

ADAM M. VOLUNGIS, Ph.D.
Associate Professor – Assumption University
Cognitive-Behavioral Therapies Concentration Coordinator – Clinical Counseling Psychology Program

CURRICULUM VITAE

[Department of Psychology](#)
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===== **EDUCATION** =====

Ph.D., Counseling Psychology (APA Accredited) **Indiana University – Bloomington, IN (1/2011)**
Minor: Organizational Management (Kelley School of Business)
Dissertation Title: School Size & Youth Violence: Potential Mediating & Moderating Role of School Connectedness
APA Accredited Clinical Internship: Casa Pacifica – Camarillo, CA <http://www.casapacifica.org>

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M.A., Counseling Psychology **Assumption College – Worcester, MA (5/2003)**
Concentrations: Cognitive-Behavioral Therapies (Aaron T. Beck Institute)
Child and Family Interventions

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B.A., Psychology (Magna Cum Laude) **Saint Anselm College – Manchester, NH (5/2001)**
Senior Thesis: Coping Strategies and Social Support in HIV-Positive Gay Men: The Relationship to Depression and Anxiety

===== **LICENSURE** =====

Licensed Mental Health Counselor (LMHC) **September 2005 – Present**
--Massachusetts – License #: 5893

===== **PROFESSIONAL AFFILIATIONS** =====

Alliance for Professional Counselors
American Mental Health Counselors Association (AMHCA)
American Psychological Association (APA)
Association for Behavioral & Cognitive Therapies (ABCT)
Delta Epsilon Sigma
Eastern Psychological Association (EPA)
Massachusetts Mental Health Counselors Association (MaMHCA)
New England Psychological Association (NEPA)

- Steering Committee Member (2014 – Present)
- President (10/21—10/23)

Psi Chi

===== **HONORS/AWARDS** =====

Michael O'Shea Presidential Award for Excellence in Teaching	September 2019
▪ Assumption University	
Rev. Joseph Pelletier, A. A. '32 Memorial Award	April 2019
▪ Assumption University – Nominated and awarded for “outstanding service to the athletic department”	
Faculty Development Grant (Research)	2016, 2018, 2020
▪ Assumption University	
Paul F. Munger Award	Spring 2009
▪ Indiana University – Nominated and awarded by faculty for demonstrating “high promise in the areas of clinical practice, research, teaching, and community-building”	
APAGS' Outstanding Professional Development Program Award	September 2008
▪ American Psychological Association	
Department of Counseling Psychology Research Fellowship Award	Spring 2008
▪ Indiana University – Awarded by faculty in support of “outstanding student research”	
Trentham Conference Travel Award (for APA)	Summer 2007, 2008
▪ Indiana University	
Graduate Fellow	May 2001 – May 2003
▪ Assumption College	
Dean's List of Scholars	1997-2001
▪ Saint Anselm College	
Presidential Scholarship Award	1997-2001
▪ Saint Anselm College	

===== **TEACHING** =====

ASSUMPTION UNIVERSITY (Worcester, MA) – Department of Psychology

Associate Professor	Fall 2021 – Present
Assistant Professor	Fall 2015 – Summer 2021
Visiting Assistant Professor	Fall 2011 – Summer 2015
Adjunct Professor	Spring 2011

Graduate Courses

- Professional Integrative Seminar (790)
- Systems Interventions with Children (720)
- Cognitive-Behavioral Interventions with Children (712)
- Cognitive Assessment and Psychotherapy (708)
- Group Approaches to Counseling (705)
- Research Seminar (650)
- Issues in Professional Practice (627)
- Psychological Measurement (504)
- Psychology of Personality (501)

Undergraduate Courses

- Psychology of Women (217)
- Abnormal Psychology (216)
- Psychology of Personality (140)
- General Psychology (101)

IVY TECH COMMUNITY COLLEGE OF INDIANA (Bloomington, IN) – Department of Psychology
Adjunct Faculty **Fall 2007 – Fall 2009**

Courses Taught

- Abnormal Psychology
- Introduction to Psychology

INDIANA UNIVERSITY (Bloomington, IN) – Department of Counseling & Educational Psychology
Associate Instructor **Fall 2005 – Spring 2009**

Courses Taught

- Individual Appraisal: Principles and Procedures (Graduate – Master's and Doctoral)
- Communication in the Classroom (Undergraduate)

Guest Lecturer (Graduate)

- Doctoral Practicum
- Psychoeducational Consultation
- Counseling Lab

===== ONGOING RESEARCH PROJECTS =====

School Climate and Student Mental Health

- Collaborating with a local regional high school in developing an implementation plan focusing on improving responsiveness to student mental health (e.g., suicide prevention, social media awareness)

