Plano Clark, V. L., & **Scheel, M. J.** (2016). The enculturation experiences of three Chinese American adolescents: A multiple case study. *The Counseling Psychologist*, 44(5), 661-694. DOI: 10.1177/0011000016633875
- \*Bartholomew, T. T., **Scheel, M. J.**, & Cole, B. P. (2015). Development and validation of the Hope for Change through Counseling Scale. *The Counseling Psychologist*, 43(5), 671-702. DOI: 10.1177/0011000015589190
- Magyar-Moe, J. L., Owens, R. L., & **Scheel, M. J.** (2015). Applications of positive psychology in the work of counseling psychologists: Current status and future directions. *The Counseling Psychologist*, 43(4), 494-507. DOI: 10.1177/0011000015581001
- \*Cole, B. P., & **Scheel, M. J.** (2014). Teaching positive psychology: Creating a strength-based CP program culture. *Positive Psychology: Theory and Application*, 10(1), 3-6.
- Jackson, M. A., & **Scheel, M. J.** (2013; authors listed in alphabetical order). Integrating master's education in counseling psychology for quality, viability, and value added. *The Counseling Psychologist*, 41(5), 717-723. DOI: 10.1177/0011000013493334
- Jackson, M. A., & **Scheel, M. J.** (2013; authors listed in alphabetical order). Quality of master's education: A concern for counseling psychology? *The Counseling Psychologist*, 41(5), 669-699. DOI: 10.1177/0011000011434644
- Scheel, M. J.**, \*Klentz Davis, C., & \*Henderson, J. (2013). Therapist use of client strengths: A qualitative investigation of positive processes. *The Counseling Psychologist*, 41(3), 392-427. DOI: 10.1177/0011000012439427
- Scheel, M. J.**, & Conoley, C. W. (2012). Psychotherapy process and outcome research in counseling psychology. In N. A. Fouad, L. J. A. Carter, & L. A. Subich, (Eds.), *APA Handbook of Counseling Psychology: Theories, Research, and Methods (1)* (pp. 203-236). Washington DC: American Psychological Association.
- Scheel, M. J.**, & \*Gundel, B. (2012). Book review: Positive Psychology and Family Therapy: Creative Techniques and Practical Tools for Guiding Change and Enhancing Growth. *The Family Psychologist*, 28(2), 27-29.
- Scheel, M. J.**, Berman, M., Friedlander, M. L., Conoley, C. W., Duan, C., & Whiston, S. C. (2011). Counseling-related research in counseling psychology: Creating bricks not edifices. *The Counseling Psychologist*, 39(5), 719-734. DOI: 10.1177/0011000011410894
- Scheel, M. J.**, Berman, M., Friedlander, M. L., Conoley, C. W., Duan, C., & Whiston, S. C. (2011). Whatever happened to counseling in counseling psychology? *The Counseling Psychologist*, 39(5), 673-692. DOI: 10.1177/0011000010380278
- Scheel, M. J.** (2011). Client common factors represented by client motivation and autonomy. *The Counseling Psychologist*, 39(2), 276-285. DOI: 10.1177/0011000010375309
- Scheel, M. J.**, \*Backhaus, A., & \*Madabhusi, S. (2009). The academic motivation of at-risk students in a counseling prevention program. *The Counseling Psychologist*, 37(8), 1147-1178. DOI: 10.1177/0011000009338495
- Scheel, M. J.**, \*Razhavaikina, T. I., \*Allen-Portsche, S., \*Backhaus, A., \*Madabhusi, S., &

- \*Rudy, M. (2008). International students' expectations and knowledge of counseling after viewing a multicultural counseling video. *Asian Journal of Counseling, 15*(1), 33-56.
- Scheel, M. J., & \*Gonzalez, J.** (2007). An investigation of a model of academic motivation for school counseling. *Professional School Counseling, 11*(1), 49-56. DOI: 10.5330/PSC.n.2010-11.49
- Scheel, M. J., Hanson, W. E., & \*Razzhavaikina, T. I.** (2004). The process of recommending homework in psychotherapy: A review of therapist delivery methods, client acceptability, and factors that affect compliance. *Psychotherapy: Theory/Research/Practice/Training, 41*, 38-55. DOI: 10.1037/033-3204.41.1.38
- Scheel, M. J.** (2002). Integrating marital enrichment treatment in couple psychotherapy. In L. VandeCreek (Ed.) *Innovations in Clinical Practice: A Source Book, 20* (pp. 137-149). Professional Psychology Press: Sarasota, Fla.
- Scheel, M. J., Forsythe, N., Kristjansson, S., Pranata, H., Packard, T., & Packard, K.** (2000). Marital enrichment: Linking research to practice. *The Family Psychologist, 16*(1), 6-10.
- Ivey, D. C., Jankowski, P. J., & **Scheel, M. J.** (1999). A contextual perspective of clinical judgment in couples and family therapy: Is the bridge too far? *Journal of Family Therapy, 21*(4), 339-359. DOI: 10.1111/1467-6427.00124
- Ivey, D. C., & **Scheel, M. J.** (1999). Relational diagnosis: Potential advantages and drawbacks associated with a universal system for the classification of couple and family difficulties. *The Family Journal, 7*(4), 335-342. DOI: 10.1177/1066480799074003
- Scheel, M. J., \*Seaman, S., \*Roach, K., \*Mullin, T., & \*Blackwell-Mahoney, K.** (1999). Client implementation of therapist recommendations: Predicted by client perception of fit, difficulty of implementation, and therapist influence. *Journal of Counseling Psychology, 46*(3), 308-316. DOI: 10.1037/10412-026  
(Reprinted in C. E. Hill (Ed.) (2001). *Helping Skills: The Empirical Foundation* (pp. 427-444). Washington, DC: American Psychological Association.)
- Scheel, M. J., & Ivey, D. C.** (1998). Neutrality and feminist perspective: Can they co-exist in family therapy? *Contemporary Family Therapy: An International Journal, 20*(3), 315-322. DOI: 10.1023/A1022464812469
- Ivey, D. C., & **Scheel, M. J.** (1998). The baby and the bathwater: A reply to the commentaries of Avis and to Siegenthaler & Boss on neutrality and feminist perspective. *Contemporary Family Therapy: An International Journal, 20*(3), 341-350. DOI: 10.1023/A1022421030216
- Scheel, M. J., & Conoley, C. W.** (1998). Circular questioning and neutrality: An investigation of the process relationship. *Contemporary Family Therapy: An International Journal, 20*(2), 221-235. DOI: 10.1023/A:1025033610756
- Scheel, M. J., Conoley, C. W., & Ivey, D. C.** (1998). Using client positions as a technique for increasing the acceptability of marriage therapy interventions. *The American Journal of Family Therapy, 26*(3), 203-214. DOI: 10.1080/01926189808251100
- Scheel, M. J., & \*Rieckmann, T.** (1998). An empirically derived description of self-efficacy and empowerment for parents of children identified as psychologically disordered. *The American Journal of Family Therapy, 26*(1), 15-28. DOI: 10.1080/01926189808251083
- Scheel, M. J.** (1997). Parent therapy groups: An alternative to family therapy for customers. *The Family Psychologist, 13* (4), 8-9.
- Ivey, D. C., & **Scheel, M. J.** (1996). Family Psychology: Subspecialty or discipline. *The Family*

*Psychologist*, 12(4), 8-9.

- Leung, S. A., Conoley, C. W., & **Scheel, M. J.** (1994). The career and educational aspirations of gifted high school students: A retrospective study. *Journal of Counseling and Development*, 72, 298-303.
- Leung, S. A., Conoley, C. W., **Scheel, M. J.**, & Sonnenberg, R. (1992). An examination of the relationship between vocational identity, consistency, and differentiation. *Journal of Vocational Behavior*, 40, 95-107.
- Conoley, C. W., Conoley, J. C., Ivey, D. C., & **Scheel, M. J.** (1991). Enhancing consultation by matching the consultee's perspectives. *Journal of Counseling and Development*, 69, 546-549.

