

MARY BETH WERDEL, Ph.D., LPC
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EDUCATION

Loyola University Maryland, Columbia, MD
Ph.D. Pastoral Counseling, CACREP approved program
May 2010

Dissertation: Rising on wreckage: The unique role of spirituality on the process of posttraumatic growth.

University of New Hampshire, Durham, NH
M.A. Counseling
May 2004

Thesis: The effects of daily running on depressive symptoms of children.

University of New Hampshire, Durham, NH
B.A. English, Minor, Education, *Cum Laude*
May 1999.

TEACHING EXPERIENCE

Fordham University, Graduate School of Religion and Religious Education

Department of Pastoral Counseling

Visiting Assistant Professor (2010-2011)

Assistant Professor (2011- 2016)

Associate Professor (2016-present)

Program Director (2016-present)

Courses Taught

Clinical Integration

Group Process: Theory and Techniques

Research Methods in Pastoral Counseling

Assessment & Appraisal of Individuals

Death, Dying, & Bereavement

Death, Dying & Bereavement (online)

Marriage and Family Therapy

Marriage and Family Therapy (on-line)

Human Growth & Development (on-line)

Psychopathology and Diagnosis (on-line)

Social and Cultural Foundations of Counseling (on-line)

Teaching Assistant, Loyola University Maryland

Introduction to Statistics and Research Methods (Spring Semester 2008).

Multiple Regression Analysis (Spring Semester 2010).

RESEARCH EXPERIENCE**Principal Investigator (2015-2017)**

Fordham University IRB approved quantitative research study on parents raising children with autism and the role of spirituality as a predictor of posttraumatic growth.

Principal Investigator (2015-2017)

Fordham University IRB approved qualitative research study on the experience of worship (church/temple) for parents who are raising a child with an autism spectrum disorder.

Loyola University Maryland Graduate Assistant

Dr. Ralph Piedmont, Ph.D. (2006-2008)

Dr. Robert J. Wicks, Psy.D. (2008-2010)

Editorial assistant for the yearly publication, *Research in the Social Scientific Study of Religion*.

Received manuscripts from authors. Maintained contact with authors, reviewers, and the publisher. Proofread accepted articles for APA format.

Supported Dr. Piedmont's research agenda. Performed literature reviews. Entered and analyzed data in SPSS. Prepared articles for publication.

Supported Dr. Wicks' research agenda. Performed literature reviews. Proofread manuscripts for publication.

Positive Psychology Research Group at Loyola University Maryland (2006-2009)

Member of the Loyola University of Maryland Positive Psychology faculty and student research group. Attended monthly meetings. Collaboratively worked on research studies. Served as lead researcher for two studies. Presented research with group members at the American Psychological Association Division 36 annual conference.

**National Association of State Mental Health Project Directors Research Institute
Research Assistant (2007-2008)**

Assisted in writing, developing, and editing the SAMSHA-funded publication, *Guide for the Selection and Adoption of Evidence-Based Practices for Child and Adolescent Disruptive Behavior Disorders*. Assisted in writing, developing, and editing a version of the Guide for distributions to families with children with a disruptive behavior disorder. Assisted in researching and writing a paper submitted for publication on the assessment of cultural diversity in the design, implementation, and evaluation of evidence-based practice interventions for the treatment of disruptive behavioral disorders in youth.

CLINICAL EXPERIENCE

Lutheran Counseling Center Independent Contract Counselor (2016-present)

Licensed professional mental health counselor for children and families. Areas of specialization include grief and loss, stress, and adjustment.

City Of College Park Youth and Family Services (2008 to 2010)

Bilingual (Spanish speaking) child, adolescent and family therapist. Co-facilitated bi-weekly Hispanic parent support group. Designed and facilitated 9th grade gang-prevention group in a local high school for at-risk Hispanic females. Extensive training in Child Centered Play Therapy, Filial Therapy, and Relationship Enhancement Therapy.

Wendt Center for Loss and Healing, Washington DC (2007-2008)

600-hour doctoral level internship as an individual and family therapist. Provided therapy to children, adolescents and adults with diagnoses of complicated bereavement, traumatic grief, posttraumatic stress disorder, and adjustment disorder. Co-facilitated adult parent-loss group. Developed a database for monitoring outcomes of the RECOVER program- a crisis counseling intervention at the Washington DC Office of the Chief Medical Examiner for family members identifying deceased bodies.

