

Anjabeen Ashraf, PhD, LPC Intern

EDUCATION

Ph.D. in Counselor Education North Carolina State University – Raleigh, NC	2015
Master of Education in Counseling University of Houston Victoria - Victoria, TX	2009
Bachelor of Science in Psychology and Biology Houston Baptist University - Houston, TX	2006

COURSES TAUGHT

COUN 577 – Applied Psychopathology & Psychodiagnostics Master’s course – Oregon State University, Counselor Education Program, Corvallis, OR	2018
COUN 532 Social and Cultural Perspectives in Counseling Master’s course – Oregon State University, Counselor Education Program, Corvallis, OR	2017
COUN 668 Career Development and Consultation Doctoral course – Oregon State University, Counselor Education Program, Corvallis, OR	2017
HD 120 Destination Graduation Undergraduate course for 1 st year students – Linn-Benton Community College, Albany, OR	2016-2017
ECD 540 Gender Issues in Counseling Master’s course - North Carolina State University, Counselor Education Program, Raleigh, NC	2013
ECD 642 Counseling Practicum Master’s course - North Carolina State University, Counselor Education Program, Raleigh, NC	2012

RELEVANT EXPERIENCE

Child & Family Therapist Trillium Family Services – Corvallis, OR	01/2018-Present
<ul style="list-style-type: none">• Conducting work within school-based outpatient program.• Counseling with children, adolescents, and families using a trauma-informed lens focused on identifying, processing, and increasing resiliency in families and youth.• Case management, including coordination with WRAP teams, social workers, and DHS workers.• Consultation with school systems, including administrators, teachers, and school counselors to address behavioral and emotional needs of students.	

ANJABEEN ASHRAF – Curriculum Vitae**On-Call Clinical Responder**

02/2017-01/2018

Trillium Family Services – Corvallis, OR

- Working with a youth population, responsible for assessing risk and safety of clients and staff.
- Use of a trauma informed lens to evaluate and respond to socio-behavioral challenges.
- Supervision of campus staff after hours.
- Documentation of incident that led to intervention, assessment of the client, and plan to avoid recurrence.
- Determine the necessity of restraints and seclusion.
- Conduct face to face assessment of physical and psychological well-being of client.
- Clinical support, including individual or family assessments; intake of new clients; suicide risk assessments.

Counselor

02/2017-Present

Revolution Counseling, LLC – Corvallis, OR

- Deliver comprehensive and individualized mental health services.
- Conduct individual and family sessions with clients on issues including anxiety, trauma, self-harm, depression, and stress management.
- Utilize systems and person-centered perspective to work with clients.
- Using social justice lens, co-creation of a client-counselor partnership; help clients identify routes to empowerment within their current systems and learn to cope with stressors of injustice.
- Teach clients relaxation skills, anxiety management skills, emotion management, and functional living skills.

Instructor

12/2016-Present

Oregon State University – Corvallis, OR

- Course development of COUN 577, Applied Psychopathology and Psychodiagnostics.
- Instructor for several graduate courses in mental health master's and PhD programs.
- Facilitate in person class meetings and discussions.
- Online facilitation of coursework, groupwork, and discussions.
- Conduct synchronous online meetings.
- Supply questions for doctoral comprehensive exam and served as first grader.
- Ensure evidence of CACREP standards through core assignment grading in TaskStream.

Instructor

09/2016-12/2017

Linn Benton Community College – Albany, OR

- Instructor for 'Destination Graduation', a course for first year students to enhance success in college.
- Facilitated weekly discussions and learning on success skills, including educational planning, career choice, study skills, and financial management.
- Collaborated with first year experience faculty and department throughout the curriculum revisions for the course.

ANJABEEN ASHRAF – Curriculum Vitae**Career Coach**

03/2015-06/2016

Broward College – Pembroke Pines, FL

- Data collection on student career planning and goals.
- Data analysis to identify students who are undecided on career goals and then reaching out to students.
- Creation and management of student affairs division data collection.
- Creation of career counseling process with undecided or at-risk students.
- Individual career counseling focused on identifying student goals, interest, and strengths
- Group counseling to identify long-term goals including a 5 year vision
- Psychoeducational sessions on career skills including networking, interview preparation, and career exploration.
- College community outreach via presentations on career exploration and planning.
- Collaboration with student affairs colleagues to ensure students receive vital assistance to ensure success and retention.
- Social media management including creating content, a posting schedule, and supervision of digital/social media intern.

Graduate Assistant

08/2011 - 05/2014

North Carolina State University - Raleigh, NC

- Program assessment: evaluated data collection and data use structure for CACREP reaccreditation and made recommendations for the program evaluation structure.
- Collaborated with faculty to provide evidence for the CACREP reaccreditation process.
- Coordination of CACREP site visit.
- Created an electronic student evaluation structure for practicum and internship.
- Analyzed, interpreted and reported data from departmental evaluations including student, site supervisor, and employer responses.
- Supported new student application cycle.
- Proposed, created, and published a program newsletter.