Organizational Trauma-Informed Competency

- Collaborating with a local mental health agency in developing an implementation plan focusing on measuring organizational climate of trauma-informed care through direct-care staff

Smartphone Dependency, Social-Emotional Well-Being, and Personality

- Collaboration with Maria Kalpidou, Ph.D.
- Study examining the relationship between smartphone dependency, social-emotional well-being (e.g., sleep quality, loneliness, interpersonal relationships satisfaction, social/work/school adjustment, psychological distress), and personality traits in university

Adverse Childhood Experiences and Well-Being

- Collaboration with Maria Kalpidou, Ph.D.
- Study examining the relationship between adverse childhood experiences (ACEs), coping strategies, and executive functioning of college students as well as their connections to well-being as indexed by college adjustment and perceived psychological and physical health

Youth Internalizing/Externalizing Disorders

- Collaboration with Len Doerfler, Ph.D. & Daniel Connor, M.D.
- Examples of active studies: (a) examining the irritable dimension within oppositionality as a predictor of depression, (b) evaluating the clinical utility of the ADHD rating scale, (c) relationship between depression and aggression in youth who are diagnosed with ADHD

===== **MANUSCRIPTS IN PREPARATION** =====

Volungis, A. M. *Fear of missing out, smartphone use, mental health, and cognitive coping of college students.* [Manuscript in Preparation]

Volungis, A. M., & *Graveline, V. *Impact of COVID-19 stressors on college student mental health and the moderating role of coping.* [Manuscript in Preparation]

===== **BOOKS** =====

Volungis, A. M. (2021). *Becoming a clinical mental health counselor: A guide to career development and professional identity.* Rowman & Littlefield.
<https://rowman.com/ISBN/9781538121160/>

Volungis, A. M. (2018). *Cognitive-behavioral therapy: Theory into practice.* Rowman & Littlefield. <https://rowman.com/ISBN/9781442274105/>

Volungis, A. M. & Whiston, S. C. (2009). *Instructor's manual for principles and applications of assessment in counseling* (3rd ed.). Brooks/Cole.

===== **PEER-REVIEWED JOURNAL ARTICLES** =====

*Student

Kalpidou, M., **Volungis, A. M., & *Bates, C.** (2021). Mediators between adversity and well-being of college students. *Journal of Adult Development.* Advance online publication.
<https://doi.org/10.1007/s10804-021-09372-6>

Hitlan, R., McCutcheon, L. E., **Volungis, A. M.,** Joshi, A., Clark, C. B., & Pena, M. (2021). Social desirability and the Celebrity Attitude Scale. *North American Journal of Psychology*, 23, 105-113. <https://www.semanticscholar.org/paper/c6dbd6aab8bd575473bd48f7250d363c1d280273>

Doerfler, L. A., **Volungis, A. M., & Connor, D. F.** (2020). Co-occurrence and differentiation of oppositional defiant and mood disorders among children and adolescents. *Journal of Child and Family Studies*, 29, 2568-2579. <https://doi.org/10.1007/s10826-020-01756-8>

Volungis, A. M. (2020). The Signs of Suicide (SOS) prevention program pilot study: High school implementation recommendations. *North American Journal of Psychology*, 22, 455-468.
<https://www.semanticscholar.org/paper/8c59fa0d1ea2726103f4d642e74914003f87cc48>

Volungis, A. M., Kalpidou, M., *Popores, C., & *Joyce, M. (2020). Smartphone addiction and its relationship with indices of social-emotional distress and personality. *International Journal of Mental Health and Addiction*, 18, 1209-1225. <https://doi.org/10.1007/s11469-019-00119-9>

Volungis, A. M. & *Goodman, K. (2017). School violence prevention: Teachers establishing relationships with students using counseling strategies. *Sage Open*, 7(1), 1-11.
<https://doi.org/10.1177/2158244017700460>

Volungis, A. M. (2016). School size and youth violence: The mediating role of school connectedness. *North American Journal of Psychology*, 18, 123-146.
<https://www.semanticscholar.org/paper/df2bf768a5afd5f5795cbd531964e2caae026292?p2df>

Daniels, J. A., **Volungis, A. M.,** Pshenishny, E., Ghandi, P., Winkler, A., Bradley, M. C., & Cramer, D. P. (2010). A qualitative investigation of averted school rampages. *The Counseling Psychologist*, 38, 69-95. <https://doi.org/10.1177/0011000009344774>

Volungis, A. M. (2008). Preventing school violence through establishing school connectedness. *Prevention in Counseling Psychology: Theory, Research, Practice and Training*, 2, 17-21.