Bethany House of Northern Virginia (2007)

Facilitated two clinical groups for children at a shelter for women and children who experienced domestic violence. Referred children to individual treatment as needed.

The Latin American Youth Center- Upward Bound Program, Interim Project Director (2005- 2006), Academic Advisor (2004- 2006)

Responsible for the oversight of the Department of Education funded program that assists first-generation, low income high school students prepare for college. Prepared the Annual Performance Report for the Department of Education. Hired program staff: teachers, tutors, and academic advisors. Designated youth participants specific advisors from previous general advising structure. Provided academic advising and counseling for 15 participants. Developed the academic year and summer schedule of classes for participants. Administered, scored, and analyzed pre and post tests for academic performance. Implemented and coordinated a tri-weekly after school tutoring and mentoring program.

Seacoast Learning Collaborative Alternative Elementary School (2003)

400-hour counseling internship at special education school focused on providing therapeutic educational programs to students who require significant assistance in order to find success in the classroom. Provided individual therapy sessions, classroom interventions, and co-facilitated a boy's socialization group.

Portsmouth High School (2002)

400-hour counseling internship at a school guidance office. Provided individual counseling sessions with high school students focused on the exploration of academic and personal concerns.

University of New Hampshire (2001)

200-hour internship at the Center for Academic Resources, an on-campus center that provides academic support to undergraduate students. Provided individual academic advising to students. Co-facilitated an academic-mentor supervision group for college student-mentors.

University of New Hampshire- Upward Bound Program (1997-2004)**Progressive Positions: Tutor-Counselor, Residential Supervisor, Academic Enrichment Center Coordinator and Group Counselor**

Started as a tutor and residential counselor for student participants. Facilitated group decision-making and processing. Encouraged personal and academic growth. Coordinated the Academic Enrichment Center, supporting students' academic success through the school year.

Advanced to Residential Supervisor. Supervised residential summer program including 13 staff members and 100 high school students. Worked as part of six core administrative staff.

Progressed to Group Counselor. Facilitated biweekly groups in the area of collaboration and communication for 10-13 student participants.

St. Thomas More Parish, Associate Chaplain/Campus Minister for the University of New Hampshire (2000-2004)

Served as a liaison between the public university and the local church. Mentored students through personal, academic, and spiritual development. Established a mentoring program between university students and young children in residential placement. Co-lead three Alternative Spring Break Trips for University students to Honduras.

GRANT AWARD

January 2003: Awarded a \$9000 grant from the Raskob Foundation to fund the Alternative Spring Break Program to Honduras for University Students at St. Thomas More Parish.

VOLUNTEER EXPERIENCE**St Augustine's Catholic Church Catechist (2016-2018)**

First and Second grade religious education instructor.

St. Augustine's Catholic Church Baptism Parent Mentor (2014-present)

Serve as parent mentor to families who are baptizing children in the church.

Santa Clara School and the Cardinal Rodriguez Institute, Julticalpa, Honduras (2004)

Designed and completed a 3-month volunteer experience in Julticalpa, Honduras. Instructed two high school English as a Foreign Language classes. Teaching Assistant for one first grade bilingual class.

CLINICAL LICENSE AND CERTIFICATION

Licensed Professorial Counselor, State of Connecticut, (#2258) active
Licensed Mental Health Counselor, State of New York (#) active
National Board of Certified Counselor #232997

PROFESSIONAL AFFILIATIONS

American Counseling Association
Association of Spiritual, Ethical, and Religious Values in Counseling
Association of Specialists in Group Work
Association of Counselor Educators
National Board of Certified Counselors

PUBLICATIONS

BOOKS

Werdel, M. B., & Wicks, R. J. (2012). *A primer on posttraumatic growth: An introduction and guide*. Hoboken, NJ: Wiley.

Werdel, M. B. (2012). *As faith matures: Beyond the Sunday God*. Ligouri, MO: Ligouri Press.

BOOK CHAPTERS

Werdel, M.B. (2017). Praying as a Parent. In Leach, M., Keane, J.T. & Goodnough, D. (Eds.). *The Way of Gratitude*, (pp. 200-206). Maryknoll, NY: Orbis

Werdel, M.B. (2016). Sacred Struggles. In Wicks, R. (Ed). *Catholic Handbook of Prayer*. Cincinnati, OH: Franciscan Media.