### **Published Reports and Reviews**

- Scheel, M. J.** (2021). *Test Review of The Flow Scales*. From J. F. Carlson, K. F. Geisinger, & J. L. Jonson (Eds.). The twenty-first mental measurements yearbook, pp. 293-296.
- Scheel, M. J.** (2017). *Review of the Online Version of PREPARE/ENRICH*. From J. F. Carlson, K. F. Geisinger & J. L. Jonson (Eds.). *The twentieth mental measurements yearbook*, pp. 581-584.
- Scheel, M. J.** (2014). *Review of the Adolescent Parent Relationship Questionnaire*. From J. F. Carlson, K. F. Geisinger, & J. L. Jonson (Eds.). *The nineteenth mental measurements yearbook*, pp. 520-526, website: <http://www.unl.edu/buros>.
- Scheel, M. J.** (2014). *Review of the SMAPAP (Store Manager Aptitude Personality & Attitude Profile)*. From J. F. Carlson & K. F. Geisinger (Eds.). *The nineteenth mental measurements yearbook*, pp. 653-655, website: <http://www.unl.edu/buros>.
- Kantamneni, N., & **Scheel, M. J.** (2010). *Review of the Strong Interest Inventory (Newly Revised), 2004 revision*, From R. A. Spies, J. F. Carlson, & K. F. Geisinger (Eds.). *The seventeenth mental measurements yearbook*, pp. 584-586, website: <http://www.unl.edu/buros>.
- Scheel, M. J.** (2007). Test review of the *OQ-10.2 Brief Screening and Outcome Questionnaire*. From K. F. Geisinger, R. A. Spies, J. F. Carlson, & B. S. Plake (Eds.). *The seventeenth mental measurements yearbook*, pp. 590-592, website: <http://www.unl.edu/buros>.
- Scheel, M. J.** (2003). Test review of the *Spousal Assault Risk Assessment Guide*. From B. S. Plake, J. C. Impara, & R. A. Spies (Eds.), *The fifteenth mental measurements yearbook* (Electronic version) from the Buros Institute's *Test reviews online*, website: <http://www.unl.edu/buros>.
- Scheel, M. J.**, & Merker, B. (2003). Test review of the *Miller Stress Scale*. From B. S. Plake, J. C. Impara, & R. A. Spies (Eds.), *The fifteenth mental measurements yearbook* (Electronic version) from the Buros Institute's *Test reviews online*, pp. 579-580, pp. 857-859, website: <http://www.unl.edu/buros>.

### **Unpublished Report**

- Scheel, M. J.** (co-chair), Lichtenberg, J. (co-chair), Jackson, M., & Fouad, N. (2011). *Master's in Counseling Benchmark Competencies*.

### **Papers in Preparation**

- \*Kobashigawa, W., & **Scheel, M. J.** (in preparation). *Promoting Well-Being: Positive Psychology Groups for At-Risk Adolescents.*
- \*Cassidy, K. A., \*Emery, A. D., & **Scheel, M. J.** (in revision). Building Bridges: A Goal Focused Positive Psychotherapy High School Dropout Prevention Program. *The Counseling Psychologist.*
- Scheel, M. J.**, \*Bartholomew, T. T., \*Gundel, B., \*Gassman, S., & \*Jarrett, T. A. (in preparation). *Therapist use of client strengths: The development of the therapist positive cues coding system.*

**Grants and Contracts** (\$441,776 awarded)

**Submitted, awarded, and unfunded grant proposals**

- Scheel, M. J.** (PI), Hruskoci, H., Doll, B., Swearer, S., Napolitano, S., Kantamneni, N., & Gormley, M. (submitted, June, 2021). *Mental health initiative for rural schools and communities of Southeast Nebraska.* Swanson Foundation, Libby Jacobs: Director. \$25,000 awarded.
- Doll, B. (PI), Gormley, M (co-PI), & **Scheel, M. J.** (co-PI). (submitted, June, 2021). *Prairie Nebraska: Preparing rural school mental health professionals to serve Nebraska's Children with disabilities who have high intensity needs.* Submitted to the U.S. Department of Education. 1,250,000 requested over five years, 2022-2027.
- Scheel, M. J.** (PI), Hruskoci, H., Doll, B., Swearer, S., Napolitano, S., Kantamneni, N., & Gormley, M. (submitted, December, 2020). *Mental health initiative for rural schools and communities of Southeast Nebraska.* Swanson Foundation, Libby Jacobs: Director. \$25,000 awarded.
- Kemp, S., **Scheel, M. J.**, Rudasill, K., & Maag, J. (submitted October 13, 2017, not funded). *UNL Research Council Interdisciplinary Research Grant. Building Bridges for Teachers.* \$20,000 requested.
- Kemp, S., Maag, J., Rudasill, K., & **Scheel, M. J.** (submitted, April 27, 2017, not funded). *Interdisciplinary Project to Develop Building Bridges for Teachers: Giving Teachers Skills to Enhance Mental Health Outcomes among At-Risk Students.* Submitted to the Social and Behavioral Sciences Research Consortium. \$10,000 requested.
- Tebbe, E. (PI), & **Scheel, M. J.** (Investigator) (2016) *Trans Happiness: Impacts on Well-Being.* American Psychological Foundation Counseling Psychology Grant. \$2000 awarded.
- Scheel, M. J.** (PI), Kunz, G., & Welch, G. (April 7, 2016). Layman and New Direction Grant. *The Development of a Positive Psychology Intervention to Promote the Well-Being of At-Risk High School Students.* \$20,000 requested. \$9,976 awarded.
- Scheel, M. J.** (PI), & Kunz, G. (January 1, 2016). *Building Bridges at Lincoln Northeast and Lincoln High Schools.* Woods Charitable Fund. \$120,592 requested. \$80,000 awarded.
- Scheel, M. J.** (May, 2011). *CEHS International Seed Grant: Academic Motivation and Engagement: A Cross-Cultural Comparison of U.S. and Hong Kong High School Students.* \$3700 awarded.
- Scheel, M. J.** (January, 2011 – July, 2015). *Lincoln Public Schools Dropout Prevention.* U.S. Department of Education. \$4,500,000 awarded. PI for the *Building Bridges through Relationships* Program. Subaward, \$125,000.
- Scheel, M. J.**, & Kunz, G. (December, 2009 - 2011). *Building Bridges through Relationships: A High School Dropout Prevention Program.* Woods Charitable Fund. \$220,000 requested. \$100,000 awarded.

- Scheel, M. J., & Kunz, G.** (Submitted Oct. 2, 2008, not funded). *The Use of Personalization in Counseling to Increase the Academic Motivation, School Engagement, and Progress Toward Graduation of High School Students At Risk to Drop out*. Goal 2 Development Grant as part of the Middle and High School Reform submitted under IES of the US Department of Education: \$1.5M requested.
- Scheel, M. J.** (June, 2007). *Madonna Proactive Clinical Experience Grant*: \$15,000 awarded.
- Scheel, M. J., & Kunz, G.** (Submitted November, 2006, not funded). *A Multi-Systemic Intervention to Promote the Academic Motivation and Achievement of High School Students At-Risk*. Goal II, Type A Development Grant submitted under IES of the US Department of Education: \$1,549,084 requested.
- Scheel, M. J.** (June, 2005). *Madonna Research Grant*: \$12,000 awarded.
- Scheel, M. J.** (Submitted 2005, not funded). *A Multi-Systemic Intervention to Promote the Academic Motivation and Achievement of High School Students At-Risk*. Grant submitted to the US Department of Education: \$1,021,071 requested.
- Scheel, M. J.** (April, 2004). *Madonna Clinical Experience Grant*: \$15,000 awarded.
- Scheel, M. J., Bischoff, R. J., Caldwell, L. D., Smith, C. W., Hanson, W. E., & Gonzalez-Kruger, G. E.** (March, 2004). *Counseling Psychology and Marriage and Family Therapy Programs Collaboration*. College of Education and Human Sciences Teaching Initiative Grant: \$10,000 awarded.
- Scheel, M. J.** (May, 2004). *Linking the Academic Performance of High School Students to Counseling Interventions by Promoting Intrinsic Motivation: A Layman Project Proposal*: \$10,000 awarded.
- Scheel, M. J.** (May, 2003). *Nebraska Counselor Academy*. A grant from Nebraska Department of Education: \$25,000 awarded.
- Scheel, M. J.** (Submitted June, 2002, not funded). *A Proposal for the Development of a Theory-Driven Accountability System for Computer Assisted Career Guidance Systems of CIDS*. A grant through America's Career Resource Network and Section 118 of the Perkins Vocational and Applied Technology Amendments of 1998: \$54,643 requested.
- Scheel, M. J.** (November, 2001). *Pre-counseling Interventions and Multicultural Counseling for UNL Ethnic Minority Students through the Counseling and School Psychology Training Clinic*. A UNL Diversity Enhancement Project: \$2100 awarded.
- Scheel, M. J.** (Submitted September, 2000, not funded). *Cooperative Agreement for Parenting and Family Strengthening Prevention Interventions. A Dissemination of Innovations Initiative*. "A Family Counseling Program in a School District." Department of Health and Human Services: \$187,000 requested.
- Packard, T., & **Scheel, M. J.** (September, 1998). *The influence of marital distress on the course of treatment using relationship enhancement and couples communication*. University Research Committee Grant: \$6000 awarded.
- Scheel, M. J.** (September, 1996). *Influential factors in client acceptability and implementation of counselor recommendations*. University Research Committee Grant: \$6000 awarded
- Scheel, M. J.** (September, 1995, not funded). *Effectiveness and treatment acceptability of family counseling in the family-school ecosystem*. University Research Committee Grant: \$6000 requested.