- Doerfler, L. A., Connor, D. F., **Volungis, A. M.**, & Toscano, P. F. (2007). Panic disorder in clinically referred children and adolescents. *Child Psychiatry and Human Development*, 38, 57-71. <https://doi.org/10.1007/s10578-006-0042-5>
- Connor, D. F., Doerfler, L. A., Toscano, P. F., **Volungis, A. M.**, & Steingard, R. J. (2004). Characteristics of children and adolescents admitted to a residential treatment center. *Journal of Child and Family Studies*, 13, 497-510. <https://doi.org/10.1023/B:JCFS.0000044730.66750.57>
- Connor, D. F., Doerfler, L., **Volungis, A. M.**, & Melloni, R. H. (2003). Aggressive behavior in abused children. *Annals of the New York Academy of Sciences*, 1008, 79-90. <https://doi.org/10.1196/annals.1301.009>

===== **CONFERENCE PRESENTATIONS** =====

**Student*

- Volungis, A. M.** (2024, March). *College student fear of missing out: Mental health, smartphone use, and cognitive coping*. Poster presented at the 95th annual conference of the Eastern Psychological Association, Philadelphia, PA.
- Doerfler, L. A., Wilfred, S., Kuersten-Hogan, R., & **Volungis, A. M.** (2023, November). *Admission decisions for a master of arts program in clinical counseling psychology without using GREs or personal interviews*. Poster presented at the 57th annual conference of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
- Doerfler, L. A., Kuersten-Hogan, R., & **Volungis, A. M.** (2023, November). *25 Years' experience in integrating CBT assessment and interventions across the curriculum of a master's program in clinical counseling psychology*. Poster presented at the 57th annual conference of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
- Volungis, A. M.**, & *Graveline, V. (2023, March). *Impact of COVID-19 stressors on college student mental health and the moderating role of coping*. Poster presented at the 94th annual conference of the Eastern Psychological Association, Boston, MA.
- Volungis, A. M.**, & *Graveline, V. (2022, October). *Impact of COVID-19 stressors on college student mental health*. Paper presented at the 62nd annual conference of the New England Psychological Association, Worcester, MA.
- *Doherty, J., & **Volungis, A. M.** (2020, October). *College as a pressure cooker: Relationships between pressure to succeed, mental health, and coping style*. Poster presented at the 60th annual conference of the New England Psychological Association [Remote].
- Volungis, A. M.**, *Nikolopoulos, J., *Mastrocola, A., & *Doherty, J. (2020, March). *Social media awareness in adolescents: Implementation of a high school-based psychoeducation program*. Poster presented at the 91st annual conference of the Eastern Psychological Association [Remote].
- Volungis, A. M.**, Green, C., & *Nikolopoulos, J. (2019, November). *Trauma-informed care scale: Preliminary factor structure*. Poster presented at the 59th annual conference of the New England Psychological Association, Manchester, NH.
- Volungis, A. M.** & *DiDonna, S. (2019, March). *The Signs of Suicide (SOS) prevention program: High school implementation recommendations*. Paper presented at the 90th annual conference of the Eastern Psychological Association, New York, NY.
- *Orlandi, A. P., Piwko, P. M., & **Volungis, A. M.** (2018, November). *Toward the quantification and optimization of impact of museum exhibits on mental health*. Poster presented at the 58th annual conference of the New England Psychological Association, Worcester, MA.
- Volungis, A. M.**, *Morse, E., *Fox, L., & Doerfler, L. (2018, March). *High school suicide prevention: Follow-up to a psychoeducation program pilot study*. Poster presented at the 89th annual conference of the Eastern Psychological Association, Philadelphia, PA.

