Afroze N. Shaikh

The University of Texas at Austin
Department of Educational Psychology
afroze.shaikh@austin.utexas.edu

EDUCATION

2024	Doctor of Philosophy, Counselor Education and Practice Georgia State University (CACREP accredited)
2020	Master of Arts, Mental Health Counseling and Behavioral Medicine Boston University School of Medicine (CACREP accredited)
2016	Bachelor of Science, Psychology – Neuroscience Track University of Massachusetts, Amherst

PROFESSIONAL APPOINTMENTS

2024 – Present	Assistant Professor, Department of Educational Psychology The University of Texas at Austin
2025 – Present	Faculty Affiliate, Center for Research to Community Impact
2024 – Present	Faculty Affiliate, Center on Aging and Population Sciences

LICENSURE & CERTIFICATIONS

2024	Licensed Professional Counselor (LPC# LPC015142) Georgia Board of Professional Counselors, Social Workers, and Marriage & Family Therapists
2024	Quantitative Research in Education, Graduate Certificate Georgia State University, Department of Educational Policy Studies
2023	Board Certified-TeleMental Health Provider (#BC-TMH-3834) National Board for Certified Counselors
2020	National Certified Counselor (NCC# 1403501) National Board for Certified Counselors

PUBLICATIONS

Peer-Reviewed Journal Articles (*student author)

26. **Shaikh, A. N.**, Leroux, A. J., Chang, C. Y., Mize, M. C., Mason, E. M., & Westcott, J. B. (in press). Prevalence and correlates of suicide risk and service use among older adults. *Journal of Mental Health Counseling.*

25. **Shaikh, A. N.**, Sadek, K., Hernandez, M., Castañeda, C. J., & Dosal-Terminel, D. (2026). Help-seeking intentions and behaviors for mental health crises among Latine and Hispanic undergraduate students. *Hispanic Journal of Behavioral Sciences*. Advance online publication. https://doi.org/10.1177/07399863261484763

24. Hsu, L.-C., **Shaikh, A.N.**, McDonald, P., McElory-Heltzel, S., & Davis, D. (2026). Relationship stigma towards interracial relationships: Exploring ethnic identity and cultural humility as protective factors. *Stigma and Health.* Advance online publication. https://doi.org/10.1037/sah0000709

23. **Shaikh, A. N.**, Martinson, H., Noble, N., & Bruton, J.* (2026). Factors influencing college students' intentions to use the 988 Suicide & Crisis Lifeline: A cross-sectional analysis among students at elevated risk of suicide. *Journal of College Student Mental Health,*1-18. https://doi.org/10.1080/28367138.2026.2656276

22. Hsu, L.-C., Jang, J., **Shaikh, A. N.**, Suh, H. N., Chang, C. Y., & Wang, K. (2026). Discrimination, self-compassion, and family factors in suicide risk among Asian young adults. *Journal of Multicultural Counseling and Development*, *54*(3), 140-149. https://doi.org/10.1002/jmcd.70024

21. **Shaikh, A. N.**, Westcott, J. B., Irion, B. N. R., Yang, J.*, Navarra-Bueno, I. R., Martinson, H., & Diaz, N.* (2026). Understanding substance use and suicide risk among LGBTQ+ college students post-COVID-19. *Journal of Addictions & Offender Counseling.* Advance online publication. https://doi.org/10.1002/jaoc.70011

20. **Shaikh, A. N.**, Westcott, J. B., Dosal-Terminel, D., Loury, J. A., & Gueh, B. B. (2026). Crisis line use among undergraduate men of color: A qualitative inquiry. *The Counseling Psychologist*. Advance online publication. https://doi.org/10.1177/00110000251352569

19. **Shaikh, A. N.**, Chen, M., Dhar, J., Yang, J.*, Sadek, K., Kim Chang, M., Hsu, L. -C., Shilam, R.*, Varghese, A.*, & Chang, C. Y. (2025). Associations between coping and suicide risk among emerging adults of Asian descent. *The Professional Counselor, 15*(4), 246-262. https://doi.org/10.15241/ans.15.4.246

18. Wahesh, E., Jones, L. K., & **Shaikh, A. N.** (2025). Addressing suicide risk in counseling: The role of social determinants of health in a national sample of young adults. *Journal of Counseling & Development, 104*(1), 3-13. https://doi.org/10.1002/jcad.70015