**Presentations, workshops, and symposia:**

**National, Regional, and International Conferences and Meetings:**



- \*Heimer-Lang, G., & **Scheel, M. J.** (August 6-9, 2020 - canceled). *Content analysis of strength-oriented therapist processes*. Poster to be presented at the 128th annual conference of the American Psychological Association, Washington, D. C.
- Scheel, M. J.** (April 2-5, 2020 - canceled). *Integrating Goal Focused Positive Psychotherapy (GFPP) into Counseling Psychology Training*. To be presented as part of the Positive Psychology Symposium at the 2020 Counseling Psychology Conference, New Orleans, LA.
- Scheel, M. J.** & Mobley, M. (co-chairs) (April 2-5, 2020 - canceled). Panel discussion of the current state of master's psychology training in counseling psychology. To be presented at the 2020 Counseling Psychology Conference, New Orleans, LA.
- \*Kobashigawa, W., & **Scheel, M. J.** (August, 2019). *Promoting Well-Being: Positive Psychology Groups for At-Risk Adolescents*. Poster presented at the 127<sup>th</sup> annual conference of the American Psychological Association, Chicago, Illinois.
- Scheel, M. J.** (discussant) (August, 2018). *Hope in Therapy: Therapist and Client Perspectives*. Symposium to be presented at the 126<sup>th</sup> annual conference of the American Psychological Association, San Francisco, CA.
- Scheel, M. J.** (chair) (August, 2018). *Preparing Psychology Students for Action as Social Justice Advocates*. Symposium to be presented at the 126<sup>th</sup> annual conference of the American Psychological Association, San Francisco, CA.
- Scheel, M. J.**, & Conoley, C. W. (August, 2018). *Goal Focused Positive Psychotherapy*. Half-day workshop at the 126<sup>th</sup> annual conference of the American Psychological Association, San Francisco, CA.
- Scheel, M. J.** (March 2, 2018). *Masters' Counseling Training: Arguments for Inclusiveness*. Presented during Masters' Training Symposium at the Council of Counseling Psychology Training Programs Conference, San Antonio, TX.
- Scheel, M. J.** (October 27, 2017). *Goal Focused Positive Psychotherapy (GFPP): A strengths oriented contextualized approach (for counseling psychology)*. The Lichtenberg Lecture invited address, University of Kansas, Lawrence, KS.
- \*Kavan, S. M., \*Shim, S., **Scheel, M. J.**, & Conoley, C. W. (August, 2017). *A qualitative analysis of four Goal Focused Positive Psychotherapy (GFPP) cases*. Poster presented at the 125<sup>th</sup> annual conference of the American Psychological Association, Washington, DC.
- \*Gassman, S., **Scheel, M. J.**, \*Wachira, A., \*Shim, S., \*Kavan, S. M., & \*Reed, K. (August, 2017). *Does Promotion of Well-Being Differ Across Positive Psychology Interventions?* Poster presented at the 125<sup>th</sup> annual conference of the American Psychological Association, Washington, DC.
- \*Gassman, S., **Scheel, M. J.**, \*Wachira, A., \*Kavan, S. M., \*Shim, S., & \*Reed K. (August, 2017). *Does One Size Fit All? Considering context in positive psychology interventions*. Poster presented at the 125<sup>th</sup> annual conference of the American Psychological Association, Washington, DC.
- Scheel, M. J.** (August, 2017). *When if ever does reassurance work in psychotherapy?* In R. Piper's (chair) symposium, *When Therapists Do What they are Taught Not to Do: Reassurance, Expressing Opinions, and Role-Reversal*. Presented at the 125<sup>th</sup> annual

- conference of the American Psychological Association, Washington, DC.
- \*Dahl, A. K., \*Cassidy, K. E., & **Scheel, M. J.** (August, 2017). *Enhancing well-being: Positive psychology group interventions with culturally diverse students*. Poster presented at the 125<sup>th</sup> annual conference of the American Psychological Association, Washington, DC.
- Scheel, M. J.** (July 27, 2017). *Goal Focused Positive Psychotherapy: A Comprehensive Positive Psychology Approach*. Paper presented at the World Congress of Psychotherapy conference, Paris, France.
- Sauer, E., **Scheel, M. J.**, & Stabb, S. (March 2, 2017). *The 2017 Counseling Psychology Model Training Program*. Presented at the Council of Counseling Psychology Training Programs midwinter meeting, San Juan, Puerto Rico.
- Scheel, M. J.**, Stabb, S., & Sauer, E. (August, 2016). *The 2017 Counseling Psychology Model Training Program*. Presented at the 124<sup>th</sup> annual American Psychological Association convention, Denver, CO.
- Scheel, M. J.** (February, 2016). *Competency based training in masters counseling programs*. Presented at the midwinter meeting of the Council of Counseling Psychology Masters Programs. Asheville, NC.
- Scheel, M. J.** (February, 2016). *Innovative training in counseling psychology: Developing a positive psychology undergraduate course*. Presented at the midwinter meeting of the Council of Counseling Psychology Training Programs. Asheville, NC.
- \*Dahl, A. K., & **Scheel, M. J.** (August, 2016). *Using Positive Emotions in Therapy*. Presented in the *Positive Psychotherapy Processes* symposium at the 124<sup>th</sup> annual American Psychological Association convention, Denver, CO.
- Conoley, C. W., & **Scheel, M. J.** (August, 2016). *Goal Focused Positive Psychotherapy*. Presented in the *Positive Psychotherapy Processes* symposium at the 124<sup>th</sup> annual American Psychological Association convention, Denver, CO.
- Bartholomew, T. T., & **Scheel, M. J.** (co-chairs) (August, 2016). *Positive Psychotherapy Processes*. Symposium presented at the 124<sup>th</sup> annual American Psychological Association convention, Denver, CO.
- Scheel, M. J.** (chair) (August, 2016). *Goal Focused Positive Psychotherapy: A Comprehensive Positive Psychology Therapy Model*. Symposium presented at the 124<sup>th</sup> annual American Psychological Association convention, Denver, CO.
- \*Bartholomew, T. T., \*Byrom, R. A. Jr., \*Dahl, A., \*Gassman, S., \*Gundel, B., \*Jarrett, T. A., & **Scheel, M. J.** (August, 2015). *Positive psychology prevention offered through college courses*. Presented as part of the *Prevention through positive psychology across cultures and educational settings* symposium. Presented at the 123<sup>rd</sup> annual American Psychological Association convention, Toronto, Canada.
- \*Byrom, R. A., **Scheel, M. J.**, & \*Wachira, A. (August, 2015). *Building Bridges: A goal-oriented, strength-based dropout prevention program*. Presented as part of the *Prevention through positive psychology across cultures and educational settings* symposium. Presented at the 123<sup>rd</sup> annual American Psychological Association convention, Toronto, Canada.
- Scheel, M. J.** (August, 2015). *Fellow Address: Celebrating and Embracing my Identity as a Counseling Psychologist*. Presented at the 123<sup>rd</sup> annual American Psychological Association convention, Toronto, Canada.
- Scheel, M. J.** (Chair) (August, 2015). *Prevention through positive psychology across cultures and educational settings*. Symposium presented at the 123<sup>rd</sup> annual American

