

# Cheryl Forster, Psy.D.

Licensed Psychologist

*Coordinator of Diversity & the Psychology Internship at Portland State University*

*Intercultural Trainer at Bookmark Connections*

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[www.bookmarkconnections.com](http://www.bookmarkconnections.com) and [www.pdx.edu/shac](http://www.pdx.edu/shac)

## EDUCATION

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### Pacific University, School of Professional Psychology, Forest Grove, OR

- *Doctorate in Clinical Psychology, Psy.D.*
- APA-Accredited Clinical Psychology Program
- January 2005

### Tufts University, Graduate School of Arts and Sciences, Medford, MA

- *Masters of Arts in Applied Developmental Psychology, M.A.*
- September 1997

### Skidmore College, Saratoga Springs, NY

- *Bachelor of Arts with Honors in Psychology, B.A.*
- Cum Laude, May 1995

## LICENSURE AND CERTIFICATES

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### Oregon State Licensure

- License #1798; October 20, 2006

### Intercultural Communication Institute, Portland, OR

- Summer Institute for Intercultural Communication (SIIC), every July 2008 to 2018
- SIIC total: 30 classes/554 hours
- *Intercultural Practitioner Certificate, August 2014*

### Cultural Intelligence Center, Bingham Farms, MI

- Certified Advanced CQ Facilitator
- *Cultural Intelligence (CQ) Certification – Level I & II, Chicago, IL, May 2018*

### EMDR Therapy

- EMDRIA-Approved EMDR Therapy Basic Training – Part I & II (April & May 2019)
- Also included the S.A.F.E. Approach – Somatic and Attachment Focused EMDR
- Personal Transformation Institute
- *Certificate of Completion, Portland, OR, May 2019*

## **CURRENT WORK**

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### **Bookmark Connections**, Portland, OR

*www.bookmarkconnections.com*

- Owner; Professional intercultural training & development, 2012 to present
- Organizational trainings; professional continuing education (CE) workshops; intercultural assessments (e.g., IDI, CQ, IES); community presentations & classes; and to a lesser extent, individual supervision, and [starting in 2020\*] psychological assessments for Asylum and U & T Visa adult immigration cases

### **Center for Student Health and Counseling (SHAC), Portland State University**, Portland, OR

- Senior Staff Member, September 2005 to present (started part-time September 2004)
- Licensed Psychologist and Coordinator of Diversity, October 2006 to present
- Coordinator of Psychology Internship, 2010 to present (APPIC-Approved & ACCTA)
- Coordinated Counselor Education masters-level internship program, 2007 to 2013
- Psychology Post-Doctoral Resident; Supervised by Michelle Kirton, Ph.D., February 2005 to April 2006; Eugene Hakanson, Ed.D., April to October 2006
- Provide individual and group psychotherapy to an undergraduate and graduate population at a university counseling center; crisis walk-in shifts
- Provide outreaches and consultation for university community
- Provide career assessments; co-facilitate Student of Color Support Group
- Supervise psychology doctoral interns, psychology residents, and counseling interns
- Facilitate diversity didactics and the professional development seminar
- Liaison to Diversity & Multicultural Student Services, and the Education Abroad Office

## **POSTGRADUATE STUDY HIGHLIGHTS**

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### **Intercultural assessment training**

- *Cultural Intelligence (CQ) & Values Assessments*; Cultural Intelligence Center (May 2018)
- *Inclusive Behaviors Inventory (IBI)*; Aperian Global (April 2018)
- *The Intercultural Communication Edge (icEdge)*; icEdge LLC (February 2018)
- *Qualified Administrator: Intercultural Development Inventory (IDI)*; IDI LLC (January 2016)
- *The Intercultural Effectiveness Scale (IES)*; Kozai Group (January 2014)
- *Intercultural Conflict Style Inventory (ICS)*; SIIC & IDI LLC (July 2012 & January 2016)