17. **Shaikh, A. N.**, Westcott, J. B., Mize, M., & Chang, C. Y. (2025). The 988 Suicide and Crisis Lifeline: Evaluating college student knowledge and utilization of crisis services. *Journal of American College Health*, 1-8. http://doi.org/10.1080/07448481.2025.2542413

16. Wahesh, E., Jones, L. K., & **Shaikh, A. N.** (2025). Impact of social determinants of health and individual characteristics on suicide ideation and treatment utilization among young adults aged 18-25 in the US. *International Journal of Mental Health and Addiction.* https://doi.org/10.1007/s11469-025-01540-z

15. Castañeda, C., Noble, N., **Shaikh, A. N.** (2025). Utilizing Artificial Intelligence Therapeutic Adjuncts to support autistic adults between counseling sessions. *Journal of Counselor Preparation and Supervision, 19*(3), 1-19. http://dx.doi.org/10.70013/yytozbdi

14. Fullen, M., Westcott, J., Bradley, K., Dockery, N., Lee, J., Mushunje, R., **Shaikh, A. N.** (2025). Strategies for integrating aging and older adulthood into counselor training. *Adultspan Journal, 24*(1). https://doi.org/10.33470/2161-0029.1187

13. Hsu, L. -C., **Shaikh, A. N.**, Chang, C. Y., Wang, K., Rice, K. G., & Suh, H. N. (2025). Culturally relevant risk and well-being factors of suicide and perceived burdensomeness in an Asian young adult sample. *Asian American Journal of Psychology, 16*(3), 231-240. https://doi.org/10.1037/aap0000377
    Selected as Editor's Choice article by the *Asian American Journal of Psychology*

12. **Shaikh, A. N.**, Dhar, J., Hsu, L. -C., Kim Chang, M., Yang, J.*, Sadek, K., & Chang, C. Y. (2025). Culturally-relevant predictors of thwarted belongingness among college students of Asian descent. *Journal of College Student Mental Health*, 40(1), 41-61. https://doi.org/10.1080/28367138.2025.2459097

11. Westcott, J. B., **Shaikh, A. N.**, & Miyazaki, Y. (2025). Westcott, J. B., Shaikh, A. N., & Miyazaki, Y. (2025). The effects of age and gender on internalized heterosexism over time among sexual minority adults in the United States. *Psychology of Sexual Orientation and Gender Diversity.* Advance online publication. https://doi.org/10.1037/sgd0000803

10. **Shaikh, A. N.**, Gummaluri, S., Dhar, J., Carter, H., Kwag, D., Ponce, J. E., Mason, E. C. M., & Peters, H. C. (2024). Application of the principles of anti-oppression to address marginalized student and faculty's experiences in counselor education. *Teaching and Supervision in Counseling*, *6*(3). https://doi.org/10.7290/tsc06laio
    Received the 2025 Outstanding Article Award by *Teaching and Supervision in Counseling*

9. Mize, M. C. B. & **Shaikh, A. N.** (2024). Using The Gerontological Imagination to explore suicide among older adults: An interdisciplinary perspective for professional counselors. *Adultspan Journal*. https://doi.org/10.33470/2161-0029.1174

8. Gantt-Howrey, A., Lin, M., **Shaikh, A.**, Johnson, K. F., Preston, J. W., & Wilson, L. (2024). Assessing social determinants of mental health: Client experiences and counselor practices. *Journal of Counseling & Development*, *102*(4), 394-405. https://doi.org/10.1002/jcad.12519
    Top 10 most-cited article published in 2024 in the *Journal of Counseling & Development*

7. Mize, M., Shannonhouse, L., Barrio Minton, C., Fullen, M., **Shaikh, A. N.**, & Westcott, J. (2024). Suicide risk factors among older adults: Implications for counselors as Medicare providers. *Journal of Counseling & Development*, *102*(3), 292-301. https://doi.org/10.1002/jcad.12512
    Received the 2024 Outstanding Research Award by the Association for Adult Development and Aging

6. **Shaikh, A. N.**, Flynn, L., Isaac, A., Prince, A., Burgan, M.*, & Coleman, J. (2024). Implications of the 988 Suicide and Crisis Lifeline among college students experiencing substance use crises. *The Journal of Addictions & Offender Counseling*, *45*(1), 55-69. https://doi.org/10.1002/jaoc.12131

