**Julia M. Bernard**

Department of Counseling and Human Services

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East Tennessee State University

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**Current Position**

August 2018-Present Interim Chair, Department of Counseling and Human Services

August 2015- Present Associate Professor, Human Services, East Tennessee State University

Coordinator of Human Services Program

**Education**

Ph. D., 2010 Child Development and Family Studies, Purdue University

Specialization in Family Studies

Women’s Studies Minor Certificate

M. S., 2006 Child Development and Family Studies, Purdue University Calumet

Specialization in Marriage and Family Therapy

Kappa Omicron Nu Honor Society

B. A., 2002 Psychology, Purdue University

Golden Key International Honour Society

Psi Chi, The International Honor Society in Psychology

**License and Certifications**

2017 Certified Instructor Mental Health First Aid, National Council for Behavioral Health

2016 Licensed Marital and Family Therapist (LMFT), Lic. #1249, State of Tennessee

2016 Human Services-Board Certified Practitioner (HS-BCP), #4701, Center for Credentialing and Education

2012 Family Mediation Certificate, Louisiana

2011 Provisional Licensed Marriage and Family Therapist (PLMFT), Lic # 1200, State of Louisiana

2010 Licensed Marriage and Family Therapy Associate (LMFTA), Lic. # 85000041A, State of Indiana

2009 Certified Family Life Educator (CFLE), National Council on Family Relations

2004 Indiana Family Mediation Certificate, Lake County Domestic Relations Bureau

**Teaching Experience**

University:

August 2015- August 2018 Assistant Professor, Human Services, East Tennessee State

University, Coordinator of Undergraduate Human Services

Program

Courses Taught: HDAL 1110, Family Development

HDAL 2350, Solving the Puzzle of Life

HDAL 3110, Child/Family/Community Relations

HDAL 3610, Counseling Theory and Practice

HDAL 4011, Development Psychology II Through the Lifespan

HDAL 4950, Research Methods in Human Services

HDAL 5320, Advanced Developmental Psychology (Graduate)

HSRV 5959 Human Services Capstone

(Graduate)

HSRV 5720 Human Services Internship

(Graduate)

August 2010-July 2015 Assistant Professor, Family and Child Studies, McNeese State University

Courses Taught: FCST 241, Family Relations

FCST 322, Parenting

FCST 323/WMST 323, Family Sexuality

FCST 420, Adolescents in the Family

FCST 421, Adult Development and Aging

FCST 423, Family Life Education

Methods/Practice

FCST 496, Grant writing

SOCL 320, Social Research Methods

WMST 201, Introduction to Women’s Studies

January 2007- May 2010 Teaching Assistant, Child Development and Family Studies,

Purdue University

Courses Taught: CDFS 442: Family Life Education Methodology

August 2003-December 2005 Instructor, Behavioral Sciences Department, Purdue

University Calumet

Courses Taught: PSY 120: Elementary Psychology

PSY 362: Human Development II: Adolescence

Secondary Education:

August 2005-May 2006 Bilingual Teaching Assistant, Benton Central High School,

Oxford, IN

Preschool Education:

August 2006-August 2009 Graduate Assistant, Purdue Extension, Purdue University

Courses Taught: CDA Program for Preschool Professionals

Field Observer for Child Development Associate, Council for Professional

Recognition

February 2000-January 2002 Preschool Teacher, Faith Lutheran Preschool, El Campo, TX

**Research Experience**

July 2007-July 2010 Research Assistant, Purdue Parent, Sibling, and Adolescent Study, West Lafayette, IN

January 2008-August 2008 Research Assistant, Military Family Research Institute, Purdue

University, West Lafayette, IN

August 2006-August 2007 Research Assistant, Purdue University Center for Families, West

Lafayette, IN

August 2003-May 2006 Research Assistant, Family Studies Center, Purdue University

Calumet, Hammond, IN

**Clinical Experience**

February 2013-Present Owner, Bernard Family Solutions, LLC, Private Practice

July 2013- May 2015 Contract Therapist, Crime Victims Assistance Program,

Educational and Treatment Council, Lake Charles, LA

June 2011-August 2011 Therapist, Samaritan Counseling Center of Imperial

Calcasieu, Lake Charles, LA

January 2006-July 2006 Therapist, Northwest Resources EAP, Hammond, IN

January 2005-January 2006 Therapist Intern, Northwest Resources EAP, Hammond, IN

January 2004-December 2005 Therapist Intern**,** Purdue Calumet Couple and Relationship