Supervisor & Counselor Intern

01/2013 - 05/2014

Enloe High School - Raleigh, NC

- Collaborated, created, and oversaw implementation of a primary prevention program to increase career readiness and a post-secondary going culture in a first-year high school population.
- Conducted training programs for Masters counseling students in preparation for delivery of program.
- Administered program which involved collaboration with high school administrators, counselors, teachers, and Masters students.
- Administered Career and College Readiness Self-Efficacy Inventory (CCRSI) used to measure effectiveness of program.
- Analyzed and interpreted data from CCRSI with faculty collaborator.
- Counseled individually with students across a range of issues, including self-esteem, study skills, career planning, and time management.

ANJABEEN ASHRAF – Curriculum Vitae

Counselor Intern 08/2013 - 05/2014

NCSU Counselor Education Counseling Clinic - Raleigh, NC

- Assisted with counseling clinic proposal and creation process.
- Created a handbook for clinic, including procedures, paperwork and counseling structure.
- Conducted individual counseling sessions with referred clients, utilizing an integrated counseling and client -centered approach.

Counselor 05/2010 - 07/2011

Houston Community College - Houston, TX

- Assisted students with academic advising, career counseling, degree planning, and ADA accommodations.
- Acted as a liaison between faculty and students regarding instructional issues.
- Collaborated with different campuses and departments to assist students and encouraged success.
- Ensured Texas State Initiative (TSI) compliance by evaluating transcripts and test scores to place students into appropriate courses.
- Encouraged at risk student retention through academic counseling.

Counselor 08/2009 - 1/2010

Wharton County Junior College Counseling Center - Sugar Land, TX

- Developed and coordinated learning workshops on the topics of time management, study skills, test taking skills, and note taking.
- Organized and completed depression awareness workshops and screenings for students.
- Assisted with the organization and execution of campus transfer day, working with university representatives to deliver pertinent information to students.
- Completed career counseling using career inventories.
- Assisted students with anxiety, depression interpersonal violence, and relationship issues via personal counseling. Advised students on academic coursework and future transfer plans to four year universities.

CLINICAL EXPERIENCE

Trillium Family Services – Corvallis, OR 02/2017-Present

Revolution Counseling, LLC – Corvallis, OR 02/2017-Present

Enloe High School - Raleigh, NC 08/2013 - 12/2013

NCSU Counselor Education Counseling Clinic - Raleigh, NC 08/2013 - 05/2014

NCSU Master’s Counseling Practicum Student Supervision - Raleigh, NC 08/2012 - 12/2012

Fort Bend County Women’s Center - Richmond, TX 01/2009 - 08/2009

COLLEGE EXPERIENCE

Broward College – Pembroke Pines, FL 03/2015-06/2016

Houston Community College - Houston, TX 05/2010 - 07/2011

Wharton County Junior College - Sugar Land, TX 08/2009 - 01/2010

SCHOOL EXPERIENCE

ANJABEEN ASHRAF – Curriculum Vitae

Enloe High School - Raleigh, NC

01/2013 - 05/2014

Dobie High School Counseling Center - Pasadena, TX

06/2009 - 07/2009

PUBLICATIONS

Ashraf, A., & Nassar, S. (in-press). American Muslims and vicarious trauma: An explanatory concurrent mixed-methods study. *Journal of Orthopsychiatry*.

Baker, S.B., Foxx, S.B., Akcan-Aydin, P., Williams, R.G., Ashraf, A., & Martinez, R. (2017). Psychometric properties of the career and college readiness self-efficacy inventory. *In Ideas and research you can use: Vistas Online 2017*.

Conley, A.H., Nassar-McMillan, S.C., & Ashraf, A. (2015). Islamic identity. In Robert, T.E., & Kelly, V.A. (Eds.). *Critical incidents in integrating spirituality into counseling* (pp. 193-205). Alexandria, VA: American Counseling Association.

PRESENTATIONS

Ashraf, A. (2017, October). *Salaam neighbor: What you need to know to have critical conversations in the classroom about Islam*. Presented at the Association for Counselor Educators and Supervisors Conference, Chicago, IL.

Tovar, L., & Ashraf, A. (2017, October). *Beacon on a hill: Training counselors as stewards of justice for immigrants & refugees*. Presented at the Association for Counselor Educators and Supervisors Conference, Chicago, IL.

Ashraf, A. (2017, March). *Trauma and American Muslims*. Poster presented at the American Counseling Association Conference, San Francisco, CA.