5. Johnson, K., Clemons, K., Robins, L., Gantt-Howrey, A., **Shaikh, A.**, & Jones, H. (2023). Experiences of school counseling trainees in a primary care integrated behavioral health care practicum. *Teaching and Supervision in Counseling, 5*(2), 13-27. https://doi.org/10.7290/tsc05LqLx

4. Zyromski, B., Shrewsbury-Braxton, S., Johnson, K., Henry, S., Lee, S., Clemons, K., Saunders, R., & **Shaikh, A.** (2023). Conducting ethical, anti-racist school-based research. *Journal of Child and Adolescent Counseling, 9*(2), 101-121. https://doi.org/10.1080/23727810.2023.2225781

3. **Shaikh, A. N.**, Westcott, J., Franck Love, S.*, Flynn, L., Chang, C., & Mize, M.C.B. (2023). Examining help-seeking intentions among Gen Z college students. *Journal of College Student Mental Health, 38*(3), 500-518. https://doi.org/10.1080/87568225.2023.2198155

2. Grant, K., Mason, E., Ernst, S., & **Shaikh, A.** (2023). Application of principles of anti-oppression to the teaching of group counseling. *The Journal for Specialists in Group Work, 48*(2), 109-127. https://doi.org/10.1080/01933922.2023.2197162

1. Pulgar, C. A., **Shaikh, A. N.**, Shannonhouse, L., & Davis, D. (2022). The role of religious coping in understanding the suicide risk of older adults during COVID-19. *Religions*, *13*(8), 731. https://doi.org/10.3390/rel13080731

Book Chapters

1. Braeuer, K. E., Lazzareschi, N. R., & **Shaikh, A. N.** (2022). An interview with International Association of Addictions and Offender Counselors (IAAOC) leaders: Past, present, and future. In T.J. Buser, R. Cade. & D. M. Perera (Eds.), *Annual review of addictions and offender counseling* (Vol. 5, *New directions in research and practice*, pp. 6-25). Resource Publications.

Other Publications (*student author)

7. Mize, M., Jones, J., Westcott, J., Fullen, M., & **Shaikh, A.** (2023, April 7). An Invitation to Pioneer: What's Next for Professional Counselors and Medicare?. *CSI Exemplar, 38*(3). 13-16. Retrieved from https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications_exemplar/spring_summer_2024_exemplar.pdf

6. **Shaikh, A.** (2023, April 7). 988 Suicide and Crisis Lifeline: Implications for counselors and counselor educators. *CSI Exemplar, 38*(1). 22-25. Retrieved from https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications_exemplar/spring_2023_exemplar.pdf

5. Dhar, J., Gummaluri, S., & **Shaikh, A.** (2022, November 6). Understanding the experiences of graduate counseling students with marginalized identities – Part 2. *Association for Multicultural Counseling and Development Newsletter, 51*(2). Retrieved from https://www.multiculturalcounselingdevelopment.org/newsletter

4. Gummaluri, S., Dhar, J., Franck Love, S.*, & **Shaikh, A.** (2022, November 6). Understanding the experiences of graduate counseling students with marginalized identities – Part 1. *Association for Multicultural Counseling and Development Newsletter, 51*(1). Retrieved from https://www.multiculturalcounselingdevelopment.org/newsletter

3. Mize, M., Fullen, M., **Shaikh, A.**, Westcott, J., & Cowart, H. (2022, May 17). How to respond to suicide risk in older adults. *National Counseling on Aging*. Retrieved from https://ncoa.org/article/how-to-respond-to-suicide-risk-in-older-adults

2. Kwag, D., **Shaikh, A.,** & Petion, G. (2021, December 21). Broaching racial, ethnic, and cultural concerns in counselor education during a double pandemic of racial injustice and COVID-19. *CSI Exemplar, 36*(3). 25-28. Retrieved from https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications_exemplar/Fall_2021_Exemplar.pdf

1. Shannonhouse, L., **Shaikh, A**., Fullen, M., Cowart, H., Westcott, J., & Jones, B. (2021, September 1). BE WITH: Training volunteers to support at-risk older adults. *U.S. Department of Health and Human Services, Administration for Community Living Blog.* Retrieved from https://acl.gov/news-and-events/acl-blog/be-training-volunteers-support-risk-older-adults

PRESENTATIONS

Peer-Reviewed Presentations

38. **Shaikh, A.**, Dosal-Terminel, D., & Martinson, H. (2026, September 18-19). *Using anonymous questionnaires to collect sensitive information: A CQR case study* [roundtable session]. Association for Assessment and Research in Counseling Conference, Dallas, TX.