Therapy Center, Hammond, IN

**Publications**

Refereed Publications:

\*denotes graduate student co-author(s)

\*\*denotes undergraduate student co-author(s)

Caldara, G. N.,\* Quinn, M. A., **Bernard, J. M.** (under review, 2018). A Mixed Methods Approach

Exploring the Quality of Life in Nueva Vida, Nicaragua. Journal of Social, Behavioral, and

Health Sciences

Klein, M.\*, Oaks, C.\*, **Bernard, J. M.,** & Scarborough, J. (2018). *Through a Glass Darkly: An International vs. National Student’s Perspective of a Racial Incident on a College Campus*. Manuscript submitted for publication.

**Bernard, J. M.**, & Klein, M.\* (2017). Obstacles to Graduation: A Look at Poverty’s Effect on Academic Work. Proceedings of the National Organization for Human Services, USA, 25-31.

Jensen, A. C., Whiteman, S. D., **Bernard, J. M.**, & McHale, S. M. (2015).  Resource reallocation? Implications of parents’ resource distribution following firstborns’ leaving home. *Family Process.* doi: 10.1111/famp.12203.

**Bernard, J. M.**, Nalbone, D. P., Hecker, L. L., & Degges-White, S. E. (2015). Co-parenting factors that lead to academic success [Special edition]. *European Scientific Journal*, 241-260.

Whiteman, S. D., **Bernard, J. M.**, & McHale, S. M. (2010). The nature and correlates of sibling influence in two-parent African American families. *Journal of Marriage and Family, 72*, 267-271. doi: 10.1111/j.1741-3737.2010.00698.x. PMCID: PMC2873784.

Whiteman, S. D., **Becerra, J. M.**, & Killoren, S. (2009). Mechanisms of sibling socialization in normative family development. In L. Kramer & K. J. Conger (Eds.), *Siblings as agents of socialization. New Directions in Child and Adolescent Development, 126*, 29-43. San Francisco: Jossey-Bass. doi:10.1002/cd.255

Book Chapters:

**Bernard, J. M.** (in print). Siblings. Developmental Psychology: How the Mind Grows and Changes over a Lifetime, 3 volumes. Santa Barbara, CA:  Greenwood.

**Bernard, J. M.**, & Klein, M.\* (in print). Teenage Drug Use. Developmental Psychology: How the Mind Grows and Changes over a Lifetime, 3 volumes. Santa Barbara, CA:  Greenwood.

Jensen, A. C., Whiteman, S. D., Loeser, M. K., & **Bernard, J. M. B.** (2016). Sibling influence in adolescence.In J. R. Levesque (Ed.), *Encyclopedia of adolescence (Living Reference Work Entry) 2nd Ed.* New York: Springer.doi:[10.1007/978-3-319-32132-5\_37-2](http://link.springer.com/referenceworkentry/10.1007/978-3-319-32132-5_37-2)

**Bernard, J. M.**, Manick, N. A. & Klein, M.\* (2016). Ethics, legal and professional issues in mediation and parent coordination. In M. J. Murphy & L. Hecker (Eds.), *Ethics and Professional Issues for Couple and Family Therapists: 2nd Edition*, 187-201. New York, NY: Routledge.

Whiteman, S. D., Jensen, A., & **Bernard, J. M**. (2012). Sibling influences. In J. R. Levesque (Ed.), *Encyclopedia of adolescence*, 2713-2717. New York: Springer.

Whiteman, S. D., **Bernard, J. M.**, & Jensen, A. C. (2011). Sibling influence in human development. In J. Caspi (Ed.), *Sibling relationships in practice: Cultural and Environmental Influences*, 1-15. New York: Springer.

**Becerra, J. M.**, Manick, N. A. & Hecker, L. (2009). Ethics, legal and professional issues in mediation and parent coordination. In L. Hecker (Ed.), *Ethics and Professional Issues for Couple and Family Therapists,* 187-201. New York: Taylor-Francis.