### **Advanced intercultural training**

- *Facilitating Intercultural Consciousness: 1) A Constructivist Approach to Intercultural/Multicultural Learning*; and 2) *Encountering Difference: Entering Alternative Experience through Observational Categories*; 32 hours; Milton Bennett, Ph.D. of the Intercultural Development Research (IDR) Institute; hosted by Dartmouth College, Hanover, NH (July/August 2019)
- Completed 30 classes/554 hours at the Summer Institute for Intercultural Communication (SIIC) from 2008 to 2018; many classes were taught by leaders in the intercultural field

### **Psychological assessments for immigration training (e.g., Asylum, U Visas)**

- *Immigration Assessment Consultation Group for Mental Health Professionals* (monthly); Lynn Moore, Ph.D. and The Helping Immigrants Stay Project (2019)
- *Mental Health Evaluations for Immigration*; Lynn Moore, Ph.D., Marina Valdez, Ph.D., & Valerie Yeo, Psy.D. (December 2018)

- *Clinical Assessments for Immigration Cases; The Immigration Evaluation Training Center; Georgia King, LCSW (October 2018; March 2019)*

### **Selected trauma workshops**

- *Psychobiology of Oppression. Anne Phillips, LMHC, SEP & Liz Goodwin, LICSW (Nov. 2019)*
- *Integrating Polyvagal Theory into Clinical Practice. Deb Dana, LCSW (May/June 2019)*
- *EMDR 3-Day Intensive Training (included Dr. Laurel Parnell's attachment-focused EMDR protocol); Linda Curran, BCPC, LPC, CACD, CCDPD (April 2017)*

### **Specialty training and groups**

- *Interpersonal Neurobiology Study Group; Bonnie Badenoch, Ph.D., LMFT (2012)*
- *Supervision & Training specialty internship rotation; Chris Grant, Ph.D. (2002 to 2003)*
- *Gestalt Therapy Training Center NW; Steve Zahm, Ph.D. & Eva Gold, Psy.D. (2000 to 2002)*
- *Dialectical Behavior Therapy Education & Consultation Group; Soonie Kim, Ph.D. (2000)*

### **Portland State University, Graduate School of Education, Portland, OR**

- *Audited 15 classes in Training & Development (5); Organizational Psychology (1); Conflict Resolution (2); and Interpersonal Neurobiology (7; overlapped with Trauma-Informed Services)*

## **HONORS AND AWARDS**

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- *The Ronald E. McNair Post-baccalaureate Achievement Program Guest Speaker Appreciation Award. Portland State University (2018; 2019)*
- *Contribution to Knowledge Award – EMSA service award. Portland State University (2016)*
- *Honored with a Pendleton blanket for service – Healing Feathers Program (SAMHSA grant award for suicide prevention and wellness among Native American college students). Portland State University (2009)*
- *Diversity Scholar – ACCTA mentorship award for potential future training directors. The Association of Counseling Center Training Agencies (ACCTA) (2008)*
- *Service Scholarship recipient – awarded for demonstrating commitment to working with under-served populations. School of Professional Psychology, Pacific University (academic years 1999 to 2000; 2000 to 2001; 2001 to 2002; 2002 to 2003)*
- *Periclean Society – Honor Society of Skidmore College (elected in 1995)*
- *Psi Chi National Psychology Honor Society (inducted in 1994)*

## **PAST CLINICAL WORK AND EXPERIENCE**

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### **Summer Institute for Intercultural Communication (SIIC), Portland, OR**

- *Mental health consultant/Psychologist-in-residence, Julys 2008 to 2018*

### **Counseling and Psychological Services, Oregon State University, Corvallis, OR**

- *Interim Therapist, ABD; Supervised by Bert Epstein, Psy.D., January to August 2004; Supervised by Ellen Taylor, Ph.D., September 2004 to January 2005*
- *Provided individual and group psychotherapy (process group) to an undergraduate and graduate population at a university counseling center; crisis walk-in shifts*
- *Provided outreaches and consultation for university community*

**"The Wellness Project;" A Free Community Mental Health Clinic**, Vancouver, WA

- Intake Therapist; Supervised by Margaret Smith, Ph.D., March to September 2004
- Volunteer at grass roots community development project for people in need