- Volungis, A. M.,** Green, C., Amir, M., Manzi, S., *Knight, B., *Joyce, M., & *Popores, C. (2017, October). *Trauma-informed care scale development*. Poster presented at the 57th annual conference of the New England Psychological Association, Newton, MA.
- Kalpidou, M., **Volungis, A. M.,** *Bates, C., *Mamott, E., & *Spillman, C. (2017, May). *Childhood adversity, coping, and adjustment in college*. Poster presented at the 29th annual conference of the Association for Psychological Science, Boston, MA.
- Volungis, A. M.,** Kalpidou, M., *Popores, C., & *Joyce, M. (2017, March). *College student smartphone dependency: Relationships between social-emotional well-being and personality*. Paper presented at the 88th annual conference of the Eastern Psychological Association, Boston, MA.
- Volungis, A. M.,** *Knight, B., *Joyce, M., & *Popores, C. (2017, March). *Suicide prevention in adolescents: Implementation of a high school-based psychoeducation program*. Poster presented at the 88th annual conference of the Eastern Psychological Association, Boston, MA.
- Volungis, A. M.,** Geertsma, J., Remen, A., & Doerfler, L. A. (2016, October). *Clinical characteristics of individuals who enter a community-based DBT program*. Poster presented at the 50th annual conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Volungis, A. M.,** *Knight, B., *Popores, C., & *Joyce, M. (2016, October). *Creating a comprehensive website for CBT resources: What's working, what isn't... and looking for feedback*. Paper presented for the Technology and Behavior Change Special Interest Group at the 50th annual conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Volungis, A. M.,** Kalpidou, M., *Joyce, M., *Popores-LaFleur, C., & *Raziuddin, A. (2016, October). *College smartphone dependency, mental health, and personality*. Paper presented at the 56th annual conference of the New England Psychological Association, Worcester, MA.
- Kalpidou, M., **Volungis, A. M.,** *Bates, C., & *Mamott, E. (2016, August). *Childhood adversity and college adjustment*. Poster presented at the 124th annual conference of the American Psychological Association, Denver, CO.
- Volungis, A. M.,** Kalpidou, M., *Popores-LaFleur, C., *Raziuddin, A., *Joyce, M., & *Avolesse, P. (2016, August). *Childhood adversity and college mental health moderated by coping style*. Poster presented at the 124th annual conference of the American Psychological Association, Denver, CO.
- Doerfler, L. A., Danforth, J. S., Connor, D. F., & **Volungis, A. M.** (2015, November). *Is depression associated with higher levels of aggression in youth who are diagnosed with ADHD?* Poster presented at the 49th annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Volungis, A. M.,** *Popores, C., *Raziuddin, A., & *Avolesse, P. (2015, October). *Enhancing cognitive behavioral therapy with technology*. Poster presented at the 55th annual conference of the New England Psychological Association, Fitchburg, MA.
- Volungis, A. M.,** Doerfler, L. A., & Connor, D. F. (2014, November). *Absence of the irritable dimension within oppositionality as a predictor of depression in a clinic sample of youths*. Poster presented at the 48th annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Doerfler, L. A., **Volungis, A. M.,** & Connor, D. F. (2014, November). *Evaluating the clinical utility of the ADHD rating scale in a clinic population*. Poster presented at the 48th annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Volungis, A. M.,** *Liu, S., *Whittle, D., *Henriquez, S., & *Schmidt, K. (2014, March). *Hovering or grounded?: Exploring helicopter parenting as a valid construct*. Paper presented at the 85th annual conference of the Eastern Psychological Association, Boston, MA.
- *McGrath, M. A., *Liu, S., *Whittle, D. S., & **Volungis, A. M.** (2013, October). *Suicide and the media: A literature review and considerations for the media promoting mental health*. Paper presented at the 53rd annual conference of the New England Psychological Association, Bridgeport, CT.