Book Reviews:

**Bernard, J. M.** (2018). Review of The Psychology and Economics of Happiness: Love, Life, and Positive Living, Single Edition by Lak Sung Ho*. National Council on Family Relations CFLE Network*, 31.1 (Winter), 4.

**Bernard, J. M.** (2016, March). Reviews Urban Studies [Review of the book: Liza Weinstein, The Durable Slum: Dharavi and the Right to Stay Put in Globalizing Mumbai], *International Sociology Reviews*, 31 (2), 233-235, doi:10.1177/0268580915627103

Other works, publications and abstracts:

Duncan, J. M., Zorotovich, J., **Bernard, J. M.**, Lee, S. L., & Dove, M. (Eds.). (2018). Southeastern Council on Family Relations Board Member Handbook: Amended 2018. Statesboro, GA: Southeastern Council on Family Relations.

**Bernard, J. M.** (2017). Families as catalysts for change. *National Council on Family Relations Report: Family Focus*, *73*, F2-F5.

**Bernard, J. M.,** Bartlett, B.\*, Simpson, P.\*, Harris, K. \*\*(2017). CFLE perspectives: The road to resilience; Caring for ourselves and our students. *National Council on Family Relations CFLE Network*, *28.3*, 14-16.

**Bernard, J. M.** and Oglesby, M. K. (2016). Mixed methods and the military. *National Council on Family Relations Report*, *FF67*,F7-F8.

**Bernard, J. M.** (2012). What drives professors crazy. *National Council on Family Relations Report, 57.2*, F25-F26.

MacDermid, S. M., Pagnan, C., Ruprecht, K., & **Becerra, J.** (2007). *Best of the best: The 2006 Rosabeth Kanter Award for excellence in work-family research.* West Lafayette, IN: Center for Families at Purdue University.

**Professional Presentations**

**Bernard, J. M.,** Seidel, A., Oglesby, M., & Pagnan, C. (2018, November). *Mothers in HDFS Academic Life: When your professional life and real life intertwine*. Paper to be presented at the National Council on Family Relations Annual Conference, San Diego, CA.

Besch, A.W.\* & **Bernard, J. M.** (2018, October).*Childhood recollections of family climate and sibling relationships in adults with dyslexia*. Paper to be presented at the National Organization for Human Services Annual Conference, Philadelphia, PA.

**Bernard, J. M.** (2018, May). *Building family resilience while home visiting*. Invited talk for Home Visiting Annual In-Service, TN Department of Health, Northeast Regional Health Office, Johnson City, TN.

Besch, A.W.\* & **Bernard, J. M.** (2018, March).Adults with dyslexia: Psychological manifestation of compensation and sibling views of overachievers. Paper presented at the 2018 Aging in America Conference of the American Society on Aging, San Francisco, CA.

**Bernard, J. M.** (2018, January). Building family resilience. Invited talk for ETSU Maternal Child Health Research Collaborative, Johnson City, TN.

**Bernard, J. M.** (2017, December). *The practice and research of resilience*. Invited talk for ETSU Women’s Studies Program’s Women on Wednesday Lecture Series, Johnson City, TN.

**Bernard, J. M.,** (2017, November). *Teaching practitioners in online learner formats*. Paper to be presented at the annual meeting of the National Council on Family Relations, Orlando, FL.

**Bernard, J. M.,** Klein, M.\*, Oaks, C.\*, & Scarborough, J. (2017, April). *Through a Glass Darkly: An International vs. National Student’s Perspective of a Racial Incident on a College Campus*. Paper presented at the annual meeting of the Southern Organization for Human Services, Charleston, SC.

**Bernard, J. M.**, Copp, M., & Powers, V. (2017, March). *Gun Violence and Gun Sense*, Invited talk for ETSU Women’s Studies Program’s Women on Wednesday Lecture Series, Johnson City, TN.

**Bernard, J. M.** (2017, March). *Incorporating Trauma Informed Care into the Classroom: Using Trauma Research to Train Family Professionals*. Paper presented at the annual meeting of the Southeastern Council for Family Relations, Charlotte, NC.

**Bernard, J. M.** & Klein, M.\* (2016, October). *Obstacles to graduation: A look at poverty’s effect on academic work*. Paper presented at the annual meeting of the National Organization for Human Services, Tampa, FL.

