# Texas State University VITA

# Millie Cordaro, PhD, LPC

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**Educational Background**

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| --- | --- | --- | --- | --- |
| **Degree** | **Year** | **University** | **Major** | **Thesis/Dissertation** |
| Ph.D. | 2006 | Florida International University | Lifespan Developmental Psychology | Dissertation Manuscript “*Treatment Process Predictors of Program Completion or Dropout of a Brief Motivational Substance Abuse Intervention for Minority Adolescents.”* |
| M.A. | 2002 | University of West Florida | Psychology | Master’s Thesis “*The Relationship Efficacy and Motivation Orientation of Young Adults.”* |
| B.A. | 2000 | University of West Florida | Psychology |  |

**University Experience**

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| **Position** | **University** | **Dates** |
| Senior Lecturer | Texas State University | 2010-current |
| Lecturer | Texas State University | 2007-2010 |
| Postdoctoral Teaching Fellowship | University of West Florida | 2006-2007 |
| Graduate Teaching Assistantship | Florida International University | 2002-2006 |

**Relevant Teaching Experience**

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| **Position** | **Entity** | **Dates** |
| Teaching Online @ TXST Certification | ODEL | 2020 |
| Foundations of Positive Psychology Specialization | University of Pennsylvania | 2019 |
| Sloan-C Online Instructor Certification Supervisor | Sloan-C | 2014 |

**Relevant Counseling Experience**

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| **Position** | **Entity** | **Dates** |
| Certified Compassion Fatigue Professional | Evergreen Certifications | 2022 |
| Breathwork Certification | My Vinyasa Practice | 2022 |
| 500-hour Yoga Teacher Certification | My Vinyasa Practice | 2021-2022 |
| Mindfulness-Based Stress Reduction Certification | Palouse Mindfulness | 2021 |
| Licensed Professional Counselor (LPC) in Private Practice Austin, TX and Telehealth | Texas Board for Professional Counselors | 2008-current |
| Cognitive Behavioral Therapy, Motivational Interviewing and Guided Self-Change | Florida International University | 2004-2006 |

# TEACHING

2013-current Senior Lecturer, *Texas State University*

Psychology of Adulthood and Aging

Professional Seminar: Careers in Psychology

2007-2012 Senior Lecturer, *Texas State University Round Rock*

Lifespan Development

Introduction to Clinical Psychology

Adolescent Psychology

Psychology of Adulthood and Aging

Theories of Personality

Abnormal Psychology

Child Development

Theories of Group Counseling

2002-2006 Graduate Teaching Assistantship, *Florida International University*.

Abnormal Psychology

General Psychology

Psychology of Human Sexuality

Psychology of Adolescence

Infant and Child Development

# SCHOLARLY/CREATIVE

**Publications**

Shrestha, N. R., Deason, R. G., Cordaro, M., Howard, K., & Haskard-Zolnierek, K. (2023). Evaluating the relationship of empathic concern to college students' responses to the COVID-19 pandemic. *Journal of American College Health*, 1–7. Advance online publication. https://doi.org/10.1080/07448481.2023.2224432

Schmiedehaus, E., Snyder, E., Perrotte, J., Deason, R., Howard, K., & **Cordaro, M.** (2023). The Ongoing Mental Health Plight of Depressed College Students: Clinical Recommendations and the Importance of Early Screening and Detection. *Issues in mental health nursing, 44*(6), 562–570. https://doi.org/10.1080/01612840.2023.2215866

**Cordaro, M**., Meca, A., Garcia, A.J., Ramos, S., & Howard, K.J. (2023). Al Mal Tiempo, Buena Cara (keeping a good face during bad times): Differential psychosocial and health profiles between Hispanic and non-Hispanic public-school teachers in Texas. *Journal of Workplace Behavioral Health*.

Kaitlin M. Brunett, Chris Kinstley, Krista Howard, Jessica Perrotte, Rebecca Deason & **Millie Cordaro** (2023). Generalized Anxiety Disorder in College Students During the COVID-19 Pandemic: The Importance of Screening and Early Detection During Traumatic Stressor Events, Journal of College Student Psychotherapy, DOI: [10.1080/87568225.2023.2191880](https://doi.org/10.1080/87568225.2023.2191880)

Schmiedehaus, E., **Cordaro, M**., Perrotte, J., Stern, M., Dailey, S., & Howard, K. J. (2023). The Great Resignation in higher education: An occupational health approach to understanding intentions-to-quit for faculty in higher education. Teaching and Teacher Education, 123, e103992. https://doi.org/https://doi.org/10.1016/j.tate.2022.103992

Grelle, K., Shrestha, N., Ximenes, M., Perrotte, J., **Cordaro, M**., Deason, R. G., & Howard, K. (2023). The Generation Gap Revisited: Generational Differences in Mental Health, Maladaptive Coping Behaviors, and Pandemic-Related Concerns During the Initial COVID-19 Pandemic. Journal of adult development, 1–12. Advance online publication. https://doi.org/10.1007/s10804-023-09442-x