- Volungis, A. M.,** *McGrath, M. A., *Truong, D. T., *Liu, S., *Schmidt, K., & *Garry A. (2013, October). *Not all treatments are equal: Re-conceptualizing treatments that cause harm*. Paper presented at the 53rd annual conference of the New England Psychological Association, Bridgeport, CT.
- Volungis, A. M.,** *Truong, D. T., *Angelone, J., *Liu, S., & *Whittle, D. S. (2013, July). *Media's role in promoting school violence: A proposed social-cultural learning model*. Poster presented at the 121st annual conference of the American Psychological Association, Honolulu, HI.
- Volungis, A. M.,** *Truong, D. T., & *Whittle, D. S., & *Liu, S. (2013, July). *School administration's role in preventing school violence: Strategies for promoting school connectedness*. Poster presented at the 121st annual conference of the American Psychological Association, Honolulu, HI.
- Volungis, A. M.** (Chair), & Finn, P. (Discussant). (2013, March). *Making research even more exciting! Effective use of technology for research teams*. Symposium conducted at the 84th annual conference of the Eastern Psychological Association, New York, NY.
- Volungis, A. M.,** *Truong, D. T., *Angelone, J., *Liu, S., & *Whittle, D. S. (2013, March). *School violence in the media: A proposed social-cultural learning model*. Poster presented at the 84th annual conference of the Eastern Psychological Association, New York, NY.
- Volungis, A. M.** (2012, November). *Youth violence prevention: Teachers fostering school connectedness through basic cognitive-behavioral techniques*. Poster presented at the 46th annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Volungis, A. M.,** Doerfler, L. A., Toscano, P. F., & Connor, D. F. (2012, November). *The absence of gender differences in co-occurring internalizing and externalizing disorders in youth*. Poster presented at the 46th annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- *McGrath, M. A., & **Volungis, A. M.** (2012, October). What should bullying prevention/intervention programs address? In P. Toscano & L. Doerfler (co-Chairs), *Collaboration among schools, community agencies, and academic institutions to address bullying in the public schools*. Symposium conducted at the 52nd annual conference of the New England Psychological Association, Worcester, MA.
- Volungis, A. M.,** & *Angelone, J. (2012, October). Issues involved with implementing a bullying intervention. In P. Toscano & L. Doerfler (co-Chairs), *Collaboration among schools, community agencies, and academic institutions to address bullying in the public schools*. Symposium conducted at the 52nd annual conference of the New England Psychological Association, Worcester, MA.
- Volungis, A. M.,** *McGrath, M. A., *Truong, D. T., & Connor, D. F. (2012, October). *Absence of gender differences in co-occurring internalizing and externalizing disorders in youth: A network conceptualization*. Paper presented at 52nd annual conference of the New England Psychological Association, Worcester, MA.
- Volungis, A. M.,** *Truong, D. T., & *Whittle, D. S. (2012, October). *School violence prevention: The role of school administration in fostering school connectedness*. Paper presented at the 52nd annual conference of the New England Psychological Association, Worcester, MA.
- Daniels, J. A., Vecchi, G., **Volungis, A. M.,** & Kinnucan, L. (2012, September). *Breaking the code of silence: Strategies for combating school shootings and bullying*. Paper and workshop presented at the 12th annual conference of the Association for Conflict Resolution, New Orleans, LA.
- Volungis, A. M.** (2012, August). *School size and youth violence: Potential mediating and moderating role of school connectedness*. Poster presented at the 120th annual conference of the American Psychological Association, Orlando, FL.
- Volungis, A. M.,** & *Howe, K. (2012, March). *School violence prevention: Teachers establishing relationships with students using counseling strategies*. Paper presented at the 83rd annual conference of the Eastern Psychological Association, Pittsburgh, PA.

- Volungis, A. M.** (2008, August). *Implementing empirically supported treatments: Keys to promoting success*. Paper presented at the 116th annual conference of the American Psychological Association, Boston, MA.
- Volungis, A. M.** (2008, August). Doctoral students' supervision experiences of multiple relationships. In L. Gilman & **A. M. Volungis** (Co-Chairs), *Doctoral students supervising master's students: Addressing training in multiple relationships*. APAGS Symposium conducted at the 116th annual conference of the American Psychological Association, Boston, MA. [**Recipient of the 2008 APA-APAGS' Outstanding Professional Development Award.**]
- Volungis, A. M., & Rahardja, D.** (2008, June). Systemic considerations and micro-level application for school violence prevention. In A. M. Volungis (Chair), *Enhancing student mental health & school violence prevention: Fostering school connectedness through interpersonal relationships*. Symposium conducted at the Paul Munger Conference for Youth-Serving Professionals, Bloomington, IN.
- Volungis, A. M.** (2008, March). *General constructs and approaches in implementing counseling based programs*. Poster presented at the International Counseling Psychology Conference, Chicago, IL.
- Volungis, A. M.** (2007, August). Consultation on burnout within organizations. In C. Ridley (Chair), *Emerging issues in organizational consultation*. Symposium conducted at the 115th annual conference of the American Psychological Association, San Francisco, CA.
- Daniels, J. A., **Volungis, A. M.**, Pshenishny, E., Ghandi, P., & Winkler, A. (2007, August). *A qualitative investigation of averted school rampages: Preliminary findings*. Paper presented at the 115th annual conference of the American Psychological Association, San Francisco, CA.
- Volungis, A. M., & Tai, W.** (2007, June). *Best practices through manualized treatments: Debunking myths and how it "really" works*. Workshop conducted at the Best Practices Summer Institute: Population-Based Services, Bloomington, IN.
- Volungis, A. M.** (2007, March). Transportation of manualized treatments. In, *Can manualized treatments promote the integration of practice and research, art and science?* Symposium conducted at the 20th annual American Psychological Association Division 17 Great Lakes Regional Conference, Akron, OH.
- Volungis, A. M.** (2006, April). Insufficient services and systems. In J. Daniels (Chair), *The impact of school violence on school personnel: Implications for counselors*. Symposium conducted at the 19th annual American Psychological Association Division 17 Great Lakes Regional Conference, West Lafayette, IN.
- Geck, L. C., Doyle, K. A., **Volungis, A. M.**, & DiDio, A. A. (2003, March). *HIV-Related bereavement and repeated disclosure: How do topic and listener support affect disclosure content?* Poster presented at the 74th annual conference of the Eastern Psychological Association, Baltimore, MD.
- Geck, L. C., Doyle, K. A., DiDio, A. A., & **Volungis, A. M.** (2002, October). *HIV-Related bereavement disclosure to a supportive listener vs. no listener: Does support matter?* Poster presented at the 42nd annual conference of the New England Psychological Association, Nashua, NH.
- Volungis, A. M., & Geck, L. C.** (2002, March). *Optimism and perceived stress in HIV-Positive gay men: The relationship to depression and anxiety*. Poster presented at the 73rd annual conference of the Eastern Psychological Association, Boston, MA.
- Geck, L. C., **Volungis, A. M.**, Doyle, K. A., & DiDio, A. (2002, March). *Content and process of HIV-Related bereavement disclosure to a supportive listener*. Poster presented at the 73rd annual conference of the Eastern Psychological Association, Boston, MA.
- Volungis, A. M., & Geck, L. C.** (2001, April). *Coping strategies and social support in HIV-Positive gay men: The relationship to depression and anxiety*. Psi-Chi poster presented at the 72nd annual conference of the Eastern Psychological Association, Washington, DC.