37. **Shaikh, A.**, Dosal-Terminel, D., & Varghese, A.* (2026, September 18-19). *Barriers and facilitators to crisis line use among undergraduate men of color* [poster presentation]. Association for Assessment and Research in Counseling Conference, Dallas, TX.

36. Varghese, A.*, Yang, J.*, Hurley, K.*, Armstrong, H.*, & **Shaikh, A. N.** (2026, May 26-30). *Predictors and mitigators of thwarted belongingness among Asian American young adults* [poster presentation]. American College Health Association Annual Meeting, Denver, CO.

35. Yang, J.*, Hurley, K.*, Varghese, A.*, Armstrong, H.*, & **Shaikh, A. N.** (2026, May 26-30). *Discrimination and Model Minority Myth on depression and perfectionism on Asian American students post-COVID19* [poster presentation]. American College Health Association Annual Meeting, Denver, CO.

34. Armstong, H.*, Hurley, K.*, Yang, J.*, Westcott, J., & **Shaikh, A. N.** (2026, May 26-30). *Navigating crisis: Barriers and facilitators of 988 use, help-seeking, and substance use among LGBTQ+ college students* [poster presentation]. American College Health Association Annual Meeting, Denver, CO.

33. **Shaikh, A. N.** (2025, November 12-15). *Mental health service use among older adults at risk of suicide* [poster presentation]. Gerontological Society of America 2025 Annual Scientific Meeting, Boston, MA.

32. McClain, R. & **Shaikh, A.** (2025, October 8-12). *Bridging the gap: Integrating death education into counselor training for culturally responsive grief support* [education session]. 2025 Association for Counselor Education and Supervision Conference, Philadelphia, PA.

31. **Shaikh, A.**, Dhar, J, & Castañeda, C. (2025, August 7-9). *Applying the principles of anti-oppression to support marginalized counseling students and faculty* [poster presentation]. American Psychological Association 2025 Convention, Denver, CO.

30. Dhar, J. & **Shaikh, A.** (2025, June 27-29). *Applying principles of anti-oppression to support marginalized clinicians* [education session]. Society for the Psychological Study of Social Issues Conference, New Orleans, LA.

29. Dhar, J., Varghese, A. S.*, **Shaikh, A.** (2025, June 27-29). *Culturally relevant predictors of thwarted belongingness among Asian descent students* [poster presentation]. Society for the Psychological Study of Social Issues Conference, New Orleans, LA.

28. **Shaikh, A.**, Boyer, B., Varghese, A.*, Hurley, K.*, & Brownson, C. (2025, May 27-31). *Examining trends and predictors of students' knowledge and use of the 988 Suicide and Crisis Line* [poster presentation]. American College Health Association Annual Meeting, New Orleans, LA.

    Received the 2025 Student Voices in College Health Poster Award by the American College Health Association

27. Dosal-Terminel, D., **Shaikh, A.**, & Olivas, J. (February 28-March 1, 2025). *Perspectives on crisis lines among college men of color: Implications for counselor training*. National Board for Certified Counselors Foundation Bridging the Gap Symposium: Eliminating Mental Health Disparities, Atlanta, GA. Symposium canceled due to federal funding constraints.

26. Castañeda, C., Folkes, M., & **Shaikh, A.** (2025, February 27-28). *The future of supervision: Integrating virtual reality for enhanced counselor education*. 2025 Texas Association for Counselor Education and Supervision Mid-Winter Conference, Austin, TX.

25. **Shaikh, A.**, Mize, M. C. B., McClain, R., & Chang, C. (2024, November 7-9). *Suicide and service use among older adults: Implications for counseling professionals* [education

session]. Southern Association for Counselor Education and Supervision Conference, Dallas, TX.

24. **Shaikh, A.** & Dosal-Terminel, D. (2024, November 7-9). *Perspectives on crisis lines among college men of color: Implications for counselor training* [education session]. Southern Association for Counselor Education and Supervision Conference, Dallas, TX.

23. Westcott, J. B., **Shaikh, A. N.**, & Chase, M. C. B. (2024, September 7-9). *Conducting research with older adult participants: New opportunities in light of revised Medicare policy* [roundtable session]. Association for Assessment and Research in Counseling Conference, Nashville, TN.