**Counseling Center, University of Washington**, Seattle, WA

- Psychology Pre-Doctoral Intern; APPIC-approved site; Supervised by Michele Meola, Ed.D., September 2002 to March 2003; John Yurich, Ph.D., March to September 2003
- Provided individual and couples psychotherapy to an undergraduate and graduate population at a university counseling center; crisis walk-in shifts; outreaches & consultation
- Led Study Skills Workshops and Career Assessment Workshop series
- Personality Assessments using Finn's collaborative model (MMPI-2 and MCMI-III)
- Career Assessments using the MBTI and SII
- Training Committee member - intern selection and interviews
- Co-led Practicum Group Supervision group and supervised individual doctoral student
- Specialty rotation in *Supervision and Training*; Supervised by Chris Grant, Ph.D. & Jenny Mao, Ph.D.; in addition to standard supervision training

**Summary of Graduate School Practicum and Work Experience**

- Student Counseling Center at Pacific University (therapy); Supervised by Sharon Nance, Ph.D., August 2001 to May 2002
- Psychological Service Center at Pacific University (assessment); Supervised by Michael Daniel, Ph.D., September 2001 to July 2002
- Psychological Service Center at Pacific University (supervision); Supervised by Paula Truax, Ph.D., Summer 2002
- Mental Health NW (formerly: PeaceHealth) (community mental health; therapy); Supervised by Margaret Smith, Ph.D., September 2000 to August 2001
- Chemawa Indian High School (community placement for Human Diversity Workshop); April 2000 to July 2000
- Pacific Gateway Hospital (per diem milieu therapist); March 2000 to April 2001
- Psychological Service Center at Pacific University (therapy); Supervised by Donald Fromme, Ph.D., April 1999 to August 2000
- Cambridge Hospital, Child Assessment Unit (masters-level intern); Supervised by Jill Bradley, R.N., January 1997 to May 1997

**RELEVANT OTHER EXPERIENCE**

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**Board of Directors**, National Organization of Training Directors

- Elected position, The Association of Counseling Center Training Agencies (ACCTA), November 2017 to 2019
- Continuing Education Co-Chair and Diversity Mentorship Scholarship Board Liaison

**Korean Language Lessons**, Portland, OR

- Student, Oregon Korean School, March to December 2017; October 2018 to February 2019
- Additional online course at Udemy

**Person-Centered Tech (PCT)**, Portland, OR

- Advisory Board Member, July to September 2016
- Psychologist Advisor for review of continuing education (CE) trainings

**Mindfulness Meditation Retreats: Vipassana Insight Meditation**

- Led by Heather Martin, September 2007, Cloud Mountain Retreat Center, Castle Rock, WA
- Led by Heather Martin, June 2008, Trillium Sangha, Portland, OR
- Led by Rodney Smith, February 2012, Still Meadow Retreat Center, Damascus, OR

**Youth Leadership Program**, Somerville, MA

- Teacher, January to December 1996
- City-sponsored program to direct junior high students from under-represented groups in leadership skills and community service

**Women's Rape Crisis Center**, Burlington, VT

- Volunteer, September to December 1992
- Completed intensive training program for hotline workers

**TEACHING EXPERIENCE**

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**Introduction to Intercultural Competence**

- Intercultural Competence (ICC) Specialization graduate program, Middlebury Institute of International Studies (MIIS) at Monterey, Monterey, CA
- Adjunct Instructor, Spring Semester 2018

**Introduction to Psychopathology**

- Department of Psychology, Portland State University, Portland, OR
- Co-taught undergraduate class with Dr. Linda Fishman, Fall Quarter 2005

**Basic Clinical and Counseling Skills Lab**

- School of Professional Psychology, Pacific University, Forest Grove, OR
- Selected to be a Teaching Assistant/Lab Instructor, Fall Semester 2001

**Human Diversity Lab**

- School of Professional Psychology, Pacific University, Forest Grove, OR
- Selected to be first Teaching Assistant for Sandra Jenkins, Ph.D., Summer Semester 2001