- Psychological Association convention, Toronto, Canada.
- Scheel, M. J.**, & Conoley, C. W. (August, 2015). *Enhancing client motivation by accessing positive emotions through positive psychology*. Presented at the 123<sup>rd</sup> annual American Psychological Association convention, Toronto, Canada.
- Scheel, M. J.**, Byrom, R., Dahl, A., Gassman, S., A., Bartholomew, T. T., Gundel, B., & Jarrett, T. L. (February, 2015). *The Investigation of the effects on college student well-being of participation in positive psychology group interventions*. Poster presented at the Big 10 Counseling Center Conference, Lincoln, NE.
- \*Gundel, B. E., \*Bartholomew, T. T., & **Scheel, M. J.** (August, 2014). *Culture & care: A case study exploration of multicultural competence in cross-cultural therapy dyads*. Poster presented at the 122<sup>nd</sup> annual American Psychological Association convention, Washington, D.C.
- \*Gundel, B. E., \*Bartholomew, T. T., **Scheel, M. J.**, \*Layman, T., & \*Gassman, S. (August, 2014). *Development of a coding system to identify strength-oriented processes in therapy*. Poster presented at the 122<sup>nd</sup> annual American Psychological Association convention, Washington, D.C.
- \*Wang, S. C., & **Scheel, M. J.** (March, 2014). *Acculturation gap for three Chinese American families living in the Midwest, U.S.A: A qualitative multiple case study*. Poster presented at the 2014 International Counseling Psychology Conference, Atlanta, GA.
- \*Gundel, B. E., \*Bartholomew, T. T., & **Scheel, M. J.** (March, 2014). *The nexus of culture and care: A case-study exploration of multicultural competence in cross-cultural therapeutic dyads*. Poster presented at the 2014 International Counseling Psychology Conference, Atlanta, GA.
- Cole, B., **Scheel, M. J.**, & Conoley, C. W. (March, 2014). *Teaching positive psychology at the graduate and undergraduate levels*. Presented at the 2014 International Counseling Psychology Conference, Atlanta, GA.
- Conoley, C. W., & **Scheel, M. J.** (March, 2014) *Two strength based community programs developed through counseling psychology*. Presented at the 2014 International Counseling Psychology National Conference, Atlanta, GA.
- Scheel, M. J.**, \*Gundel, B., & \*Bartholomew, T. (March, 2014). *An empirically derived model to identify strength-based psychotherapy processes*. Presented at the 2014 International Counseling Psychology Conference, Atlanta, GA.
- Scheel, M. J.** (March, 2014). *Promotion of Positive Psychology in Counseling Psychology through research, training, and practice*. Symposium organized and chaired at the 2014 International Counseling Psychology Conference, Atlanta, GA.
- Scheel, M. J.**, & Jackson, M. A. (March, 2014). *Viability of Counseling Psychology now Linked to Master's Accreditation and Licensure*. Invited symposium presented at the 2014 International Counseling Psychology Conference, Atlanta, GA.
- \*Gundel, B. E., \*Bartholomew, T. T., & **Scheel, M. J.** (2013, October). *Identifying strengths-oriented processes in therapy and their impact on positive emotions*. Poster presented at the annual conference of the North America Chapter of the Society for Psychotherapy Research, Memphis, TN.
- Scheel, M. J.** (Chair), \*Bartholomew, T., \*Gundel B., \*Laymon, T., \*Hauser, C., & \*Parnell, K. (October, 2013). *Emphasis on strengths across multiple contexts*. Symposium organized and chaired at the North American Society of Psychotherapy Research Conference, Memphis, TN.

- Scheel, M.J.** (Chair), \*Bartholomew, T., \*Gundel, B., \*Laymon, T., \*Hauser, C., & \*Parnell, K. (April, 2013). *Finding Individual Strengths Across Multiple Populations*. Symposium organized and chaired at the Great Lakes Counseling Psychology Conference, Grand Rapids, MI.
- \*Parnell, K., \*Klentz Davis, C., & **Scheel, M. J.** (August, 2012). *Couple Help-Seeking*. Poster presented at the annual meeting of the American Psychological Association, Orlando, FL.
- Scheel, M. J.** (June, 2012). *Use of Therapist Directives in China*. Discussant for symposium presented at the annual international meeting of the Society of Psychotherapy Research, Virginia Beach, Virginia.
- Scheel, M. J.** (March, 2012). *Positive Therapy with Couples and Families*. Workshop presented at the Chinese University of Hong Kong (CUHK), Hong Kong, China.
- Scheel, M. J.** (March, 2012). *The Use of Positive Empathy in Counseling*. Workshop presented to graduate students and faculty at the Chinese University of Hong Kong (CUHK), Hong Kong, China.
- Scheel, M. J.** (February, 2012). *A Workshop on Individual and Group Supervision*. Presented to an audience of counselors and students of the Chinese University of Hong Kong (CUHK), Hong Kong, China.
- Scheel, M. J.,** & Juntunen, C. (February, 2012). *Best Practices in Practicum Training in Counseling Psychology Doctoral Programs*. Presented at the Midwinter Conference of the Council of Counseling Psychology Training Programs (CCPTP), Miami, FL.
- Fouad, N., **Scheel, M. J.,** Lichtenberg, J., & Jackson, M. (February, 2012). *The Future of Counseling Psychology in Schools of Education: Endorsement of Master's Training Competencies*. Presented at the Midwinter Conference of the Council of Counseling Psychology Training Programs (CCPTP). Miami, FL.
- Fouad, N., & **Scheel, M. J.** (February, 2012). *Seeking MCAC Accreditation*. Presented at the Midwinter Conference of the Council of Counseling Psychology Training Programs (CCPTP). Miami, FL.
- Scheel, M. J.** (February, 2011). *Master's Education in Counseling Psychology: Current Status and Challenges*. Presentation at the 2011 Midwinter Conference of the Council of Counseling Psychology Training Programs, Tamaya, New Mexico.
- Scheel, M. J.** (August, 2010). *Whatever Happened to Counseling in Counseling Psychology?* In C. W. Conoley (Chair), *The Decline of Counseling Research in Counseling Psychology* symposium at the annual meeting of the American Psychological Association, San Diego, CA.
- Scheel, M. J.** (Chair), \*Cole, B., \*Berryman, K., \*Gundel, B., \*Klentz Davis, C., \*Grosu, C., \*Hinojos, B., & \*Ferrell, A. (August, 2010). *Developmental and Cultural Contexts of Strength-Oriented Therapy*. Symposium presented at the annual meeting of the American Psychological Association, San Diego, CA.
- Scheel, M. J.** & Heppner, M. (February, 2010). *Making Connections between Portfolio Assessment and the Competency Benchmarks*. Presented at the 2010 Joint Conference of APA Psychology Training Councils, Orlando, FL.
- Scheel, M. J.,** Juntunen, C., & Chung, B. (February, 2010). *An Update on the Master's Training Issue in the Psychology Profession*. Presented at the 2010 Joint Conference of APA Psychology Training Councils, Orlando, FL.
- Scheel, M. J.** (August, 2009). *Psychotherapy Science Lifetime Achievement Presentation—A Tribute to Donald Atkinson*. Chair and organizer of symposium presented at the annual