22. **Shaikh, A.**, Mize, M. C. B., McClain, R., & Chang, C. (2024, September 7-9). O*lder adult suicide and help-seeking behavior: Implications for Medicare providers* [poster presentation]. Association for Assessment and Research in Counseling Conference, Nashville, TN.

21. Westcott, J. B., Chan C. D., & **Shaikh, A. N.** (2024, April 11-13). *Social support, resilience, and access in older sexual minority women* [education session]. American Counseling Association Conference and Expo, New Orleans, LA.

20. Dhar, J., Carter, H. & **Shaikh, A.** (2024, March 15-16). *Awareness, access, and ableism-addressing disability justice for counseling students* [education session]. Bridging the Gap Symposium, Washington, D.C.

19. **Shaikh, A.** & Chang, C. (2023, October 12-15). *Implications of the 988 Suicide and Crisis Lifeline for crisis preparation in counselors-in-training* [poster presentation]. The Association for Counselor Education and Supervision Conference, Denver, CO.

18. **Shaikh, A.**, Mize, M., Westcott, J., & Chang, C., & (2023, September 7-9). *Utilization of the 988 Suicide and Crisis Line in Counselor Training* [poster presentation]. Association for Assessment and Research in Counseling Conference, Nashville, TN.

17. **Shaikh, A. N.**, Westcott, J. B., & Coleman, J. (2023, September 7-9). *Sharing your scholarship beyond the ivory tower: Creative strategies for accessible research dissemination* [roundtable discussion]. Association for Assessment and Research in Counseling Conference, Nashville, TN.

16. **Shaikh, A.,** Gummaluri, S., Lopez, J., & Carter, H. (2023, June 2-4). *Deconstruction and reconstruction of counselor education from the lens of emerging professionals.* Bridging the Gap Symposium, Atlanta, GA.

15. Flynn, L., **Shaikh, A.**, & Dew, B. (2022, November 3-5). *Assessing existing attitudes toward addiction in masters-level counseling students* [education session]. Southern Association for Counselor Education and Supervision Conference, Baltimore, MD.

14. **Shaikh, A.,** Mize, M, Shannonhouse, L., Grad, R., & Petion, A. (2022, November 3-5). *Standardized and manualized crisis training: A growth area in counselor education* [education session]. Southern Association for Counselor Education and Supervision Conference, Baltimore, MD.

13. **Shaikh, A.**, Carter, H., Westcott, J., Shannonhouse, L., Fullen, M., & Mize, M. (2022, October 17-21). *COVID-19, suicide, and loneliness: Strategies to support older adults* [education session]. The American Counseling Association Virtual Conference Experience.

12. **Shaikh, A.**, Shannonhouse, L., Westcott, J., & Carter, H. (2022, September 8-10). *The BE WITH Project: A partially nested randomized controlled trial study to address social isolation, loneliness, and elevated suicide risk among older adults* [poster presentation]. Association for Assessment and Research in Counseling Conference.

11. Shannonhouse, L., **Shaikh, A.,** Carter, H., Mize, M., Fullen, M., Westcott, J., & Cowart, H. (2022, April 27-30). *Providing sincere connection to support older adults during COVID-19 and Beyond: A double-blind partially nested randomized control trial of the BE WITH innovation* [workshop]. The American Association of Suicidology Conference, Chicago, IL.

10. Flynn, L., **Shaikh, A.**, & Dew, B. (2022, April 7-10). A*ddressing substance use bias in masters-level mental health counseling students* [education session]. The American Counseling Association Conference, Atlanta, GA.

9. **Shaikh, A.**, Carter, H., Westcott, J., Shannonhouse, L., Fullen, M., & Mize, M. (2021, November 12). *BE WITH: A community-based approach to combating social isolation, loneliness, and suicidality in older adults during COVID-19 and beyond* [education session]. The Association for Counselor Education and Supervision Virtual Conference Roundtable.

8. **Shaikh, A.**, Kwag, D., & Flynn, L. (2021, October 5-11). *Understanding and addressing vicarious trauma in counselor education during a double pandemic of racial injustice and COVID-19* [education session]. The Association for Counselor Education and Supervision Conference, Atlanta, GA.

7. Shannonhouse, L. & **Shaikh, A**. (2021, September 15). *Suicide Prevention Month - Insights and strategies for reducing suicide among older adults* [webinar]. National Council on Aging.