**Guest Lectures**

- *Culture in Organizations*. School of Professional Psychology, Pacific University, Hillsboro, OR. (March 2016)
- *Intercultural Conflict Styles*. School of Business Administration, Portland State University, Portland, OR. (February 2015); Counseling Program, Lewis & Clark College, Portland, OR. (July 2013); School of Professional Psychology, Pacific University, Hillsboro, OR. (September 2012; July 2013)
- *Developmental Model of Intercultural Sensitivity*. School of Professional Psychology, Pacific University, Hillsboro, OR. (September 2013)

- *White Racial Identity Development*. Graduate School of Social Work, Portland State University, Portland, OR. (October 2008); School of Professional Psychology, Pacific University, Forest Grove, OR. (June 2000)
- *Stress*. Graduate School of Education, Portland State University, Portland, OR. (April 2007; January 2008); Oregon State University, Corvallis, OR. (January 2005)
- *Race and Organizations*. School of Professional Psychology, Pacific University, Forest Grove, OR. (January 2007; November 2007)
- *Successful Early Career Psychologists' Panel*. School of Professional Psychology, Pacific University, Forest Grove, OR. (March 2006)
- *Attachment*. Clackamas Community College, Oregon City, OR. (April 2005)

## **PROFESSIONAL CONFERENCE PRESENTATIONS**

- Leading with an Intercultural Approach to Diversity; and Intercultural Conflict Effectiveness for the Workplace. Oregon Department of Human Services Child Welfare Supervisors Conference. Salem, OR. (May and June 2019)
- Integrating Cultural Intelligence (CQ) into our Multicultural Training. The Association of Counseling Center Training Agencies' (ACCTA) Annual Conference. Minneapolis, MN. (September 2018)
- Building Capacity with Cultural Intelligence (CQ) (evening session). Summer Institute for Intercultural Communication (SIIC). Portland, OR. (July 2018)
- Advocate Development from an Intercultural Perspective. The Association of Counseling Center Training Agencies' (ACCTA) Annual Conference. Denver, CO. (September 2017)
- Intercultural Communication in the Workplace. Pacific University's College of Health Professions' Anniversary (Interprofessional Education). Hillsboro, OR. (May 2016)
- Leaning into Discomfort and Designing an Effective Diversity Training Seminar (group presentation). The Association of Counseling Center Training Agencies' (ACCTA) Annual Conference. Louisville, KY. (October 2015)
- Attachment Theory & Relationship Patterns: Cross-Cultural Differences and Intercultural Considerations (evening session). Summer Institute for Intercultural Communication (SIIC). Portland, OR. (July 2015)
- Understanding Intercultural Conflict Styles for Better Relationships. Oregon Psychological Association's (OPA) Annual Conference. Eugene, OR. (May 2015)
- Understanding Intercultural Communication Conflict Styles for Leadership Development. The Association of Counseling Center Training Agencies' (ACCTA) Annual Conference. San Diego, CA. (September 2014)
- Integrating the Intercultural Perspective into our Social Justice Training. The Association of Counseling Center Training Agencies' (ACCTA) Annual Conference. Lake Geneva, WI. (September 2011)

## **PROFESSIONAL CONTINUING EDUCATION WORKSHOPS**

- Intercultural Empathy and Cultural Intelligence (CQ) Workshop (two-day continuing education workshop; with optional icEdge Assessment, Intercultural Conflict Style Inventory, and Cultural Values Profile). Bookmark Connections. Portland, OR. (March 2019; February 2020\*)

- Talking about Race and Racism: A Developmental and Integrative Approach. Lewis & Clark College's Graduate School of Education and Counseling – Center for Community Engagement. Portland, OR. (January 2016; October 2017; October 2018; April 2020\*)
- Cultural Values, Intelligence, Bias, and Self-Awareness. Lewis & Clark College's Graduate School of Education and Counseling – Center for Community Engagement. Portland, OR. (October 2019)
- Intercultural Communication: Critical Understandings for Effectiveness. Lewis & Clark College's Graduate School of Education and Counseling – Center for Community Engagement. Portland, OR. (January 2015; October 2016; May 2019)
- “Can we all be different and still in this together?”: Using Intercultural Communication to engage with difference. Bookmark Connections. Portland, OR. (March 2017; July 2017; February 2018)
- Intercultural Communication: Increasing Competency at Work and in Our Relationships (morning: *Developing Intercultural Sensitivity*; afternoon: *Exploring Intercultural Conflict*). Oregon Mental Health CEU Consortium. Portland, OR. (June 2016)
- Intercultural Communication Study Group (20-hour group). Annual 10-month professional training groups for mental health therapists and graduate students. Bookmark Connections. Portland, OR. (September 2012 to June 2016)
- Psychological & Educational Implications (panel discussion). Part of Eduardo Duran's *Toward a New View of Intergenerational Trauma* workshop. Cross Cultural Counseling and Consulting and the Oregon Psychological Association (OPA). Portland, OR. (March 2013)