Santos, S., Krahwinkel, J., & Ashraf, A. (2015, October). *At the intersection of female and everything else: Perspectives for counselor educators*. Presented at the Association for Counselor Educators and Supervisors Conference, Philadelphia, PA.

Parikh, S.B., Baker, S., & Ashraf, A. (2014, January). *Community-based learning through a university – high school partnership*. Presented at the North Carolina Counseling Association Conference, Pine Hurst, NC.

Parikh, S.B., Baker, S., & Ashraf, A. (2013, October). *A counseling practicum: training stewards of equity and achievement*. Presented at the Association for Counselor Educators and Supervisors Conference, Denver, CO.

Ashraf, A. (2013, May). *Religious diversity: Authentically engaging each other*. Presented at the 2013 Conference in Guidance and Counseling: Identity, Collaboration and Innovation, Tegucigalpa, Honduras.

ANJABEEN ASHRAF – Curriculum Vitae

Ashraf, A., & Akcan, P. (2013, February). *Same book, different chapter: Two Muslim women and within group differences*. Presented at the Cross Cultural Issues in Counseling and Education Conference, Savannah, GA.

Santos, S., Ashraf, A., Tovar, L., & Krahwinkel, J. (2013, February). *Soul talk: The path to building relationships*. Presented at the Cross Cultural Issues in Counseling and Education Conference, Savannah, GA.

Santos, S., & Ashraf, A. (2012, November). *Internationalization: It's a two way street!*. Presented at the North Carolina International Students Association Conference, High Point, NC.

Ashraf, A., & Nassar-McMillan, S. (2012, September). *Vicarious traumatization of Muslim Americans: Implications for counselor educators*. Presented at the Southern Association for Counselor Educators and Supervisors (SACES) Conference, Savannah, GA.

Ashraf, A. (2012, February). *Understanding Muslim students: Social, cultural, and religious mores*. Presented at the North Carolina Counseling Association Conference, Greensboro, NC.

HONORS/AWARDS/LEADERSHIP

Association for Multi-Cultural Development Mentorship Awardee	2017
Diversity Enhancement Scholarship, North Carolina State University	2013-2014
Sandi Mitchell Memorial Fund, Professional Development Grant	2014
Honoree, Human Rights Day Spotlight, North Carolina State University	2013
Emerging Leader, Southern Association for Counselor Educators and Supervisors	2012
Secretary, North Carolina Association for Counselor Educators and Supervisors	2012-2014
Advocacy Chair, Chi Sigma Iota Nu Sigma Chi chapter NCSU	2011-2013
Student Leadership Award, University of Houston-Victoria	2009
President – Mu Kappa Nu chapter of Chi Sigma Iota	2009

HUMAN RIGHTS & SOCIAL JUSTICE WORK

Council on American Islamic Relations (CAIR), Oregon 2017-Present
Serving as steering committee member for new chapter development in Oregon, recruited members and board members; facilitated discovery sessions; coalition building with various non-profit advocacy organizations in Oregon; creating a chapter plan for submission to national board; after approval by national board and launch of chapter, creating fundraising opportunities and streams. Drafting hate crime legislation that was delivered to Oregon Attorney General's office. Currently serving as advisory board member.

National Association for the Advancement of Colored People (NAACP), Corvallis, OR 2016-Present
Working in collaboration with the political action and legal redress committees, track criminal justice reform legislation in order to lobby government to enact reform of the criminal justice system. Outreach to Corvallis and Albany area Muslim communities.

ANJABEEN ASHRAF – Curriculum Vitae

Muslims for Social Justice, Raleigh, NC 2013-2014

As a founding member, assisted in the creation of early group structure. Collaborated to organize events such as a voting rights workshop and attendance of Moral Monday protests. Outreach to Muslim communities to increase awareness and participation in social justice activism.

WomenNC, Raleigh, NC 2012-2014

As a member of PR committee, created print content for the organization and organized filming of key events for a promotional video. As a mentor for fellows, advised and proofread research and coached for a presentation made at the United Nations Convention on the Status of Women. Accompanied fellows to the United Nations and facilitated panel discussion to an international audience.

Amnesty International, Group 213, Raleigh, NC 2011-2014

Organized 3-part series on American Muslims and Islamophobia. Recruited speakers including an American Civil Liberties Union (ACLU) lawyer, American Muslim community members, and academic experts on Islam.

PROFESSIONAL AFFILIATIONS

Association for Counselor Educators and Supervisors (ACES)
 Western Association for Counselor Educators and Supervisors (WACES)
 Oregon Association for Counselor Educators and Supervisors (OACES)
 American Counseling Association (ACA)
 Association for Multicultural Counseling and Development (AMCD)
 Oregon Counseling Association (ORCA)
 Chi Sigma Iota

SKILLS

Urdu/Hindi fluent
 Moodle course development
 Blackboard course development
 Canvas course development
 D2L course Development
 Social media management