===== INVITED TALKS =====

- Volungis, A. M.** (2020, 2021, 2023, 2024, October). *CBT Book Talk: Application of CBT Basics*. Invited guest speaker for mental health graduate class at CUNY Baruch College, New York, NY.
- Volungis, A. M., Aggott, Z., & Charbonneau, J.** (2021, March). In A. M. Volungis (Chair), *Pandemic Coping: Help for Youth and Families*. Invited guest speaker for Saint Anselm College, Manchester, NH.
- Ciuffredo, B., Dahlberg, S., Rudolph, K., & **Volungis A. M.** (2021, January). In P. Finn (Chair), *Pandemic Fatigue Redefined*. Invited guest speaker for Saint Anselm College, Manchester, NH.
- Volungis, A. M.** (2018, June). *Trauma and the aftermath: First responders*. Invited guest speaker for Greater Grafton Medical Reserve Corps, Grafton Police Department, Grafton, MA.
- Volungis, A. M.** (2016, October). *Therapy and technology: Enhancing effectiveness*. Invited guest speaker for Spectrum Health Systems, Inc.'s yearly retreat, Wachusett Mountain, Princeton, MA.

===== SERVICE TO THE UNIVERSITY =====

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| Human Sexuality Committee | Fall 2020 – Spring 2022 |
| <ul style="list-style-type: none"> ▪ Promotes forums for healthy conversations about sex and sexuality on campus | |
| Financial Sustainability Committee | Fall 2020 – Spring 2021 |
| <ul style="list-style-type: none"> ▪ Board of Trustees Committee ▪ Review and analyze internal financial factors as well as external factors that may influence the health and well-being of the University | |
| New England Commission of Higher Education (NECHE) Committee | Spring 2020 – Spring 2021 |
| <ul style="list-style-type: none"> ▪ University's decennial comprehensive re-accreditation in March 2021 ▪ Serve on subcommittee for Standard 6 – Teaching, Learning, Scholarship (Chair: Paula Fitzpatrick, Ph.D.) | |
| Benefits Committee | Fall 2019 – Spring 2021 |
| <ul style="list-style-type: none"> ▪ Committee addresses matters related to employee benefits | |
| D'Alzon Faculty Reflection Group | Fall 2019 – Spring 2020 |
| <ul style="list-style-type: none"> ▪ Collegial discussions with fellow faculty members about the University's educational Catholic mission, including the Augustinians of the Assumption, and their founder, Emmanuel d'Alzon | |
| Disabilities Committee | Fall 2019 – Spring 2020 |
| <ul style="list-style-type: none"> ▪ Committee increases awareness of individuals with disabilities in our campus community, and assists with the removal of environmental and attitudinal barriers in the living, learning, and teaching environment | |
| Faculty Learning Community Panel Member | September 2019 |
| <ul style="list-style-type: none"> ▪ <u>D'Amour Center for Teaching Excellence</u> – Theme: Student stress and mental health | |
| Athletic Council | Fall 2018 – Spring 2020 |
| <ul style="list-style-type: none"> ▪ Council discusses issues related to athletics, student-athletes (including mental health), facilities, and other related issues | |
| Public Safety | Fall 2018 – Spring 2020 |
| <ul style="list-style-type: none"> ▪ Committee addresses issues in maintaining and enhancing student, faculty, and staff safety on campus | |
| School of Graduate and Professional Studies Dean Search Committee | Spring 2019 |
| <ul style="list-style-type: none"> ▪ Member of a faculty and administration team assisting in the interview process for two candidates | |