## KEYNOTE AND INVITED SPEAKER PRESENTATIONS

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- Western Oregon Mental Health Alliance (WOMHA). *Core Intercultural Concepts for Mental Health Professionals*. Salem, OR. (November 2019)
- George Fox University's Graduate School of Clinical Psychology. Fall Colloquium. *Intercultural Prerequisites for Effective Diversity Work*. Newberg, OR. (October 2019)
- Oregon Counseling Association (ORCA). The Culturally Informed Counselor CE Event (morning keynote). *Foundations of Intercultural Communication and Conflict*. Portland, OR. (November 2018)
- Oregon College and University Suicide Prevention Project (OCUSPP). *Intercultural Frameworks for Increased Effectiveness* (full-day workshop). Portland, OR. (August 2018)
- Partners in Diversity. Breakfast for Champions program. *Intercultural Sensitivity: An Organizational Foundation*. Portland, OR. (July 2018)
- Oregon Psychological Association (OPA). Annual OPA Conference (2<sup>nd</sup> keynote presentation). *Maintaining Our Humanity during these Polarizing Times: Self-Care from a Community and Intercultural Perspective*. Portland, OR. (May 2018)
- Oregon Mental Health CE Consortium. Required Reading Conference. *Intercultural Communication 101*. Portland, OR. (March 2018)
- Oregon Dental Hygiene Conference. Educators Session. *Intercultural Communication for Professional and Personal Development*. Portland, OR. (November 2017)
- Northern California Training Directors' (NCTD) Annual Conference. *Intercultural Communication and Difference: Applying the Developmental Model of Intercultural Sensitivity* (keynote presentation); *Understanding Intercultural Conflict Styles* (breakout session). University of California at Berkeley. Berkeley, CA. (September 2016)

- The Association of Counseling Center Training Agencies (ACCTA). Diversity Scholar presentation the Annual Conference. *Building Multicultural Organizational Competency: Training Our Interns*. Myrtle Beach, SC. (September 2008)

## **ORGANIZATIONAL TRAININGS**

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- Cascadia Behavioral Healthcare. *Essential Intercultural Frameworks: Building Your Toolbox for Working Cross-Culturally with Clients and Staff at Cascadia*. Portland, OR. (June 2019)
- NWEA (Northwest Evaluation Association). *Intercultural Foundations for Organizations*. Portland, OR. (April 2019)
- Pacific University's School of Graduate Psychology (faculty). *An Intercultural Approach to Diversity Work*. Hillsboro, OR. (March 2019)
- University of Rochester Medical Center. *The Foundations of Intercultural Effectiveness*. Rochester, NY. (March 2019)
- Energy Trust of Oregon. *Differences: Where to Start?* Portland, OR. (December 2018; February 2019)
- Northwest Academy. *An Introduction to Intercultural Communication for Diversity Work*. Portland, OR. (January 2019)
- George Fox University's Graduate School of Clinical Psychology (faculty). *Intercultural Communication for Psychology*. Newberg, OR. (December 2018)
- University of California, San Francisco's Student Health and Counseling Services. *Integrating Intercultural Communication for Cultural Effectiveness*. San Francisco, CA. (July 2018)
- Ohio University's Counseling and Psychological Services (continuing education). *Intercultural Communication for Cultural Competence*. Athens, OH. (June 2018)
- Hazelden Betty Ford Foundation (continuing education). *Core Intercultural Concepts*. Newberg, OR. (December 2017)
- Portland Village School Board. *Addressing Racism from an Intercultural Perspective*. Portland, OR. (December 2017)
- The Children's Program. *The Developmental Model of Intercultural Sensitivity*. Portland, OR. (October 2017)
- University of San Diego's Student Health Center and Counseling Center (continuing education). *Intercultural Communication and Development*. San Diego, CA. (August 2016)
- University of Washington's Counseling Center (continuing education). *Intercultural Communication: Working at the Intersection*. Seattle, WA. (September 2015)
- Diversity and Multicultural Student Services' (DMSS) Staff Retreat. *The Developmental Model of Intercultural Sensitivity and Co-Cultural Theory*. Portland State University. Portland, OR. (September 2015)
- Community Partners for Affordable Housing, Board of Directors. *Developmental Model of Intercultural Sensitivity*. Portland, OR. (April 2015)
- George Washington University's Counseling Center (continuing education). *Intercultural Communication: The Application of Key Theories*. Washington, DC. (January 2015)
- Diversity Committee Retreat, Oregon Psychological Association (OPA). *Developmental Model of Intercultural Sensitivity*. Portland, OR. (June 2013)
- Oregon State University's Counseling and Psychological Services (continuing education). *Multicultural Organizational Development*. Corvallis, OR. (October 2011)