Howard, K. J., Leong, C., Chambless, S., Grigsby, T. J., **Cordaro, M**., Perrotte, J. K., & Howard, J. T. (2022). Major Depression in Postpartum Women during the COVID-19 Pandemic: Can Social Support Buffer Psychosocial Risks and Substance Use? International Journal of Environmental Research and Public Health, 19(23), 15748. MDPI AG. Retrieved from http://dx.doi.org/10.3390/ijerph192315748

Giblin, M. J., **Cordaro, M**., Haskard-Zolnierek, K., Jordan, K., Bitney, C., & Howard, K. (2022). Identifying the risk of opioid misuse in a chronic pain population: the utility of the MMPI-2-RF personality psychopathology five (PSY-5-RF) and higher-order scales. Journal of behavioral medicine, 10.1007/s10865-022-00347-w. Advance online publication. https://doi.org/10.1007/s10865-022-00347-w

Uwadiale, A., **Cordaro, M.,** Brunett, K., Stern, M., & Howard, K. (2022). Lessons Learned about the Need for Early Screening for Depression during the First Months of the COVID-19 Pandemic in the United States. Issues in mental health nursing, 43(3), 272–281. https://doi.org/10.1080/01612840.2021.1975333

**Cordaro, M.,** Grigsby, T.J., Howard, J.T., Deason, R.G., Haskard-Zolnierek, K., & Howard, K. (2021). Pandemic-Specific Factors Related to Generalized Anxiety Disorder During the Initial COVID-19 Protocols in the United States. *Issues in Mental Health Nursing*

**Cordaro, M.** (2020). Pouring from an empty cup: The case for compassion fatigue in higher education. *Journal of Healthy Academic Communities, 4* (2), 17-28.

**Cordaro, M**. (2012). Pet loss and disenfranchised grief: Implications for mental health counseling practice. *Journal of Mental Health Counseling. 34*(4), 283-294.

**Cordaro, M.,** Tubman, J.G., Wagner, E.F. & Leon Morris, S. (2011). Treatment process predictors of program completion or dropout among minority adolescents enrolled in a brief motivational substance abuse intervention. *Journal of Child and Adolescent Substance Abuse, 21*, 51-68.

**Invited Talks**

Compassion fatigue and burnout in higher education: Advocating for faculty mental health and resilience (August, 2023). Co-sponsored by CABE and APA Division 2 at the American Psychological Association (APA) Convention. Washington, DC.

Rethinking Diversity: A Novel Exploration of the Intrapersonal with an Introduction to Cultural Vulnerability (April, 2022) University of West Florida. Pensacola, FL.

Compassion Fatigue: How to Prevent Emotional Burnout and Flourish Through Adversity (March, 2022) Texas State University, Student Affairs Division Meeting. San Marcos, TX.

The Impact of the COVID-19 Pandemic on Adolescent Mental Health (February, 2022). ACLI Medical Section Annual Meeting. San Antonio, TX.

Athlete Empowerment Through Mindfulness and Self-Compassion (November, 2021). Project Serve NCAA clinic. Austin, TX.

**Conference Presentations**

Tormala, T., Pena-Shaff, J., Garcia, A. **Cordaro, M.** (2023, October). Navigating Tough, Sociocultural Classroom Dynamics in a Diverse and Polarized World. Presented at the Society for the Teaching of Psychology (STP) Annual Conference on Teaching (ACT). Portland, OR.

Garcia, A. J.,Tormala, T., Gohar, D., & **Cordaro, M.** (2021, October). Presidential Task Force on the Integration of Diversity, Equity and Inclusion and International Initiatives Across the Society for the Teaching of Psychology (STP). Asynchronous symposium facilitated at the Annual Conference on Teaching (ACT) – Virtual Program, Society for the Teaching of Psychology (STP) – American Psychological Association (APA) Division 2.

**Cordaro, M.** & Garcia, A. (October, 2020). Rethinking Diversity: Exploring the Intrapersonal Landscape of Faculty in the Classroom. Presented at Society for Teaching of Psychology Annual Conference on Teaching (ACT). Virtual, Synchronous.

**Cordaro, M.** (October, 2019). Careers in Psychology Seminar: The Essential Elements for Student Preparedness Beyond Graduation. Presented at Society for Teaching of Psychology Annual Conference on Teaching (ACT). Denver, CO.

Oskam, J. & **Cordaro, M**. (March, 2010). Online Courses: Strategies for Student Success. Presented at the annual TEXAAN conference. San Marcos, TX.

**Poster Presentations**

**Cordaro, M**., Howard, K., J Perrotte, J., Schmiedehaus, E., & Dailey, S. (2023). Compassion Fatigue and Higher Education Faculty Mental Health: A Call to the Profession. Poster presented at Health Scholar Showcase at the Translational Health Research Center. San Marcos, TX.