**Bernard, J. M.** (2016, April). *Caring for the Caregiver: Implementing and teaching self-care in human services*. Paper presented at the annual meeting of the Southern Organization for Human Services, Charleston, SC.

**Bernard, J. M.** & Oglesby, M. K.(2014, July). *Exploring the predictors and outcomes of adultified adolescents*. Paper presented at the World Conference of the International Sociological Association, Yokohama, Japan.

**Bernard, J. M.** (2012, March). *Co-parenting factors that contribute to academic success*. Paper presented at the annual meeting of the Southeastern Council on Family Relations, Chattanooga, TN.

Whiteman, S. D., **Becerra Bernard, J. M**., Soli, A. R., & McHale, S. M. (2010, March). *The implications of sibling relationships for adjustment during adolescence in two-parent African American families*. Poster session presented at the biannual meeting of the Society for Research on Adolescence, Philadelphia, PA.

**Becerra Bernard, J. M.**, Cullen, K., & Whiteman, S. D. (2009, November). *Family system changes following firstborns’ leaving home*. Poster session presented at the annual meeting of the National Council on Family Relations, San Francisco, CA.

Whiteman, S. D., **Becerra, J. M.**, & Cullen, K. (2009, March). *Sibling relationship qualities and processes of sibling influence: Modeling non-linear associations.* Poster session presented at the biennial meeting of the Society for Research in Child Development*,* Denver, CO.

Whiteman, S. D., **Becerra, J. M.**, & McHale, S. M. (2008, March). *Sibling relationships and*

*processes of sibling influence: Connections and new directions*. Paper presented at the

biennial meeting of the Society for Research on Adolescence, Chicago, IL.

Birky, B. M., Schweickart, P., **Becerra, J. M.**, Elias, C., & Kafescioglu, N. (2007, April).

*Transnational feminist networks: Navigating the cultural divide in the graduate-level Women’s Studies classroom*. Presented at Center for Women’s Intercultural Leadership Conference, St. Mary’s College, Notre Dame, IN.

**Becerra, J. M.**, Benson, C., & Halstead, R. (2006, April). *Treating self-mutilating behaviors: An integrative structural and narrative model*. Poster session presented at the annual 2006 Spring Conference of the Indiana Association of Marriage and Family Therapists, Indianapolis, IN.

**Becerra, J. M.,** & Ehlers, N. A. (2005, April). *Parent coordination and divorce mediation: New roles for the marriage and family therapist*. Poster session presented at the annual 2005 Spring Conference of the Indiana Association of Marriage and Family Therapists, Indianapolis, IN.

**Professional Organizations**

National Council on Family Relations (NCFR), Reviewer

Southeastern Council on Family Relations (SECFR), Executive Board Member

American Association of Marriage and Family Therapy (AAMFT), Clinical Fellow, Reviewer

American Association for Family and Consumer Sciences (AAFCS)

Society for Research in Child Development (SRCD)

Society for Research on Adolescence (SRA)

National Organization for Human Services (NOHS)

Southern Organization for Human Services (SOHS), Tennessee Representative

American Psychological Association (APA)

**Grants and Awards**

2018-2019 Co-Principal Investigator, *Identifying adverse childhood experiences (ACEs) and resilience in college students: steps toward a trauma-informed campus*, Tennessee Department of Children’s Services, Building Strong Brains, $72, 029

2017 Recipient, *Presidential Grant-In-Aid*, Instructor Certification in Mental Health First Aid, East Tennessee State University, $2,000

2017 Recipient, *Travel Grant*, International Programs: Development of an Undergraduate Study Abroad in Human Services, East Tennessee State University, $1000

2016-2017 Fellow, *Development of a referral network for human service students,* IN*top*FORM Faculty Fellowship, East Tennessee State University, $2,000

2013-2014 Principal Investigator**,** *Accessibility of Campus Resources for Undergraduate Women,* Juliet Hardtner Women in Arts and Humanities Endowed Professorship #6, McNeese State University, $4,000

2011-2012 Principal Investigator, *Little Mamas: Assets and Academic Success of Adultified Adolescents,* Juliet Hardtner Women in Arts and Humanities Endowed Professorship #10, McNeese State University, $2,000