## COMMUNITY PRESENTATIONS

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- A Developmental Approach to Diversity: An Introduction to Intercultural Work. Bookmark Connections. Portland, OR. (October 2019)
- YWCA of Greater Portland: Trainings for Social Change Series. *Intercultural Foundations*. Portland, OR. (October 2018)
- Portland United Against Hate (grant from the City of Portland). As part of Lewis and Clark College's workshop series (two workshops): 1) *"I'm scared and angry": Using neuroscience and intercultural skills to engage difference*. 2) *Connecting across differences: Moving beyond hate, indifference, and tolerance with intercultural communication*. Lewis & Clark College. Portland, OR. (March 2018 and May 2018 respectively)
- What's New in Mental Health? Emerging Resources and Opportunities (panel discussion). Lewis & Clark Graduate School of Education & Counseling. Portland, OR. (February 2017)
- Intercultural Conflict Styles. Portland Pearl Rotary Club. Portland, OR. (February 2015)
- Child-Rearing and [Multiracial] Identity (panel discussion). "One City/One Book" Annual Everybody Reads community reading project (*The Girl Who Fell from the Sky* by Heidi W. Durrow). Multnomah County Library. Portland, OR. (February 2012)
- Self-Harm Behavior. Foster Parent Program, Girls and Boys Aid. Portland, OR. (March 2011)

## DIDACTIC TRAININGS

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- Diversity Didactics (co-facilitate). Center for Student Health & Counseling, Portland State University. Portland, OR. (2006 to present)
- Professional Development Seminar. Center for Student Health & Counseling, Portland State University. Portland, OR. (2006 to present)
- Polyvagal Theory in Therapy Didactic. Center for Student Health & Counseling, Portland State University. Portland, OR. (June 2019)
- UC - Berkeley Guest Speaker for Professional Development Seminar. Counseling and Psychological Services, University of California at Berkeley. Berkeley, CA. (March 2018)
- Intercultural Considerations for Assessment. Center for Student Health & Counseling, Portland State University. Portland, OR. (September 2014, 2015, 2016, 2019)
- The Neurobiology of Trauma, Resourcing, and Overview of EMDR (co-facilitated). Center for Student Health & Counseling, Portland State University. Portland, OR. (May 2017)
- Trauma and Culture: International Students. Committee for International Recruitment and Retention. Portland State University. Portland, OR. (November 2016)
- Interpersonal Neurobiology Didactic. Center for Student Health & Counseling, Portland State University. Portland, OR. (May 2012; February 2014; May 2016)
- Intercultural Communication and Conflict Styles. Counseling Center, Reed College. Portland, OR. (September 2013 & 2014)
- Multicultural Supervision: Continuing the Discussion (co-presented). Center for Student Health and Counseling, Portland State University. Portland, OR. (October 2010)
- Complex PTSD and Trauma Treatment: Dr. John Briere's Work. Student Counseling Center, University of Washington. Seattle, WA. (June 2003); Center for Student Health & Counseling, Portland State University. Portland, OR. (November 2005; May 2016)
- Racial Identity Development Models and How They May Affect the Therapeutic Process. PeaceHealth Mental Health Northwest. Vancouver, WA. (July 2001)