- meeting of the American Psychological Association, Toronto, Canada.
- Scheel, M. J.** (August, 2009). *Innovative Research Methods in the Study of Psychotherapy*. Chair and organizer of symposium presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- \*Henderson, J., \*Klentz, C., & **Scheel, M. J.** (August, 2009). *Using Client Strengths in Psychotherapy*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Scheel, M. J.** (February, 2009). *Practicum Guidelines of the Association of State and Provincial Psychology Boards (ASPPB)*. Presentation at the midwinter meeting of the Council of Counseling Psychology Training Programs.
- Scheel, M. J.** (February, 2009). *Master's Training in Counseling Psychology Programs*. Presentation at the midwinter meeting of the Council of Counseling Psychology Training Programs (CCPTP).
- Scheel, M. J.** (August, 2008). *Contributions of Bruce Wampold to Psychotherapy Research*. Symposium chaired and organized at the annual meeting of the American Psychological Association, Boston, MA.
- Scheel, M. J.**, & Conoley, C. W. (February, 2008). *Strengths-Based Psychotherapy: Current Status and Future Directions*. In S. Lonborg's *Advancing Psychotherapy Process and Outcome Research: Current Status and Future Directions*. Symposium presented at the International Counseling Psychology Conference, Chicago, IL.
- Scheel, M. J.**, \*Backhaus, A., & \*Madabhushi, S. (August, 2007). *The Promotion of Academic Motivation through Counseling*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Scheel, M. J.** (chair) (August, 2007). *An Eco-Systemic Intervention to Prevent School Drop Outs*. Symposium chaired and organized at the annual meeting of the American Psychological Association, San Francisco, CA.
- Scheel, M. J.**, & \*Rudy, M. (August, 2006). *An Eco-Systemic Intervention for At-Risk Adolescents and Parents*. In M. J. Scheel's (chair) *Motivation and Hope in Systems of Psychotherapy* Symposium presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- \*Gonzalez, J., & **Scheel, M. J.** (August, 2006). *Hope and the Working Alliance: An Efficacious Formula*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- \*Razzhavaikina, T., & **Scheel, M. J.** (August, 2006). *Exploring Mentee Acculturation and Mentor Multicultural Competence*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- \*Rudy, M., \*Backhaus, A. L., \*Madabhushi, S., & **Scheel M. J.** (April, 2006). *Counseling at-risk high school students: The relationships between hope, academic motivation and the working alliance*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Purdue University, West Lafayette, Indiana.
- \*Gonzalez, J., **Scheel, M. J.**, & Conoley, C. W. (August, 2005). *The Treatment of the Demoralization of Clients: Hope in Psychotherapy*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- \*Allen-Portsche, S., **Scheel, M. J.**, Gill, K., & Hart, T. (August, 2005). *Fostering Achievement Motivation in At-Risk High School Students: A Counseling Intervention*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

- Scheel, M. J.,** \*Allen-Portsche, S. M., \*Razzhavaikina, T. I., \*List Kalnins, T., Thompson, S. W., \*Rudy, M. S., & \*Cline, G. (August, 2004). *International Students' Expectations of Counseling: An Intervention Study*. Poster presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.
- Scheel, M. J.** (August, 2003). *The Marital Enrichment Experience. Do Couples Mean What They Say?* In D. C. Ivey's (chair) *Traditional and Postmarital Family Systems Interventions* Symposium presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Scheel, M. J.** (February, 2003). *Mentoring Junior Faculty in Counseling Psychology*. Presented at the annual meeting of the Council of Counseling Psychology Training Programs, Tampa Bay, FL.
- Scheel, M. J.,** \*Razzhavaikina, T., \*Allen, S., \*Bonsi, E., & \*Shamburg, B. S. (August, 2002). *The therapeutic value of client experiences with homework*. Presented at the annual meeting of the American Psychological Association, Chicago, ILL.
- Scheel, M. J.** (August, 2002). *Recommending actions to clients: Treatment acceptability and methods of delivery*. In M. Scheel's (chair) *The Action Phase of Psychotherapy: Current Perspectives* Symposium. Presented at the annual meeting of the American Psychological Association, Chicago, ILL.
- Scheel, M. J.** (August, 2002). *Consideration of Gender in Psychotherapy Training*. In W. Hanson's (chair) symposium, *Multicultural Training in Counseling Psychology Programs*. Presented at the annual meeting of the American Psychological Association, Chicago, ILL.
- \*Kristjansson, S., Kircher, J., Packard, T., Packard, K., & Scheel, M. J. (August, 2002). *Individual and Couple Variables Predicting Outcome in Marital Enrichment: An HLM Analysis*. Presented at the annual meeting of the American Psychological Association, Chicago, ILL.
- Scheel, M. J.,** & Packard, K. (August, 2000). *Integrating the old and new in marital enrichment treatment*. In M. J. Scheel's (chair) *Marital Enrichment: Does One Size Fit All?* Symposium presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Scheel, M. J.,** Ivey, D. C., & Jankowski, P. J. (August, 1999). *Comparison of treatment acceptability among family members: Consideration of a systemic contextualist model*. In M. J. Scheel's (chair) *Clinical judgment: Family therapy applications in a post-modern world*. Symposium presented at the annual meeting of the American Psychological Association, Boston.
- Packard, T., Packard, K., **Scheel, M. J.,** \*Forsythe, N., \*Pranata, H., & \*Kristjansson, S. (August, 1999). *The influence of marital distress on the course of treatment using relationship enhancement and couples communication*. Poster presented at the annual meeting of the American Psychological Association, Boston.
- Scheel, M. J.,** \*Hoggan, K., \*Willie, D., \*McDonald, K., & \*Tonin, S. (August, 1999). *Client understanding of homework determined through therapist delivery*. Poster presented at the annual meeting of the American Psychological Association, Boston.
- Scheel, M. J.,** & Ivey, D. C. (August, 1998). *Hypothesis generation through both a feminist and constructivist-systemic framework*. Symposium presented at the annual meeting of the American Psychological Association, San Francisco.
- Scheel, M. J.,** \*Seaman, S., \*Mullin, T., \*Mahoney, K., \*Roach, K., & \*Nilson, A. (August,

- 1998). *Prediction of counselor recommendation implementation: Consideration of multiple perspectives*. Poster presented at the annual meeting of the American Psychological Association, San Francisco.
- Scheel, M. J., & Ivey, D. C.** (August, 1997). *Systemic formulations: A product of the questions we ask*. In M.J. Scheel's (chair), *Clinical judgment in marriage and family therapy*. Symposium conducted at the annual meeting of the American Psychological Association, Chicago, Ill.
- Scheel, M. J., \*Mullin, T., \*Seaman, S., \*Roach, K., and \*Seashore, K.** (August, 1997). *Counselor recommendations: Development of a typology and comparison with client internalizations*. Presented at the annual meeting of the American Psychological Association, Chicago, Ill.
- Scheel, M. J., \*Rieckmann, T., & \*Sonne, S.** (August, 1996). *Influential factors in client acceptability and implementation of counselor recommendations*. Presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Scheel, M. J.** (August, 1996) *The meeting of two subjective realities: Counselor recommendations and client acceptability*. In M.J. Scheel and D.C. Ivey's (Co-chairs), *Constructivist applications in psychotherapy*. Symposium conducted at the annual meeting of the American Psychological Association, Toronto, Canada.
- Scheel, M. J., & Goldsmith, D., & \*Rieckmann, T.** (August, 1995). *Predictors of empowerment with parents of children identified as psychologically disordered*. Presented at the annual meeting of the American Psychological Association Convention, New York City.
- Scheel, M. J.** (March, 1994). *Family counseling training for school counselors*. Paper presented at the annual meeting of the Rocky Mountain Association of Counselor Educators and Supervisors (RMACES), Jackson, Wyoming.
- Scheel, M. J.** (August, 1994). *Milan applications with parent groups*. Paper presented at the annual meeting of American Psychological Association, Los Angeles.
- Scheel, M. J., & Conoley, C. W.** (August, 1993). *Circular questioning and neutrality: An investigation of the process relationship*. Paper presented at annual meeting of American Psychological Association convention, Toronto.
- Scheel, M. J.** (August, 1993). *Interventive and descriptive: An empirically investigated classification system for circular questioning*. Paper presented at the annual meeting of American Psychological Association Convention, Toronto.
- Conoley, C. W., Freeman, S. A., Daniels, J. A., **Scheel, M. J., & Larson, L.,** (August, 1992). *Multipotentiality of career choices in gifted high school juniors*. Poster presented at the annual meeting of American Psychological Association, Washington, D.C.
- Conoley, C. W., **Scheel, M. J., & Ivey, D. C.** (August, 1991). *Using client's position as a technique for increasing acceptability of marriage therapy interventions*. Paper presented at the annual meeting of American Psychological Association, San Francisco.
- Conoley, C. W., & **Scheel, M. J.** (August, 1991). *A systems theory model of problem formulation*. Symposium conducted at the annual meeting of American Psychological Association, San Francisco.
- Leung, S. A., Ivey, D. C., & **Scheel, M. J.** (August, 1991). *A systematic approach to testing Gottfredson's 1981 theory*. Poster presented at the annual meeting of the American Psychological Association, San Francisco.
- Conoley, C. W., Ivey, D., & **Scheel, M. J.** (August, 1990). *Using empathic rationales with consultation interviews*. Paper presented at the annual meeting of the American

Psychological Association, Boston.