Werdel, M.B. (2014). Blooming in the Night: Themes of Self-Renewal in Posttraumatic Growth. In E. Maynard & R. J. Wicks, (Eds.). *A Clinician's Guide to Self-Renewal*, (pp.153-187). Hoboken, NJ: Wiley.

BOOK REVIEWS

Werdel, M. B. (2012). Review of spirituality and aging by Robert Atchley. *Spiritus: A Journal of Christian Spirituality*, 12, 307-309.

JOURNAL ARTICLES

Werdel, M.B. (in progress). Connections between Faith and Growth for Parents raising children with an Autism Spectrum Disorder.

Werdel, M.B., Dy-Liacco, G., Wicks, R., Ciarrochhi, J., & Breslford, G. (2013). The Unique Role of Spirituality in the Process of Growth Following Stress and Trauma. *Pastoral Psychology*. 10.1007/s11089-013-0538-4.

Piedmont, R. L., **Werdel, M. B.,** & Fernando, M. (2009). The utility of the Assessment of Spirituality and Religious Sentiments (ASPIRES) scale with Christian and Buddhists in Sri Lanka. *Research in the Social Scientific Study of Religion*, 20, 131-143.

Piedmont, R. L., **Werdel, M. B.,** & Deneke, E. (2009). An evaluation of Reinert's Surrender Scale in an outpatient alcohol/other drug abuse treatment sample. *Alcoholism Treatment Quarterly*, 27, 213-222.

Lane, Jr. G. M., **Werdel, M. B.,** Schacht, L., Ortiz, G. & Parks, J. (2009, January). Smoking policies and practices in state psychiatric facilities: Survey results from 2008. Alexandria, VA: National Association of State Mental Health Program Directors Research Institute, Inc. (NRI).

POPULAR ARTICLES

Werdel, M.B. (2016). Parenting as Gratitude Intolerance. *America*. New York, NY.

Werdel, M.B. (2015). Raising Peter: What My Son Taught Me About My Faith. *America*. New York, NY.

Werdel, M. B. (2011). Rising on Wreckage: Connections Between Suffering, Spirituality, and Growth. *Human Development*, 32, 8-13.

PRESENTATIONS

Werdel, MB. (March, 2018). From Darkness into Light: Stress Related Growth in the Context of Pastoral Counseling. Keynote Address American Association of Pastoral Counseling Atlantic Region Conference. Philadelphia, PA

Werdel, M.B. (March, 2017). Quantitative Research Methodologies. VA Health Care Chaplaincy. New York, NY

Werdel, M.B. (December, 2017). Teaching Children Gratitude. Larchmont, NY

Werdel, M.B. & Cataldo, L.C. (May, 2016). Blooming in the Night: The Role of spirituality and stressed related growth as a response to major life events. Psychotherapy & Spirituality Speaker Series. New York, NY

Werdel, M.B. (June, 2015). Living Our Faith. Parish Retreat. Larchmont NY

Werdel, M.B. (May, 2015). *Eating Together as a Family*. Larchmont NY

Werdel, M.B. (March, 2015). *Resiliency Work: Where Do We Go From Here?* Fordham University, Bronx, NY.

Werdel, M.B. (March 2015). Panel Moderator *Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times*. Fordham University, Bronx, NY.

Werdel, M.B. (November, 2014). *Growing Strong in Broken Places*. Plenary Address at American Association of Pastoral Counselors Mid Atlantic Conference. Columbia, MD.

Werdel, M.B. (March, 2014). Panel Moderator *Contemplative Practice and Healing: Insights on Neuroplasticity for Spiritual Care*. Fordham University, Bronx, NY.

Werdel, M.B. (March, 2014). *Parenting, Autism, and Faith: Connections and Disconnections in the Literature*. Fordham University, Westchester, NY.

Werdel, M.B. (September, 2013). *Growing Strong in Our Broken Places Understating Theory, Research & Clinical Implications of Posttraumatic Growth*. Columbia, MD.

Werdel, M.B. (March, 2013). *Posttraumatic Growth & Spirituality: An Introduction to the Research. Reflecting in the Aftermath: The Ministry of Spiritual Care for Trauma Victims and Spiritual Care for the Self*. National Association of Catholic Chaplains & Fordham University. Bronx, NY.