Coles, K., Junk, B., Schroer, A., & Cordaro, M. (April, 2010). *A preliminary investigation of optimal functioning: Relationships between coping skills, general self-efficacy, emotional intelligence and satisfaction with life.* Poster presented at the 2010 San Antonio Area Psychology Research Conference, San Antonio, TX.

Cordaro, M., Brennan, E., Holloway, L., House, E., Nanez-Gonzalez, A., & Strait, S. (May, 2007). *The good life: Using relational efficacy to predict life satisfaction*. Poster presented at the 2007 Association for Psychological Science Convention, Washington, D.C.

Swain, E., Cordaro, M., Holloway, M., House, E., Nanez-Gonzales, A., Strait, S., & Shannon Van Heest (April, 2007). *Examining associations among psychosocial variables for emerging adult interpersonal functioning.* Poster presented at SEA STARS, University of West Florida, Pensacola, Florida.

Cordaro, M., Tubman, J., & Wagner, E. (January, 2007). *Differences in treatment process among adolescent participants of a Guided Self-Change substance abuse intervention.* Poster presented at the 2007 Society for Social Work and Research Conference, San Franscico, CA

Cordaro, M., & Mathews, S. (February, 2007). Gender differences in relational motivation

orientation among emerging adults. Poster was presented at the 2007 Emerging Adulthood Conference, Tuson, AZ.

Cordaro, M., Montgomery, M. J., Hernandez, L., & Han, H. P. G. (March, 2004).

*Differentiation of self, attachment, and psychosocial intimacy as predictors of identity maturity in emerging adults.* Poster presented at the 2004 Society for Research in Identity Formation Conference, Baltimore, MD.

Hernandez, L., Hollander, S., Han, H. P. G., Montgomery, M., Hospital, M., Bryson, J., McIntosh, K., Valdez, R., Gonzalez, G., Cordaro, M., Brown, J., Waid, L., &

Lalama, C. (November, 2003). *Differentiation of self and inter- and intra- personal functioning*. Poster presented at the 2003 Society for Study of Human Development, Cambridge, MA.

Hernandez, L., Cordaro, M., & Montgomery, M. J. (May, 2003). *The co-occurrence of identity and emotional distress, peer victimization, and alcohol and other drug use among adolescents.* Poster presented at the 2003 Society for Research in Identity Formation Conference, Vancouver, BC, Canada.

Montgomery, M., Cordaro, M., Craig, J., Hernandez, L., & Hollander, S. (May, 2003).

*Relational therapies and the development of the self: Implications for identity theory and interventions*. Interactive session presented at the 2003 Society for Research in Identity Formation Conference, Vancouver, BC, Canada.

Cordaro, M. & Mathews, S. (July, 2001). *Gender Differences, Weaknesses, and Sexual Victimization.* Poster presented at the Southeastern Psychological Association Conference, Atlanta, Georgia..

# SERVICE

**University**

2020 BookCats Faculty Book Club, facilitator

2017-current Faculty Advisor- Phi Sigma Pi Honor Society

2017- current Texas State University Student Behavior Assessment Team (SBAT)

2012- 2017t Round Rock Faculty Speakers Committee

2011- 2012 Nontenure Line Faculty Committee

**Departmental**

2023-current NTL Task Force, member

2020-2022 Inclusive Excellence Committee, Member

2020-2023 Faculty Review Committee, Member

2020 Psychology Inclusive Excellence committee, Member

2016-current Undergraduate Program Committee

2010- current Mentoring Committee

2009-current Bobcat Days- Round Rock

2008-2014 Round Rock Psychology Association Faculty Adviser Texas State University Round Rock campus

**Community**

2008-current Licensed Professional Counselor, #63624

*Private Practice,* Austin, Texas

2005 Mental Health Counseling Intern, *Florida International University Counseling and Psychological Services Center*, Miami, Florida.

2004 Mental Health Counseling Intern, *Broward Outreach Center*, Pompano, Florida.

2003 Mental Health Counseling Intern, *Youth Development Project,*

Florida International University.

2002 Guided Adolescent Problem Solving (GAPS) Graduate Evaluation Specialist, *Community-Based Interventions Research Group*, Florida International University

2002 Mental Health Counseling Practicum, *Youth and Family Development Program*, Florida International University

**Professional**

2023 Society for Teaching Psychology, Diversity Committee, Member

2021 Society Teaching Psychology Presidential DEI & Internationalization Task Force, Member

2020-current Society for Teaching Psychology Conference Speakers Grant Committee, Member

2019-current Society for Teaching Psychology SoTL Research Grant Committee, Member

2019-current Society Teaching Psychology (STP) Mentoring Program

2014-2015 President, Capital of Texas Counseling Association

2012-2014 President- Elect, Capital of Texas Counseling Association

Secretary, Capital of Texas Counseling Association

**Professional Memberships**

American Psychological Association

Southeastern Psychological Association

Society for Teaching of Psychology

Southwestern Psychological Association