Leung, S. A., Conoley, C. W., **Scheel, M. J.**, & Sonnenberg, R. (August, 1990). *The relationship between vocational identity, consistency, and differentiation*. Poster presented at the annual meeting of the American Psychological Association, Boston.

Leung, S. A., & **Scheel, M. J.** (March, 1990). *The career and educational aspirations of gifted high school students*. Paper presented at the annual meeting of the Midwest Educational Research Association, Chicago.

### ***State and local conferences, meetings, and community outreach***

**Scheel, M. J.** (January, 2020). *Feeling good! What Makes People Happy*. Presentation at the Behavioral Health Threat Assessment (BETA) Training for Law Enforcement, Lincoln, NE.

**Scheel, M. J.** (August, 2019). *Feeling good! What gives people joy, motivation, and happiness at work*. Presentation at UNL Educational Administration faculty retreat, Lincoln, Nebraska.

**Scheel, M. J.**, & Conoley, C. W. (November 2, 2018). *Goal Focused Positive Psychotherapy*. Workshop presented at Counseling and Psychological Services (CAPS), University of Nebraska-Lincoln (UN-L), Lincoln, Nebraska.

**Scheel, M. J.** (April 17, 2018). *Feeling Good! What Really Makes People Happy*. Invited presentation to *Teammates*, Lincoln, Nebraska.

**Scheel, M. J.** (March, 2017). *Happier Lincoln: Celebrating the 5<sup>th</sup> International Day of Happiness through Positive Psychology Research and Education*. Invited by Nick Hernandez of KZUM Radio.

**Scheel, M. J.** (October, 2016). *What Makes People Happy? Using Positive Psychology to Gain Happiness*. Invited 90-minute presentation through the Osher Lifelong Learning Institute (OLLI).

**Scheel, M. J.** (March, 2016). *Positive Psychology, Promoting Happiness and Well-Being across Contexts*. College of Education and Human Sciences (CEHS) Spark Talk.

**Scheel, M. J.** (November, 2010). *Competency and Licensure in Professional Psychology*. Presentation at Montana State University Counseling and Psychological Services, Bozeman, MT.

**Scheel, M. J.** (November, 2009). *Preparation of the 21<sup>st</sup> Century Grant for Lincoln North Star High School*. Roundtable discussion at Lincoln North Star High School, Lincoln, NE.

**Scheel, M. J.**, Thompson, S., Garrett, A., & Hart, T. (December, 2008). *Results from the College Climate Study of the Present Status of GLBT within the College*. Presented at the December meeting of the College of Education and Human Sciences faculty.

**Scheel, M. J.** (November, 2008). *Parent Workshop: Helping your Child be Successful in School*. Presented at Mickle Middle School.

**Scheel, M. J.**, & \*Rudy, M. H. (October, 2008). *Parent Workshop: Helping your Child be Successful in School*. Presented at Mickle Middle School.

**Scheel, M. J.**, & \*Rudy, M. H. (March, 2007). *University and LPS Partnership for Reducing High School Student Failure*. Presented as part of the *UNL, LPS, and Lincoln: Reaching Out to Our Diverse Community Leadership Lincoln Series*.

**Scheel, M. J.**, & \*Rudy, M. H. (March, 2007). *Parent Workshop: How to Help your Student be Successful in School*. Workshop presented at Lincoln Northeast High School.



- Scheel, M. J.,** \*Gonzalez, J., \*Rudy, M., & \*Razzhavaikina, T. (October, 2005). *Effective Parenting by Helping your Student Achieve Success in School*. Workshop presented at Lincoln Northeast High School.
- Scheel, M. J.,** (October, 2005). *Academic Motivation*. Invited presentation to school counselors at Educational Service Unit #4.
- Scheel, M. J.,** Bohlman, L., \*Thompson, S., \*Razzhavaikina, T.I., \*Gonzalez, J., \*Witte, A., \*Rudy, M., \*Chatelain, A., \*Gill, K., \*Allen Portsche, S., & \*Hobza, C. (April, 2005). *Effective Parenting by Helping your Student Achieve Success in School*. Workshop presented at Lincoln Northeast High School.
- Scheel, M. J.,** (chair), \*Thompson, S., \*Allen Portsche, S., \*Gill, K., \*Razzhavaikina, T. I., \*Witte, A., & \*Chatelain, A. (October, 2004). *Promoting Academic Motivation through Counseling Interventions*. Student research symposium at the University of Nebraska-Lincoln College of Education and Human Sciences.
- Scheel, M. J.** (October, 2003). *Tips for applying to doctoral programs in counseling psychology*. Presented to the Psi Chi Honors Fraternity, University of Nebraska-Lincoln, Lincoln, NE.
- Scheel, M. J.,** \*Bonsi, E., \*Allen-Porsche, S., \*Razzhavaikina, T., \*Kalnins, T., \*Zlomke, J., \*Thompson, S., \*Peng, Y., & \*Rudy, M. (April, 2003). *Working with Families through Solution-Focused Therapy*. Presented at the 19<sup>th</sup> annual Sharing Our Best Conference, Beatrice, NE.
- \*Razzhavaikina, T., & **Scheel, M. J.** (September, 2002). *Counseling Ethnically Diverse Families*. Presented at the annual state conference of the Nebraska Counseling Association, Kearney, NE.
- Scheel, M. J.** (February, 2002). *Healthy Relationships*. Presented to the UNL Prevent organization.
- Scheel, M. J.** (January, 2001). *Effective Parenting*. Presented at the Lincoln YWCA as part of Teen Pregnancy Program.
- Scheel, M. J.** (March, 1999). *An overview of family therapy*. Presented to the family consult therapist group of the University of Utah Counseling Center.
- Scheel, M. J.,** \*Mullin, T., \*Mahoney, K., \*Seaman, S., \*Roach, K., \*Nilson, A., & \*Seashore, K. (April, 1998). *Counselor recommendations and client acceptability: The meeting of two subjective realities*. Presented at the University of Utah Counseling Center Symposium Series, University of Utah.
- Scheel, M. J.** (February, 1998). *Assessment of risk*. Presented at the annual Wasatch Front School Counselor Conference, Logan, Utah.
- Scheel, M. J.,** Mullin, T., Mahoney, K., Seaman, S., Roach, K., Nilson, A., & Seashore, K. (October, 1997). *Counselor recommendations and client acceptability at a university counseling center*. Presented at the conference of Utah University Counseling Centers, Park City, Utah.
- Scheel, M. J.** (March, 1997). *Brief psychotherapy*. Presented at the annual meeting of the Utah Counseling Association, Orem, Utah.
- Scheel, M. J.** (February, 1995). *Milan systemic family therapy*. Presented in the Department of Educational Psychology Seminar Series, University of Utah, Salt Lake City, UT.
- Scheel, M. J.** (April, 1994). *Enhancement of staff relationships in the school*. Workshop conducted for Rose Park Elementary School staff and faculty.
- Scheel, M. J.** (October, 1993). *A three-tier family systems intervention approach for oppositional children*. Paper presented at the Jordan district school psychologists

meeting.

Leung, S. A. & Scheel, M. J. (October, 1989). *A vocational profile of gifted high school students in Nebraska*. Symposium conducted at the annual meeting of the Nebraska Professional Counselor Association.