**Departmental Service**

Program Coordinator, Human Services, 2018-Present

Undergraduate Coordinator for Human Services, 2016-2018

Advisor, Human Services Program, 2016 to Present

Advisor, Human Development and Learning Minor, 2015-2016

Advisor, Family Studies Minor, 2015-2016

Translator for Community Counseling Clinic, 2016-Present

Founding Faculty Advisor, Tau Upsilon Alpha, Chi Ro Chapter, The Honor Society in Human Services, ETSU, 2017, 2018

Search Committee member, Department of Counseling and Human Services, College of Education, ETSU, 2016, 2017, 2018

Guest Lecturer HDAL2350, Solving the Puzzle of Life, Diversity Simulation, 2015, 2016, 2017

Volunteer, Poverty Simulation, 2016, 2017, 2018

Recruitment at Health Professions Recruitment Fair, Open House, and Orientations 2015, 2016, 2017, 2018

**University Service**

Graduate Faculty Representative, Master of Science in Biomedical Science Defense, College of Arts and Sciences, Fritz Prohaska, ETSU, 2018

Master of Science Capstone Committee Member, Clemmer College, Human Services, Audrey Besch, ETSU, 2018

Add-On Fellowship Committee, Graduate Council, ETSU 2018

Graduate Council, Clemmer College of Education Representative, ETSU 2018

Search Committee member, Interm Associate Dean, Clemmer College of Education, ETSU 2017, 2018

Search Committee member, Academic Advisor, Clemmer College of Education, ETSU, 2017, 2018

International Committee member, Clemmer College of Education, ETSU, 2017

Ad hoc CCOE Advisory Committee for Quality Online Instruction, ETSU, 2017

Graduate Faculty Representative, Doctoral Dissertation Defense, College of Nursing, Barbara Jared, ETSU, 2017

Faculty Advisor, Golden Key International Honour Society, ETSU, 2016, 2017

Manual Committee member, College of Education, ETSU, 2016

Graduate Faculty Representative, Doctoral Dissertation Defense, College of Public Health, Bethesda J. O’Connell, ETSU, 2016

Vice President Faculty Senate, McNeese Faculty Senate, 2014-2015

Faculty Athletics Advisory Committee Member, McNeese State University, 2014-2015

Senator for College of Liberal Arts, McNeese Faculty Senate, 2012-2013

Chair of the CDFS Graduate Student Association, Purdue University, 2008-2010

Student Representative to CDFS Graduate Committee, Purdue University, 2008-2010

Student Representative to the Family Studies Faculty, Purdue University, 2008-2010

**Professional Service**

Immediate Past President, Southeastern Council on Family Relations, 2018-Present

President, Southeastern Council on Family Relations, 2017-2018

Conference Chair, Southern Organization for Human Services 2017-2018

Reviewer, National Council on Family Relations Conference 2017

Reviewer, American Association of Marriage and Family Therapy Conference 2017

Member, Trauma Informed Care Coalition, 2016, 2017

Self-Study Reader, Council for Standards in Human Service Education, 2016, 2017

Volunteer, Give an Hour, 2016, 2017

Mentor Volunteer, Annual Hispanic Student Day at ETSU, 2015, 2016, 2017

Editorial Board, National Organization for Human Services Conference Proceedings, 2016

Reviewer, Family Relations, National Council on Family Relations, 2015

Proposal Chair, Southeastern Council on Family Relations Conference, 2015, 2016, 2017

Vice President-Membership, Southeastern Council on Family Relations, 2015-2017

Member at Large, Louisiana, Southeastern Council on Family Relations, 2014-2015

Reviewer Jesse Bernard Awards, Feminism and Family Studies Section, NCFR, 2010, 2011, 2013, 2015, 2017

Reviewer Southeastern Council on Family Relations Conference 2011, 2014, 2015

**Skills and Qualifications**

Elder Mistreatment: Understanding Abuse and Neglect Course Certificate (University of Southern California, 2018)

Faculty Technology Leadership Course (ETSU, 2016-2017)

Mentoring Student Research Course (ETSU, 2015-2016)

Electronic Learning Pedagogy (McNeese State University, 2010)

Practicum in College Teaching (Purdue Calumet, 2003)

Fluent in Spanish

Microsoft Office, Qualtrics, Blackboard/Vista, D2L, Moodle, SAS, SPSS, STATA, HLM