6. Kwag, D., Petion, G., & **Shaikh, A**. (2021, June 10-12). *Broaching racial, ethnic, and cultural concerns in counseling during a double pandemic of racial injustice and COVID-19* [education session]. The Association for Multicultural Counseling and Development Virtual Conference.

5. **Shaikh, A.**, Kwag, D., & Flynn, L. (2021, June 4-5). *Vicarious trauma and burnout: What's the difference?* [education session]. The Association for Humanistic Counseling Virtual Conference.

4. Petion, G., Kwag, D., & **Shaikh, A**. (2021, June 4-5). *Broaching the multicultural concerns of a double pandemic* [education session]. The Association for Humanistic Counseling Virtual Conference.

3. Shannonhouse, L., **Shaikh, A.**, & Hong, J. (2021, April 22-23). *Resource loss, religious coping, and suicide predictors/outcomes during the COVID-19 pandemic: A prospective study of U.S. racially diverse older adults* [paper presentation]. American Association of Suicidology Conference.

2. Hong, J., Shannonhouse, L., & **Shaikh, A.** (2021, April 22-23). *Fearlessness about death: Measurement invariance between African American and White older adults* [paper presentation]. American Association of Suicidology Conference.

1. Mastrangelo, J. & **Shaikh, A**. (2020, April 16-19). *Social death in baby boomers: A new retirement plan* [poster presentation]. The American Counseling Association Conference, San Diego, CA. Conference cancelled due to COVID-19.

Invited Presentations

6. **Shaikh, A.** (2026, June 13-14). *Supporting students in crisis: Understanding the role of the 988 Suicide and Crisis Lifeline* [education session]. 2026 Bridging the Gap Virtual Summit.

5. **Shaikh, A.** (2024, June 22-23). "*I want to live as long as I can": Supporting older adult clients at elevated risk of suicide* [education session]. 2024 Bridging the Gap Virtual Summit.

4. **Shaikh, A. N.** (2024, June 13). *Suicide risk and mental health service use among older* [education session]. Centers for Disease Control & Prevention, Injury Center, Division of Injury, Atlanta, GA.

3. **Shaikh, A. N.** (2024, March 19-21). *Expanding our understanding of help-seeking behavior: Implications for older adults at elevated risk of suicide* [poster presentation]. Society for Public Health Education Annual Conference, St. Louis, MO.

2. Butler, K., **Shaikh, A.**, Paul, Z., & Pullen, P. (2023, August 1). *Fostering community, connection, and wellness: An AMCD BIPOC Mental Health Month panel* [webinar]. Sponsored by The Association for Multicultural Counseling and Development.

1. **Shaikh, A.** & Chang, C. (2023, March 30-April 1). *Exploring 988 Suicide and Crisis Lifeline use among college students of color* [poster presentation]. The American Counseling Association 2023 Conference & Expo, Toronto, Ontario. Sponsored by The Association for Multicultural Counseling and Development.

GRANT EXPERIENCE

2026-2027 Sponsor: Association for Assessment and Research in Counseling Sponsored Scholarship Program
Project Title: Assessing crisis line engagement among LGBTQ+ undergraduate students: A mixed-methods analysis
PI(s): Afroze N. Shaikh, Jordan Westcott
Role: Principal Investigator
Project Funding: $4,220

Not Funded Sponsor: Navy – Department of Defense
Project Title: Real-time adaptive nudging system for sailor sleep, fatigue, and performance
PI(s): Carlos Castañeda, Afroze N. Shaikh
Role: Co-Principal Investigator
Requested Funding: $96,000

2026-2027 Sponsor: Society for Sexual, Affectional, Intersex, and Gender Expansive Identities Research Grant
Title: Role of religious coping and environment on belongingness and internalized transphobia among transgender and gender non-conforming racial and ethnic minorities
PI(s): Haleigh Armstrong, Afroze N. Shaikh
Role: Co-Principal Investigator
Project Funding: $500

2026-2027 Sponsor: International Association of Addictions and Offender Counselors Research Grant
Title: Perceived need and service use for substance use concerns among older adults
PI(s): Katherine Hurley, Afroze N. Shaikh
Role: Co-Principal Investigator
Project Funding: $500