## **TEACHING**

EDPS 953: Psychological Assessment II, UNL, Spring, 2020  
EDPS 853: Psychological Assessment I, UNL, Fall, 2016  
EDPS 997E: Supervision and Consultation, UNL, 2015-2019  
EDPS 320: Happiness & Well-Being through Positive Psychology, UNL, 2014 - present  
EDPS 991: Positive Psychology, Personality, and Psychotherapy, UNL, 2011, 2013  
EDPS 964: Counseling Theories and Interventions, UNL, 2005  
EDPS 965A: Group Counseling, UNL, 2001-2006, 2009, 2013, 2015  
EDPS 974: School Counseling, UNL, Summer 2001, 2003, 2005, 2009, 2012  
EDPS 975: Vocational Psychology, UNL, 2007, 2009  
EDPS 976: Adv. Counseling Psychology I: Theory and Practice, UNL, Fall, 2001-2019  
EDPS 985: Couple and Family Counseling, UNL, Spring, 2002 - 2018  
EDPS 997A: Practicum in Counseling, UNL, 2000  
EDPS 997B: Field Placement, UNL, Fall & Spring, 2001-2014  
EDPS 997G: Advanced Counseling Practicum, UNL, Fall 2001-2006, 2008-2014  
EDPS 6710: Beginning Counseling Practicum, Utah, 1999  
EDPS 6210: Counseling Procedures, Utah, 1999  
EDPS 771: Advanced Practicum in Counseling, Utah, 1997-99.  
EDPS 695: Family Psychotherapy, Utah, 1996 & 1998.  
EDPS 633: Vocational Guidance and Career Planning, Utah, 1996-98.  
EDPS 695: Couples Therapy, Utah, 1995, 1997, & 1999.  
EDPS 601: Introduction to Statistics, Utah, 1995-98.  
EDPS 302: Introduction to Educational Psychology, Utah, 1995-96.  
EDPS 620: Counseling Theories and Procedures, Utah, 1993-98.  
EDPS 630: Tests and Measurements, Utah, 1994.  
EDPS 671: Practicum in Counseling, Utah, 1994-1998.  
EDPS 690: Internship in Counseling, Utah, 1994, 1995.  
EDPS 625: Family Counseling for School-based Problems, Utah, 1994-1998  
EDPS 261: Psychological Foundations for Education, UNL, 1989.  
EDPS 866: Counseling Methods, Teaching Assistant, UNL, 1990 & 1991.  
EDPS 975: Vocational Psychology, Teaching Assistant, UNL, 1990.

## **CHAired DISSERTATION and THESES RESEARCH**

41. Lindner, S. (Proposed, October, 2021). *An Interpretative Qualitative Investigation of the Lived Experiences of LGBT Elders during COVID-19*.
40. Wilson, E. (Proposed, March, 2021). *Examining Cisgender Mental Health Practitioner's Attitudes and Knowledge of Gender Diversity: An Experimental Vignette Study*.
39. Farquhar-Leicester, A. (Defended, April, 2021). *The Intersection of Transgender and Gender-Diverse Identity and Neurodiversity: An Exploratory Study and Application of Minority Stress Theory*

38. LaRosa, M. (Proposed, September, 2020). *Understanding unwanted sexual experiences of transgender and gender diverse individuals: An interpretative phenomenological study.*
37. Bell, H. (Proposed, May, 2020). *The relationship between transgender discrimination and mental health moderated by protective factors.*
36. Kobashigawa, W. (Proposed, January, 2021). *I'm coming home: A retrospective phenomenological student on former adolescents' subjective experience of returning to society after residential treatment.*
35. Byrom, R. (Defended May, 2021). *Exploring supervisor experiences of hope in clinical supervision: A phenomenological approach.*
34. Cassidy, K. (Defended July, 2020). *Well-being in Trans Population: An Investigation of Chosen and Biological Family Support.*
33. Emery, A. (Defended October, 2019). *Can Self Compassion Provide Protection Against the Negative Consequences of Internalized Racism among African Americans?*
32. Wachira, A. (Defended, November 4, 2019). *Psychosocial adjustment experiences of first-generation Black, African men in the United States: A phenomenological approach.*
31. Gassman, S. (Defended July, 2019). *The Effect of Optimism, Basic Psychological Needs, and Motivation Type on Exercise Engagement.*
30. Chatters, L. (Defended June, 2018). *Exploring the Mediating Effects of Racial Microaggressions, Racial/Ethnic Socialization, and Academic Motivation, and African American Identity on Mattering of African American Students at Predominantly White Institutions.*
29. Berryman, K. (Defended April, 2019). *Hope-Based Group Counseling with Low Achieving Ninth Grade Students to Increase Academic Motivation: A Mixed Methods Approach.*
28. Gundel, B. (Defended April, 2016). *Sudanese Refugees, Psychological Need, and Mental Health Care: A Phenomenological Study of Sudanese Beliefs about Psychological Treatment.*
27. McCain, M. (Defended April, 2016). *A Grounded Theory Exploration of Religious Leaders Referral Practices with Primarily African Americans.*
26. Davis, V. C. (Proposed, October, 2015). *Individual counseling with clients with locked-in syndrome using AAC technology.*
25. Cerda, P. (Defended December, 2015). *The Influence of Family Support on First Generation Latino/a College Students: A Multiple Case Study.*
24. Bartholomew, T. T. (Defended April, 2015). *A Multiple Method Qualitative Study of Psychological Distress and Ill Mental Health Treatment among the Ovambo in Northern Namibia.*
23. Klentz Davis, C. (Defended June, 2015). *An Evaluation of the Impact of a Couples Enrichment Program on Relationship Satisfaction, Communication, Conflict Resolution, & Forgiveness.*
22. Parnell, K. (Defended April, 2015). *The influence of a couple gratitude intervention on positive emotions, intimacy, and relationship satisfaction.*

21. Warrior, A. (June, 2015). *The emotional experience of American Indians receiving hemodialysis and how it relates to treatment adherence.*
20. Herzberg, S. (December, 2013). *The influence of incomer status: The role of rural background, knowledge of mental health services, and perceived stigma on help-seeking attitudes.*
19. Reznicek-Parrado, J. (July, 2013). *Strengths versus deficits: The impact of gender role conflict and counseling approach on the appeal of therapy for men.*
18. Wang, S. (2012). *What is it like to be Chinese for three immigrant families living in the Midwest, U.S.A.? A qualitative multiple case study.*
17. Henderson, J. A. (2012). *Promoting healthy body image in college men: An evaluation of a psychoeducational program.*
16. Bitz, A. (2011). *First year college student adjustment: Does rurality matter?*
15. Badiie, M. (2011, co-chair). *Portraits of empowerment: Iranian-American women as political activists.*
14. Mohsen-Johnson, F. (2010). *A naturalistic study of exercise adherence among a community based sample at a fitness facility.*
13. Gonzalez, J. (2010). *The battered woman experience: A phenomenological study exploring the lives of Latina women and their experience with domestic violence.*
12. Robinson-Keilig, R. (2010). *An investigation of interpersonal disruptions and secondary traumatic stress among mental health therapists.*
11. Thompson, S. (2010). *The contextual characteristics of caring teachers: Integrating curriculum and classroom management: A multiple case study.*
10. Cline, G. (2009). *Predictive factors of emotional acceptance.*
9. Hart, T. (2009). *Exploring how couples utilize premarital counseling: A grounded therapy approach.*
8. Allen-Portsche, S. M. (2008) *Multicultural counseling competence in home-based therapy: A phenomenological study.*
7. Razzhavaikina, T. I. (2008). *Mandatory counseling: A mixed methods study of factors that contribute to the development of the working alliance.*
6. Petska, K. (2007, co-chair). *Using personality variables to predict academic success in a personalized system of instruction.*
5. List-Kalnins, T. K. (2006). *The use of the Millon behavioral medicine diagnostic for screening gastric bypass surgical and an exploration of post-surgical outcomes: A mixed methods study.*
4. Bonsi, E. (2006). *An empirical investigation of the usefulness of solution talk in solution focused therapy.*
3. Ortega, C. N. (2004). *Fathers behind bars: Predictors of the maintenance of family ties during incarceration.*
2. Paulk, D. (2004). *Bullying from the perspective of middle level students: A qualitative study.*
1. White Vidlak, N. (2002). *Identifying important factors in supervisor development: An examination of supervisor experience, training, and attributes.*