- Course Innovation Academy** **Fall 2018 – Spring 2019**
- Discussed new approaches to teaching and learning with faculty peers
 - Engaged in faculty peer observation and feedback
 - Redesigned Psychological Measurement course to emphasize applied aspect of assessment and enhance student engagement and collaboration
- Faculty Learning Community Panel Member** **February 2018**
- D’Amour Center for Teaching Excellence – Theme: Publishing a textbook
- D’Amour Center for Teaching Excellence Advisory Council** **Fall 2017 – Spring 2019**
- Council advises the Director on the mission of the Center, helps to plan its schedule of activities and events, and helps to define the role it plays in supporting the teaching work of all Assumption University faculty
- Status and Welfare Committee** **Fall 2017 – Spring 2019**
- Committee acts as the Faculty's agent to the University administration regarding matters of salary, benefits, and other conditions of employment as they arise
- Faculty Diversity Committee** **Summer 2017**
- Committee was charged with describing and analyzing the current state of faculty diversity. We offered recommendations to the Provost for improvements to increase faculty applications from diverse populations and considerations for future hiring practices
- Faculty Mentor** **Fall 2012 – Spring 2017**
- Interest Circle, Living Learning Center – Inspired by Steven Levitt’s and Stephen Dubner’s “Freakonomics” books this interest circle addressed a variety of questions through a blend of sociological, psychological, and economical concepts
- NEPA Planning Committee** **Fall 2015 – Fall 2016**
- Assumption University – Assisted in planning to host the annual conference of the New England Psychology Association at Assumption University for October 2016
- CCRN Response Subcommittee Member** **Fall 2015 – Spring 2016**
- Coordinated Community Response Network (CCRN) – Faculty Representative – Assist subcommittee on developing techniques and protocol in how to respond to student reporting of campus sexual assault

===== **SERVICE TO THE PSYCHOLOGY DEPARTMENT** =====

- Coordinator of the Cognitive-Behavioral Therapies Concentration** **Fall 2015 – Present**
- Clinical Counseling Psychology Program – Oversee concentration course requirements and advise graduate students on program curriculum and state licensure
- Faculty Search Committee** **Multiple Years**
- Psychology Department – Assisted committee with selection of candidate for tenure-track position in the Psychology Department with an emphasis in teaching in the Clinical Counseling Psychology Program

- Accreditation Committee** **Spring 2017 – Fall 2018**
- *Clinical Counseling Psychology Program* – Assist committee with preparing for program accreditation (Master’s in Psychology and Counseling Accreditation Council [MPCAC])
 - Received Accreditation December, 2018
- Representative to the Faculty Senate** **Fall 2016 – Spring 2018**
- *Psychology Department* – Attend and participate in faculty senate meetings and report back to the department
- Assessment Committee** **Summer 2016**
- *Clinical Counseling Psychology Program* – Assisted committee with assessment procedures and evaluation of graduate courses and overall program curriculum
- Curriculum Revision Committee** **Fall 2015 – Fall 2016**
- *Psychology Department* – Assisted committee on revising department undergraduate courses and curriculum for psychology majors and minors

===== **SERVICE TO THE PROFESSION** =====

NEW ENGLAND PSYCHOLOGICAL ASSOCIATION

- Steering Committee Member** **Fall 2014 – Present**
- Assisted in planning for Assumption University to host NEPA October 2016
- President** **October 2021 – October 2023**
- Elected by peers; 2-3 meetings a year to conduct NEPA business activities

AD HOC REVIEWER

- Sage Open (& Article Editor)** **June 2018 – Present**
- North American Journal of Psychology** **May 2017 – Present**
- The Counseling Psychologist** **May 2012 – Present**

===== **CLINICAL-COUNSELING** =====

- Dr. V Counseling (Northborough, MA)** <https://www.drvcounseling.com/>
- Adam M. Volungis, PhD, LMHC, LLC**
- Counseling Psychologist & Licensed Mental Health Counselor** **April 2021 – Present**
- Private practice – provide relationship-based cognitive-behavioral therapy for youth and adults

- CHILDREN’S FRIEND (Worcester, MA)** <http://www.childrensfriend.org>
- Outpatient Fee-For-Service Clinician** **July 2012 – July 2013**
- Provided outpatient cognitive-behavioral therapy and psychological testing for children, adolescents, and their families
 - *Clinical Director: Johanna Sagarin, Ph.D.*