Not Funded Sponsor: Association for Counselor Education and Supervision
Project Title: Integrating Artificial Intelligence Therapeutic Adjuncts to support college students of Asian descent attending counseling: A single-case research design
PI(s): Afroze Shaikh, Man Chen
Role: Principal Investigator
Requested Funding: $20,820

2024-2025 Sponsor: HopeLab Early Career Research Grant
Title: Assessing the impact of AI and digital technologies on health-seeking behaviors in Black and Latinx neurodivergent youth
PI(s): Carlos Castañeda, Afroze N. Shaikh
Role: Co-Principal Investigator
Project Funding: $10,000

2023 Sponsor: Society for Public Health Education/CDC Fellows in Injury Prevention Program
Project Title: Expanding our understanding of help-seeking behavior: Implications for older adults at elevated risk of suicide
PI(s): Afroze N. Shaikh
Role: Principal Investigator
Project Funding: $2,000

2023 Sponsor: Association for Assessment and Research in Counseling Sponsored Scholarship Program
Project Title: Expanding our understanding of help-seeking behavior: Implications for older adults at elevated risk of suicide
PI(s): Afroze N. Shaikh
Role: Principal Investigator
Project Funding: $2,500

2020-2023 Sponsor: Administration for Community Living
Project Title: Equipping the aging network to address social isolation, loneliness, and elevated suicidality among vulnerable older adults during COVID-19 and beyond: A double blind partially nested randomized controlled trial of the BE WITH innovation
PI(s): Laura Shannonhouse, Matthew Fullen, Mary Chase Mize
Role: Director of Data Management
Project Funding: $1,317,560

TEACHING EXPERIENCE

University of Texas at Austin – Educational Psychology
Assistant Professor

EDP 352D	Introduction to Individual Counseling and Psychotherapy	Fall ’26
EDP 384C	Career Development	Summer ‘25; Summer ‘26
EDP 318T	Introduction to Career Planning	Fall ‘24; Spring ‘25; Summer ‘25; Fall ‘25; Spring ’26; Fall ’26

Georgia State University – Counseling and Psychological Services
Co-Instructor and Graduate Teaching Assistant

CPS 6410	Basic Counseling Skills	Fall ‘23
CPS 6450	Group Counseling Systems	Fall ‘23
CPS 7260	Counseling Systems & Interventions	Fall ‘22
CPS 8970	Advanced Research Methods	Fall ‘22
CPS 8460	Biopsychosocial Aspects of Addiction	May ’21; May ‘22
CPS 8470	Crisis Intervention	Spring ‘21; Spring ‘22

Invited Guest Lectures

The University of Texas, Austin – Department of Kinesiology and Health Education

KIN 331	Physical Aging in America Topic: Mental Health Challenges in Older Adulthood	Fall ‘24

Supervision Experience

Graduate Teaching Assistant
Georgia State University – Counseling and Psychological Services
CPS 7683 Internship II in Rehabilitation Counseling Summer ‘23
CPS 7681 Internship II in School Counseling Fall ’21; Spring ‘22

CLINICAL EXPERIENCE

2022 – 2024 Mental Health Counselor
Samaritan Counseling Center of Atlanta, Atlanta, GA
2020 – 2021 Counseling Intern
Mercer University, Counseling and Psychological Services, Atlanta, GA
2019 – 2020 Counseling Intern
Boston Medical Center, Community Violence Response Team, Boston, MA
2019 Counseling Intern
Dr. Solomon Carter Fuller Mental Health Center, Forensic Inpatient Unit, Boston, MA

EDITORIAL & REVIEW EXPERIENCE

Editorial Review
2024 – Present Editorial Board Member, *Journal of Addictions & Offender Counseling*
2024 – Present Ad-Hoc Reviewer, *Adultspan Journal*
2023 – 2024 Access and Media Fellow, *Adultspan Journal*
2021 – 2023 Emerging Editorial Board Member, *Journal of Addictions & Offender Counseling*

Grants & Award Reviewer
2024 – Present NBCC Minority Fellowship Program, National Board for Certified Counselors Foundation
2024 Black, Indigenous, and People of Color Grant, Texas Counseling Association
2022 – 2023 International Excellence in Counseling Research Grants Reviewer, Chi Sigma Iota, International Counseling Honor Society
2021 – 2023 International Awards Reviewer, Chi Sigma Iota, International Counseling Honor Society
2021 – 2022 International Chapter Grants Reviewer, Chi Sigma Iota, International Counseling Honor Society
2020 – 2021 Graduate Student Liaison, Awards Committee, Association for Multicultural Counseling and Development