## OUTREACH WORKSHOPS

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- Tackling Stress, Impostor Syndrome, and/or Procrastination (ongoing outreach presentations to various groups on campus; e.g., RA's, McNair's scholars, summer bridge students, EMPOWER diversity success class, orientation, multicultural retention programs, international students). Portland State University. Portland, OR. (2005 to present)
- Depression Screening Day. Portland State University. Portland, OR. (2005 to present)
- Education Abroad Orientation: Culture Section (ongoing outreach presentation to students who are going to study abroad). Portland State University. Portland, OR. (2016 to 2018)
- Outreach, support, and consultations with various student groups or departments, regarding national policies that impact students (e.g., DACA, Muslim travel ban). Portland State University. Portland, OR. (2017 to 2018)
- Muslim Student Support. Portland State University. Portland, OR. (December 2010; February 2017)
- Healing Feathers Workshop (three annual presentations with Professor Judy Bluehorse-Skelton on stress and wellness from an Indigenous seasonal and psychological perspective). Portland State University. Portland, OR. (2008 to 2015)
- Culture Shock. Intensive English Language Program (IELP). Portland State University. Portland, OR. (November 2015)
- Personality Types & Learning Styles (MBTI & Kolb LSI presentation). Intensive English Language Program (IELP). Portland State University. Portland, OR. (August 2015)
- Intercultural Conflict Styles and Conflict Resolution. Cultural Centers' Student Leadership Team. Diversity and Multicultural Student Services' (DMSS) Cultural Centers, Portland State University. Portland, OR. (September 2014)
- Intercultural Communication and Conflict Styles. Reflect and Connect program. DMSS' Cultural Centers, Portland State University. Portland, OR. (April 2013)
- Women of Color Action Team Meet & Greet - Community Resources. Portland State University. Portland, OR. (April 2011)
- Students of Color Wellness Workshops (outreach series on various topics). Portland State University. Portland, OR. (2006 to 2010)
- Self-Harm Behavior. RA's at Oregon State University. Corvallis, OR. (February 2004)
- Freshman Parent Orientation. University of Washington. Seattle, WA. (August 2003)
- MBTI and Strong Interest Inventory Interpretation (business class). University of Washington. Seattle, WA. (July & August 2003)
- Self-Worth (sorority). University of Washington. Seattle, WA. (May 2003)
- Depression (sorority). University of Washington. Seattle, WA. (April 2003)
- Study Skills Workshop series. Four different rotating workshops. University of Washington. Seattle, WA. (Winter & Summer 2003)
- Career Assessment Workshop series. Myers-Briggs Type Indicator and Strong Interest Inventory workshops. University of Washington. Seattle, WA. (Spring & Summer 2003)
- Mindfulness. Pacific University. Forest Grove, OR. (March 2002)

## PUBLICATIONS AND RESEARCH EXPERIENCE

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- Forster, C. (2019/2020\*). *Enhancing diversity training in psychology: A proposal to integrate intercultural sensitivity and cultural intelligence*. Manuscript in preparation.

- Forster, C. (2015). Disciplinary approaches to culture: Psychology. In J. M. Bennett (Ed.), *The SAGE Encyclopedia of Intercultural Competence* (Vol. 1, pp. 255–261). Thousand Oaks, CA: SAGE Publications.
- Forster, C. (July/August 2013). Why therapists need to understand intercultural communication: A key to effectiveness with clients and co-workers. *The Oregon Psychologist: Bulletin of the Oregon Psychological Association*, Vol. 32 (3), 11. Portland, OR.
- Forster, C. (September/October 2010). How did we twist Martin Luther King Jr.'s words around to perpetuate racism?: The good intentions of color-blind racism. *The Oregon Psychologist: Bulletin of the Oregon Psychological Association*, Vol. 29 (5), 9 - 14. Portland, OR.
- Forster, C. (2004). *The experience of racial/ethnic minority therapists working with European American clients: A survey*. (Unpublished doctoral dissertation). School of Professional Psychology, Pacific University. Forest Grove, OR. [Chair: Sandra Y. Jenkins, Ph.D.]
- Forster, C. (1997). *Children with and without Behavior Problems: Differences in the Structure of their Drawings*. (Directed research; a pilot study). Eliot-Pearson Department of Child Development, Tufts University. Medford, MA.

