

ANKITA SAHU

Counseling Psychology
School of Psychological and Behavioral Science
Southern Illinois University
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EDUCATION

- PhD** Texas A&M University (A&M), Counseling Psychology May 2021
Dissertation: Training in interpretation of cultural data: Understanding its effect on multicultural case conceptualizations
Chair: Charles R. Ridley, PhD
Graduated with Honors
- MEd** University of Oregon, Counseling, Family and Human Services June 2015
Capstone: Family conflict and child's depression: Establishing bidirectionality
Advisors: Elizabeth Skowron, PhD, Benedict McWhirter, PhD
- BA** University of Minnesota – Twin Cities, Psychology May 2014
Minor, Sociology
Capstone: Emotional Regulation and internalizing problems

PUBLICATIONS

Published Manuscripts

- Ridley, C., **Sahu, A.**, Console, K., Surya, S., Tran, V., Xie, S., & Yin, C. (2021). The Process Model of Multicultural Counseling Competence. *The Counseling Psychologist*, 49(4), 534-567. <https://doi.org/10.1177/0011000021992339>
- Sahu, A.**, Console, K., Tran, V., Xie, S., Yin, C., He, X., & Ridley, C. (2021). A case using The Process Model of Multicultural Counseling Competence. *The Counseling Psychologist*, 49(4), 568-585. <https://doi.org/10.1177%2F0011000021990762>
- Ridley, C., Console, K., **Sahu, A.**, Yin, C., & Mollen, D. (2021). A Call to the Profession: Rejuvenating the Multicultural Conversation. *The Counseling Psychologist*, 49(4), 610-618. <https://doi.org/10.1177%2F0011000021991872>
- Chang, Y., Ali, S., **Sahu, A.**, Dong, S., Thornhill, C. W., Milian, P., & Castillo, L. G. (2021). Chinese international student sexual harassment on U.S. college campuses. *Journal of International Students*, 11(3), 742-748. <https://doi.org/10.32674/jis.v11i3.2678>
- Rosner, C. M., Armstrong, T. W., Walsh, M. V., Castillo, L. G., **Sahu, A.** (2020). Identity centrality and well-being in lesbian and bisexual women college students. *International Journal of Psychology and Educational Studies*, 7(3), 70-80. <https://doi.org/10.17220/ijpes.2020.03.007>
- Saenz, J., **Sahu, A.**, Tarlow, K., & Chang, J. (2019). Telepsychology: Training Perspectives. *Journal of Clinical Psychology*, 76, 1101-1107. <https://doi.org/10.1002/jclp.22875>

Manuscripts in Preparation

Tran, V., Ridley, C. R., **Sahu, A.**, & Bell, A-S., (2022). *Multicultural counseling skills evaluation form: A tool for clinical supervision*. Manuscript in preparation.

Sahu, A., & Ridley, C. R. (2022). *Training in interpretation of cultural data and multicultural case conceptualization*. Manuscript in preparation.

GRANTS

May 2022 College of Health and Human Sciences, Southern Illinois University
A Qualitative Inquiry into Multicultural Case Conceptualization Skills
Principal Investigator, \$9,388 (funded)

RESEARCH EXPERIENCE

1. Graduate Assistant Research, College of Education and Human Development Strategic Research Award, Texas A&M University, College Station, TX (August 2018 – August 2019)
Supervisor: Charles R. Ridley, PhD
2. Research Team Leader, Multicultural Counseling Competence, Texas A&M University, College Station, TX (Spring 2017- May 2021)
Supervisor: Charles R. Ridley, PhD
3. Research Team, Sexual Harassment and Chinese International Women, Texas A&M University, College Station, TX (Spring 2018 - May 2021)
Supervisor: Linda G. Castillo
4. Graduate Assistant Research, Institutional Effectiveness & Evaluation, Texas A&M University, College Station, TX (August 2016 – August 2018; August 2020 – May 2021)
Supervisors: Dongling Zhan, PhD; Alicia Dorsey PhD
5. Research Team, Telehealth Counseling Clinic, Texas A&M University, College Station, TX (Fall 2015 – Fall 2016)
Supervisor: Carly McCord, PhD
6. Research Assistant, Prevention Science Institute, University of Oregon, Eugene, OR (January 2015 – June 2015)
Supervisor: Leslie Leve, PhD

TEACHING EXPERIENCE

Courses Taught

Assistant Professor, Southern Illinois University – Carbondale	August 2021 – Present
Fall 2022 Psychology of Race and Racism (Undergraduate) Supervision of Psychotherapy (Graduate)	
Spring 2022 Helping Skills (Undergraduate) Cross-Cultural Psychology (Graduate)	
Fall 2021 Psychology of Race and Racism (Undergraduate) Practicum in Counseling – Social Justice (Graduate)	
Teaching Assistant, Texas A&M University	January 2018 – May 2018 & January 2019 – May 2019
Spring 2018 Multicultural Counseling Psychology (Graduate) Spring 2019 Multicultural Counseling Psychology (Graduate)	
Instructional Assistant, Texas A&M University	August 2017 – December 2017 & August 2018 – December 2018
Fall 2017;2018 Theories of Counseling (Graduate)	