Werdel, M.B. (November, 2012). *Quantitative Research in the Study of Religion and Spirituality* Fordham University, Bronx, NY.

Werdel, M. B. (October, 2011). *Finding Our Invincible Summer: Relationships between Forgiveness, Spirituality, and Posttraumatic Growth*. National Conference of Veterans Affairs Catholic Chaplains Conference. Malvern, PA.

Werdel, M.B. (October, 2011). *Quantitative versus Qualitative Research in the Study of Religion and Spirituality* Fordham University, Bronx, NY

Werdel, M. B. (April, 2011). *Rising on Wreckage: Unique Contributions of Spirituality in the Process of Posttraumatic Growth*. Mid-year Conference on Spirituality and Religion sponsored by Loyola College of Maryland & Division 36 of the American Psychological Association. Columbia, MD.

Werdel, M.B. (March, 2011). *Rising on Wreckage: Theory, Research, and Clinical Implications of Relationships between Spirituality and Posttraumatic Growth*. Fordham University, Harrison, NY.

Werdel, M. B. (November, 2010). Quantitative Research in the Study of Religion and Spirituality. Fordham University, Bronx NY

Werdel, M. B., Ciarrocchi, J. W., Dy-Liacco, G. S., & Breslford, G. (April, 2009). Silver Linings in Painful Clouds: The Relationships of Stress-Related Growth to Positive Emotion, Social Support, and Spirituality. Mid-Year Conference on Spirituality and Religion sponsored by Loyola College of Maryland & Division 36 of the American Psychological Association. Columbia, MD.

Nazzaro (Werdel), M.B., Rollison, D., Dy-Liacco, G. S., Ciarrocchi, J. W., & Brelsford, G. (March, 2008). The Unique Relationships between Spiritual Struggles and Well-being within the Context of the Five Factor Model of Personality. Mid-Year Conference on Spirituality and Religion sponsored by Loyola College of Maryland & Division 36 of the American Psychological Association. Columbia, MD.

MEDIA

Fox News New York (September 2015).

Television interview on spirituality, religion, and extremely stressful and traumatic experiences. (<http://www.fox5ny.com/news/19921174-story>).

Autism with Dr. Andy Radio Show (March 1, 2015).

60-minute interview on spirituality, autism, and stress-related growth.

Morning Air Radio Show (May 29, 2013).

Second interview extending the conversation on April 18, 2013 focusing on trauma, spirituality and growth with specific attention to “As Faith Matures Beyond the Sunday God.”

Morning Air Radio Show (April 18, 2013).

Invited interview focusing on trauma, spirituality, and growth with attention given to recent plant explosion in Texas.

EWTN Son Rise Radio Show (March 27, 2013).

Invited interview focusing on stress as a means to deepening one’s realization and connection to the sacred.

Catholic News Service (July 20, 2012).

Interview for a news article focusing on spirituality as a means of addressing mass traumas such as the July 20, 2012 Aurora Colorado Shootings.

(<http://www.catholicnews.com/services/englishnews/2012/counselors-steer-those-affected-by-shootings-to-healing-growth.cfm>).

SERVICE

Journal of Psychology and Religion, Reviewer (2010-present)

Psychological Trauma: Theory, Research, Practice and Policy, Reviewer (2017-present)

Sage Publications, Manuscript Reviewer (2014)

COMMITTEE WORK

GRE Faculty Search Committee Member (2017-2018)

Fordham University

Dean's Search Committee Member (2016-2017)

Fordham University

University Middle States Steering Committee Member (2013-2016)

Fordham University

University Middle States Task Force 13 Convener (2013-2016)

Fordham University

University Middle States Task Force 11/12 Committee Member (2013- 2016)

Fordham University

University Faculty Technology Committee Member (2013-2014)

Fordham University

Financial Aid, Admissions and Enrollment Committee

Chair (September 2012-August 2013)

Member (August 2013-December 2013; September 2014-August 2015)

Graduate School of Religion and Religious Education

Fordham University

Budget Committee Chair (September 2013- present)

Graduate School of Religion and Religious Education

Fordham University

Faculty Development Committee Member (September 2012-August 2013)

Graduate School of Religion and Religious Education

Merit Committee Member (2013-2016, 2018)

Graduate School of Religion and Religious Education

Fordham University