## **COMMITTEE MEMBERSHIPS AND WORK**

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- Human Diversity Committee. Pacific University (1999 to 2002)
- Diversity Day Planning Committee (first annual one). Pacific University (2001)
- Doctoral Student Selection Committee Assistant. Pacific University (2000 & 2001)
- Graduate Student Mentor. Pacific University (1999 to 2002)
- Korean-American Adoptee Group (1999 to 2001; 2016 to 2018)
- Assoc. of Faculty for the Advancement of People of Color. Oregon State University (2004)
- Workgroup to Develop Class for White Parents of Children of Color (2007 to 2008)
- Search committees; Portland State University – member (2006, 2014, 2017); chair (2008)
- Multicultural Organizational Development Committee (MCOB). Division of Enrollment Management and Student Affairs, Portland State University (2009 to 2012)
- Native American Community Collaborators. Portland Area (2008 to 2013)
- Asian American & Pacific Islander Employee Resource Group, Portland State University (2015 to present)
- Diversity Committee (founder & member); Counseling & Psychological Services, Center for Student Health and Counseling (CS/SHAC), Portland State University (2006 to present)
- SHAC's Justice, Equity, Diversity, and Inclusion (JEDI) Workgroup; Center for Student Health and Counseling, Portland State University (2019)

## **PROFESSIONAL ASSOCIATIONS**

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- American Psychological Association (APA); Student Affiliate (1994 to 2004)
- American Psychological Association of Graduate Students (1998 to 2004)
- Oregon Psychological Association (OPA) (2003 to 2014)
- Diversity Committee; Oregon Psychological Association (OPA) (2006 to 2013)
- Society for Intercultural Education, Training, & Research (SIETAR) – USA (2011 to 2012)
- Global Association for Interpersonal Neurobiology Studies (GAINS) (2012)
- The American Society of Training & Development (ASTD) – Cascadia Chapter (2012)
- Portland Interculturalists (2016 to present)

- Divisions of the American Psychological Association (APA), Professional Affiliate
  - Division **17** – Society of Counseling Psychology (2018 to present)
  - Division **45** – Society for the Psychological Study of Culture, Ethnicity, and Race (2011 to 2012; 2016 to present)
  - Division **52** – International Psychology (2017 to present)
  - Division **56** – Trauma Psychology (2017 to present)
- The Association of Counseling Center Training Agencies (ACCTA); Program Representative for Portland State University (Board 2017 to 2019; 2010 to 2020)

## **ADDITIONAL INFORMATION**

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- Interested in therapy; supervision and training; career assessment; community outreach; intercultural assessment; psychological assessment for asylum seekers; adult education; and training & development
- Theoretical Orientation – Integrates Interpersonal & Gestalt theories; with Mindfulness-Based CBT and Emotionally Focused Therapy concepts; neuroscience, developmental, systemic, and intercultural perspectives; and an acceptance-based and pragmatic approach
- Psychology – identify as a "generalist" but with these areas of focus:
  - 1) Relationship, developmental, and attachment issues
  - 2) Trauma and abuse; EMDR
  - 3) Interpersonal Neurobiology and Polyvagal Theory
  - 4) Coping strategies and emotion regulation
  - 5) Stress reduction and mindfulness
  - 6) Intercultural communication, sensitivity, empathy, and conflict
  - 7) Cultural intelligence (CQ) and values
  - 8) Social justice and racial/ethnic diversity issues

## **REFERENCES AVAILABLE UPON REQUEST**

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\*scheduled in future

last updated: *November 10, 2019*