Thesis and Dissertation Projects

Dissertation Committee member = 6

Dissertation Co-chair = 1

Master's Thesis Chair = 2

Undergraduate Honor's Thesis = 1

PROFESSIONAL PRESENTATIONS

Sahu, A., Yin, C., Xie, S., & Ridley, C. R. (2022). Training in interpretation of cultural data & multicultural case conceptualization. Poster presented at American Psychological Association Annual Convention, Minneapolis, IL

Chang, Y., Ali, S., **Sahu A.**, Dong, S., & Castillo, L. (2019). Understanding the perception and impact of sexual harassment on female Chinese international student. Roundtable Session presented at the 2019 American Psychological Association Convention, Chicago, IL.

Sahu, A., & Unni, A. (2018). The culturally encapsulated client: navigating issues of transference and countertransference for minority clinicians. Poster presented at South Asian Mental Health Conference, Fremont, CA.

Unni, A., & **Sahu, A.** (2018). South Asian American identity models: The missing shades of color. Poster presented at South Asian Mental Health Conference, Fremont, CA.

Ridley, C., **Sahu, A.**, Tran, V., Xie, S., Surya, S. (2018). Advancing beyond multicultural counseling competence's conceptual and operational impasse. Symposium at APA Div. 45 Annual Conference, Austin, TX.

Ridley, C., **Sahu, A.**, Console, K., Danquah, R., Lopez, C., Pang, Y.D., Smith, B, Stickle, M.M., Yin, C., & Zhou, J.Z. (2018). Developing multicultural competencies under the umbrella of multicultural competence. Workshop at Texas Psychological Association, Dallas, TX.

Ridley, C., **Sahu, A.**, Surya, S., Tran, V., Xie, S. (2017). Multicultural counseling competence: Putting theory into practice. Symposium at Texas Psychological Association, Houston, TX.

Ridley, C., Green, E., Bulovas, A., Dong, S., Belle, M. C., Long, L., Guitierrez, E., Chang, Y., & **Sahu, A.** (2016). Multicultural assessment and social justice in psychological practice: Issues and challenges. Symposium at Texas Psychological Association, Austin, TX.

Rosner, M.C., Walsh, M., Armstrong, T., **Sahu, A.**, & Castillo, L. (2016). Identity centrality and eudaimonic well-being in sexual minority women. Poster presented at American Psychological Association Annual Convention, Denver, Colorado.

CLINICAL EXPERIENCE

1. Predoctoral Internship, The Ohio State University, Columbus, OH (Fall 2019-Summer 2020)
2. Clinical Peer Supervisor, Texas A&M Counseling & Assessment Clinic, College Station, TX (Fall 2018)
3. Clinical Practicum, Texas A&M Telehealth Counseling Clinic, College Station, TX (Spring 2018; Summer 2018)
4. Assessment Practicum, Texas A&M Counseling and Assessment Clinic, College Station, TX (Fall 2017; Summer 2018)

5. Clinical Practicum, Texas A&M University, Student Counseling Service, College Station, TX (Spring 2017 - Fall 2017)
6. Clinical Practicum, Texas A&M Counseling & Assessment Clinic, College Station, TX, (Spring 2016 - Fall 2016)

SERVICE

Department

Chair. Diversity & Climate Committee, School of Psychological and Behavioral Sciences. Southern Illinois University – Carbondale, January 2022 – Present
Committee Member. Undergraduate Curriculum Committee, School of Psychological and Behavioral Sciences. Southern Illinois University – Carbondale, January 2022 – May 2022

Guest Review

Guest Reviewer, *Journal of Clinical Psychology*, January 2021 – May 2021
Guest Reviewer, *The Counseling Psychologist*, July 2022

Professional Affiliations

American Psychological Association (APA), 2016 – Present
Asian American Psychological Association (AAPA), 2018 – Present
Division of South Asian American Psychological Association (DoSAA), 2018 – Present
APA Division 17 - Counseling Psychology, 2021 - Present
Texas Psychological Association, 2017 - 2018
APA Div. 45 - Society for the Psychological Study of Culture, Ethnicity, and Race Research, 2018-2019

HONORS AND AWARDS

1. Outstanding Paper Award, *The Counseling Psychologist*, 2022
2. Professional Psychology Scholarship for Interns Award, College of Education, Texas A&M University, 2019 -2020
3. CEHD Strategic Research Award (Fellowship), College of Education, Texas A&M
4. University, 2018 - 2019
5. Department of Educational Psychology Scholarship Award, College of Education, Texas
6. A&M University, 2017- 2018
7. CEHD Scholars Award, College of Education, Texas A&M University, 2016