## **SERVICE**

### ***National***

Member, SCP Master's Training Issue Task Group, Spring, 2021 to present

Chair, APA accreditation site visit, Texas A&M University. April 28-29, 2021

Member, CRRSPP Writing Committee for Petition to Recognize Counseling Psychology Practice Specialty, October, 2019 through December, 2020.  
Co-chair, Master's Training Programming Committee, 2020 Counseling Psychology Conference, April 2 – 5, 2020.  
Chair, APA accreditation site visit, University of Georgia, October 30 & 31, 2019.  
Co-chair, Master's education, International Counseling Psychology Conference, New Orleans, LA, April 2– 5, 2020.  
Chair, APA accreditation site visit, University of Denver, November 8 & 9, 2018.  
Chair, APA accreditation site visit, University of Missouri-Columbia, Feb. 22 & 23, 2018.  
Chair, SCP Master's Training Strategic Task Group, 2017-2018.  
Chair, APA accreditation site visit team, Indiana University, April 27 & 28, 2017.  
Liaison from SCP to the Council of Counseling Psychology Training Programs, 2016-2019.  
Fellows Selection Committee, Society of Counseling Psychology, 2015-2018.  
Liaison from SCP to the APA Board of Educational Affairs (BEA), 2016-2019.  
Vice President for Education and Training, Society of Counseling Psychology, 2016-2019.  
Co-chair, SCP Strategic Task Group, *The Counseling Psychology Model Training Program*, 2016 to 2018.  
Member, APA accreditation site visit team, UMass Boston, 2015  
Consultant, University of Kentucky counseling psychology program, March, 2015  
Member, APA accreditation site visit team, Southern Illinois University, 2014.  
Member, Master's Training and Accreditation Summit II, Baltimore, MD, October, 2014  
Member, Master's Training and Accreditation Summit I, Dallas, TX, May, 2014  
Member, APA accreditation site visit team, Georgia State University, 2013  
Co-chair, CCPTP and SCP *Master's Competencies Work Group*, 2011 to 2013.  
Past president, Council of Counseling Psychology Training Programs (CCPTP), 2010-2011  
President, Council of Counseling Psychology Training Programs (CCPTP), 2009-2010  
Chair, SCP Section for the Promotion of Psychotherapy Science, 2009-2010  
Liaison, CCPTP to the Association of State and Provincial Psychology Boards, 2008-2010  
President-elect, CCPTP, 2008-2009  
Chair, SCP, Section for the Promotion of Psychotherapy Science, 2008-2009  
Chair, Strategic Task Group on Master's Level Counseling Training, SCP, 2008-2010  
Member, CCPTP, Executive Board, 2007-2010  
Chair designate, CCPTP, 2007-2008  
Chair-elect, SCP Section for the Promotion of Psychotherapy Science, 2007-2008  
Secretary, SCP Section for the Promotion of Psychotherapy Science, 2006-2007  
Member, APA accreditation site visit team; U. of Oklahoma; 2006  
Member, APA Division 43, Special Interest Groups Committee, 1999-2000

### ***Editorial Service***

Guest Editor, *Journal of Counseling Psychology*, Spring, 2019  
Action Editor, *The Counseling Psychologist*, Special issue on Applications in Positive Psychology, 2013-2015  
Associate Editor, *The Counseling Psychologist*, 2014-2019  
Associate Editor-appointed, *The Counseling Psychologist*, 2013  
Editorial Board, *The Counseling Psychologist*, January, 2011-2014  
Editorial Board, *Journal of Counseling Psychology*, 2009-2011

Editorial Board: *Psychotherapy Research*, 2006 to 2018  
Editorial Board, Feature Article Reviewer: *The Family Psychologist*, 1996-2002.  
Ad hoc Reviewer, *Journal of Counseling Psychology*  
Ad hoc Reviewer, *Journal of Clinical Psychology*  
Ad hoc Reviewer: *Psychotherapy Research*  
Ad hoc Reviewer: *Journal of Consulting and Clinical Psychology*  
Ad hoc Reviewer: *Journal of Marriage and the Family*  
Ad hoc Reviewer: *Asian Journal of Counseling*  
External Reviewer, Promotion and Tenure 2001 (1); 2002 (2); 2005 (1), 2009 (2), 2010 (2), 2013 (1), 2014 (1), 2015 (2), 2016 (5), 2017 (3), 2018 (2), 2019 (2)  
Prentice Hall Book Reviews 2001 (1); 2002 (1); 2004 (1); 2005 (1)

### ***University***

Member, Task Force on Professional Conduct, UNL, 2017  
Member, Faculty Advisory Board, Social and Behavioral Sciences Research Consortium (SBSRC), 2016-2019  
University Institutional Review Board, Alternate, 2014-2018  
University Institutional Review Board, Member, 2007-2010 (UNL)  
Academic Senate, 2001-2003 (UNL)  
General University Institutional Review Board, Member, 1994-1998 (U of Utah)

### ***College***

Member, Chairs Leadership Council, 2018 to 2021  
Member, CEHS Dean's Search Committee, 2018-2019  
Member, CEHS Promotion and Tenure Committee, 2011-2012; 2013, 2015, 2016  
Member, CEHS Awards Committee, 2009  
Member, CEHS GLBT Faculty Survey Committee, 2007-2008  
Member, CEHS GLBT Reading Group, Fall, 2007  
Member, CEHS GLBT Interest Group, 2007  
Member, CEHS MFT Faculty Search Committee, 2006-2007  
Member, CEHS College Merger Committee, Fall, 2002  
Member, Teachers College, Planning and Allocations Committee, 2001-2003  
Chair, College of Education Curriculum Committee, 1997-2000 (U of U).  
Member, College of Education Scholarship Committee, 1998-2000 (U of U)  
Member, College of Education Teaching Committee, 1995-1996 (U of U)

### ***Department***

Chair, Department of Educational Psychology, August, 2018 – 2021  
Analyzer, RPT file, Fall, 2017  
Member, Graduate Committee, 2017.  
Chair, Faculty Promotion Committee, 2016 (UNL)  
Co-chair, Bullying Prevention Faculty Search Committee, 2015-2016 (UNL)  
Supervision of EDPS 320 (Happiness and Well-Being), 2014 - present (UNL)  
Faculty Mentor, 2015- present (UNL)  
Chair, Faculty Search Committee, Counseling Psychology, 2014-2015 (UNL)  
Program Director of Training, UNL, Counseling Psychology, 2000-2017 (UNL)

Chair, Faculty Search Committee, 2008-2009 (UNL)  
Analyzer of RPT file, 2007 (UNL)  
Chair, Faculty Search Committee, Counseling Psychology, 2005-2006 (UNL)  
Chair, Faculty Search Committee, Counseling Psychology, 2003-2004 (UNL)  
Analyzer of RPT file, Graduate Committee of Educational Psychology, 2003 (UNL)  
Member Department Graduate Committee for Midcourse Review, 2001 (UNL)  
Member, Department of Ed. Psychology Executive Committee, 2000-2017 (UNL)  
Faculty Advisor, Ethnic Minority Affairs Committee, 2001-2002 (UNL)  
Chair, Department of Ed. Psychology Diversity Committee, 1998-2000 (U of U).  
Member, Masters in Counseling Program Committee, 1993-2000 (U of Utah)  
Member, Counseling Psychology Program Committee, 1997-2000 (U of U)  
Member, Department of Ed. Psychology Diversity Committee, 1996-1998 (U of U)

### ***Advisory Boards***

Nebraska Career Information Advisory Board, 2000-2011  
Wellness Advisory Board, 2002 (UNL)  
Member, Advisory Board, For Immigrants and Refugees Surviving Torture (FIRST) Project,  
2003-2007  
School Guidance Counselor Ad Hoc Committee, NE Department of Education, 2004

### ***State Offices***

President, Utah Mental Health Counseling Association (UMHCA), 1995-1996

### **PROFESSIONAL ORGANIZATIONS**

Council of Counseling Psychology Training Programs (CCPTP)  
American Psychological Association (APA)  
Division 17, APA - Society of Counseling Psychology (SCP)  
    SCP Section for the Promotion of Psychotherapy Science (SPPS)  
    SCP Section on Positive Psychology  
    SCP Section on Supervision and Training  
Division 43, APA – Society of Family Psychology  
Division 29, APA – Society for the Advancement of Psychotherapy  
Society of Psychotherapy Research (SPR)  
Nebraska Psychological Association (NPA)