- YOUTH OPPORTUNITIES UPHELD INC. (Southbridge, MA)** <http://www.youinc.org>
- Outpatient Fee-For-Service Clinician** **July 2011 – June 2012**
- Provided outpatient cognitive-behavioral therapy for children, adolescents, and their families
 - *Program Director: Karen Gemboski, M.S.W., LICSW*
 - *Clinical Director: Gisele Duplessis, M.S.W., LICSW*

CASA PACIFICA (Camarillo, CA)<http://www.casapacifica.org>**Pre-Doctoral Residential Clinical Intern (APA Accredited)****August 2009 – August 2010**

- Clinician at a Residential Level-14 cottage(s) for 16 boys and girls aged 11 to 18 with severe mental illness (e.g., trauma, bipolar, major depression), learning disabilities, challenging behaviors (e.g., conduct disorder, antisocial personality traits), and substance abuse
- Primary duties included providing evidenced based individual, family, and group therapy for adolescents and their families: CBT, TF-CBT, Interpersonal, DBT, Collaborative Problem Solving (CPS), Life Space Crisis Intervention (LSCI)
- Completed full battery psychological/cognitive assessments and psychosocial assessments; testing highlights: CBCL, CRS-R, BASC-2, CDI, MASC, WISC-IV, WAIS-IV, WJ-III-Cog/Ach, MMPI-II, MMPI-A, MACI, MCMI-III, NEPSY-2, TOVA
- *Primary Supervisor: Lori Kaplan, Ph.D.*
Secondary Supervisor: Michael Marquez, Ph.D.
Group Supervisor: Laureen Worden, Ph.D.

COUNSELING & WELLNESS CLINIC (Bloomington, IN)<https://education.indiana.edu/cwc/index.html>**Assistant Director****July 2006 – May 2008****Advanced Practicum Counselor****August 2005 – May 2006**

- Accountable for the day-to-day operation of a university department counseling center open to students and the community at large; worked in conjunction with Director of the center
- Provided weekly direct supervision for graduate-level counselors
- Co-facilitated weekly counselor staff meetings and administration meetings
- *Training Director: Rex Stockton, Ed.D.*
Training Supervisor: Thomas Sexton, Ph.D., ABPP

CENTER FOR ADOLESCENT & FAMILY STUDIES (Bloomington, IN)**Interim Lead Family Supervisor****Summer 2007****Advanced Practicum Family Counselor****July 2006 – October 2007**

- Provided therapy and clinical supervision of the Functional Family Therapy (FFT) model, an evidence-based intervention for at-risk adolescents and their families who have been court mandated or referred by county juvenile probation for substance abuse and/or disruptive/oppositional behaviors (state funded Indiana Family Project)
- *Training Supervisor: Thomas Sexton, Ph.D., ABPP*

MEADOWRIDGE BEHAVIORAL HEALTH CENTER (JUSTICE RESOURCE INSTITUTE)**(Swansea, MA)**<http://jri.org/meadowridge/>**Clinician****May 2003 – August 2005**

- Clinician for a COA-accredited treatment center and residential school for 27 adolescent boys and girls aged 12 to 22 with moderate to severe mental illness (e.g., trauma, bipolar, early onset psychosis), learning disabilities, and challenging behaviors (e.g., conduct disorder, borderline personality traits) (Chapter 766 approved and EEC licensed)
- *Program Director: Stephanie Ward, M.Ed., LMHC*
Clinical Director: James Isidoro, M.A., LMHC

YOUTH OPPORTUNITIES UPHELD INC. (Southbridge, MA)

<http://www.youinc.org>

Intern School-Based & Outpatient Therapist

September 2002 – May 2003

Practicum Counselor

May 2002 – August 2002

- Duties included providing assessment and therapy for children, adolescents, adults, and families utilizing local school facilities, the Family Services/Outpatient Clinic, and occasionally in the homes of the clients
- Specific areas of treatment included depression, anxiety, anger management, family and relationship problems, as well as other externalized behavioral/emotional problems such as ADHD, ODD, etc.
- *Supervisors: Nathan Peterson, M.A., LMHC & Owen Ryan, M.S.W, LICSW*
- *Department Supervisors: Lynn Dowd, Psy.D. & Peter Toscano, Ph.D.*

WORCESTER & WESTBOROUGH STATE HOSPITAL (MA)

<http://www.umassmed.edu>

Transitions Counselor

July 2001 – September 2003

Program Director: Andrew Benedetti, M.Ed.

- Direct-care counselor for JCAHO accredited intensive/behavioral residential treatment program (IRTP & BIRT) for severely emotionally disturbed abused and neglected adolescents ranging from eating disorders and suicidal ideation/behaviors to severe conduct disordered behaviors and early onset psychosis; affiliated with UMass Medical – Psychiatry