Conference Proposal Reviewer
2024 Texas Association for Counselor Education and Supervision 2025 Midwinter Conference, Texas Association for Counselor Education and Supervision
2024 Association for Assessment and Research in Counseling 2024 Conference, Association for Assessment and Research in Counseling
2022 – 2023 Chi Sigma Iota Days Poster Session Reviewer, Chi Sigma Iota, International Counseling Honor Society

LEADERSHIP & PROFESSIONAL SERVICE

National Board for Certified Counselors Foundation
2024 – Present Mentor, NBCC Minority Fellowship Program
Texas Counseling Association
2024 – 2025 Member, Equity and Inclusion Committee
Association of Addictions and Justice-Involved Counseling
2024 – 2025 Membership Chair
2024 – 2024 Professional Development Coordinator
2020 – 2022 Co-Chair, Graduate Student Committee
Association for Multicultural Counseling and Development
2022 – 2023 Graduate Student Representative
2020 – 2022 Newsletter Editor
2020 – 2021 Graduate Student Liaison, Communication Committee
2019 – 2021 Graduate Student Liaison, Conference Committee
Chi Sigma Iota, International Counseling Honor Society
2022 – 2023 Chair, Social Media and Communications Committee, Chi Epsilon Chapter
2020 – 2022 Chair, Social Committee, Chi Epsilon Chapter

DEPARTMENT, SCHOOL, & UNIVERSITY ACTIVITIES

The University of Texas at Austin
2025 – 2026 Reviewer, Outstanding Graduate Research Fellowship Committee C
2024 – 2025 Reviewer, Graduate School Continuing Fellowship Committee C
2024 – 2025 Member, Faculty Search Committee for Training Director, Educational Psychology
Georgia State University
2021 – 2023 Doctoral Preparation Track Mentor, Counseling and Psychological Services
Boston University School of Medicine
2020 Wellness Committee Member, Graduate Medical Science
2019 – 2020 Advisory Board Member, Graduate Medical Science
2019 – 2020 Program Representative, Graduate Medical Sciences Student Organization
2019 – 2020 Student Representative, Mental Health Counseling and Behavioral Medicine

AWARDS & RECOGNITIONS

2026 Top 10 Most-Cited Article Published in 2024, *Journal of Counseling & Development*
2025 Editor's Choice Article, *Asian American Journal of Psychology*
2025 2025 Outstanding Article Award, *Teaching and Supervision in Counseling*
2025 2025 Student Voices in College Health Poster Award, American College Health Association
2024-2025 Outstanding Service Award, International Association of Addictions and Offender Counselors
2024 Outstanding Research Award, Association for Adult Development and Aging
2024 Fellow in Injury Prevention, Society for Public Health Education/Centers for Disease Control and Prevention National Center for Injury Prevention and Control

2023	Outstanding Doctoral Student Award, Chi Epsilon Chapter, Chi Sigma Iota, International Counseling Honor Society
2023	Outstanding Addictions/Offender Graduate Student Award, International Association of Addictions and Offender Counselors
2022 – 2024	Emerging Leader, Southern Association for Counselor Education and Supervision
2022 – 2023	Minority Fellow, National Board for Certified Counselors Foundation
2022 – 2023	Leadership Fellow, Chi Sigma Iota, International Counseling Honor Society
2020 – 2024	Dean's Fellow, College of Education & Human Development, Georgia State University
2020	Kenneth and Mary Matheny Endowed Scholarship, College of Education & Human Development, Georgia State University

TRAININGS

Applied Suicide Intervention Skills Training (ASIST), *LivingWorks*
Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training, *PESI, Inc.*
Introduction to Motivational Interviewing, *Motivational Interviewing Network of Trainers*
Gottman Method Couples Therapy: Level 1 Clinical Training, *The Gottman Institute, Inc.*
Adult Suicide Support Group Facilitator Training, *American Foundation for Suicide Prevention*

PROFESSIONAL ORGANIZATIONS

American Counseling Association (ACA)
Association for Counselor Education and Supervision (ACES)
Association for Assessment and Research in Counseling (AARC)
Association of Addictions and Justice-Involved Counseling (AAJIC)
Society for Sexual, Affectional, Intersex, & Gender Expansive Identities (SAIGE)
Southern Region Association for Counselor Education and Supervision (SACES)