

Erin Okumoto, Ph.D.

LICENSED PSYCHOLOGIST IN WASHINGTON STATE (PY60735508)

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Education

DOCTOR OF PHILOSOPHY • COUNSELING PSYCHOLOGY (APA-ACCREDITED)

Washington State University • Pullman, WA

JULY 2016

MASTER OF ARTS • EDUCATION, COUNSELING PSYCHOLOGY

Washington State University • Pullman, WA

MAY 2012

BACHELOR OF ARTS • PSYCHOLOGY, MINOR IN MUSIC

University of Portland • Portland, OR

DECEMBER 2009

Clinical Experience

LICENSED PSYCHOLOGIST 2017 – PRESENT

Private Practice, Clinical Associate of Seattle Psychology

Seattle, WA

DESCRIPTION

- Individual and couples therapy for adults

STAFF THERAPIST 2016 – 2017

Co-Coordinator of the Peer Fellowship Program Counseling and Student Development Center

University of Hawai'i at Mānoa • Honolulu, HI

DESCRIPTION

- Individual and couples therapy for university students, intake assessment, crisis-intervention, career assessment/counseling (MBTI, Strong Interest Inventory), consultation, outreach
- Co-facilitator of the Pride Process Group for LGBTQ and questioning clients
- Program coordination and development of the Peer Fellowship Program, supervising and training student mentors

DOCTORAL INTERNSHIP 2015 – 2016

Health Service Psychology (APA-Accredited) Counseling and Student Development Center

University of Hawai'i at Mānoa • Honolulu, HI

DESCRIPTION

- Individual and couples therapy for university students, intake assessment, crisis-intervention, career assessment/counseling (MBTI, Strong Interest Inventory), consultation, outreach
- Co-facilitator of the Multicultural Women's Group and the Graduate/Non-Traditional Student Group
- Provided individual clinical supervision of graduate students in Psychology

ADVANCED PRACTICUM COUNSELOR 2014 – 2015

Integrative Psychological and Social Services
Marysville, WA

DESCRIPTION

- Individual and couples therapy for adolescents and adults in the Snohomish County community

PSYCHOMETRIST 2014-2015

Western Washington Medical Group, Department of Psychology
Everett, WA

DESCRIPTION

Administered neuropsychological assessment batteries to children, adolescents, adults, and older adults referred for autism, intellectual disability, learning disabilities, ADHD, memory loss, dementia, stroke, TBI, and other cognitive/psychological evaluation

COUNSELING ASSISTANT 2013-2014

Counseling and Psychological Services
Washington State University • Pullman, WA

DESCRIPTION

- Individual therapy for university students, intake assessment, crisis intervention, outreach
- Substance use assessment (e-CHUG/e-TOKE) and brief intervention
- On-call crisis coverage at the Pullman Regional Hospital for students admitted for alcohol intoxication
- Personality and psychodiagnostic assessment (MMPI-2, PAI, TSI-2)
- Liaison to the Office of Multicultural Student Services

ASSESSMENT PRACTICUM COUNSELOR 2013-2014

Counseling and Testing Center
University of Idaho • Moscow, ID

DESCRIPTION

Provided assessments for university students referred for learning disabilities and ADHD evaluation (Brown, BRIEF-A, PAI, CARE, WAIS-IV, CVLT-II, IVA-Plus, WJ-III, SATA, Nelson Denny)

PRACTICUM COUNSELOR 2011-2013

Counseling and Psychological Services
Washington State University • Pullman, WA

DESCRIPTION

Individual therapy for university students, intake assessment, outreach

AUTISM TREATMENT FACILITATOR 2008-2009

In-Home Autism Treatment Program
Portland, OR

DESCRIPTION

Provided play therapy for a child with severe autism, focusing on communication skills and reciprocal social interaction

Professional Experience

TEACHING ASSISTANT/INSTRUCTOR 2012-2013

Student Success and Transitions Program
Washington State University • Pullman, WA

DESCRIPTION

Instructed a total of 6 sections over 2 semesters of a University College 104 course for first-year undergraduate students on student success skills and academic research writing and presentations

GRADUATE ASSISTANT 2011-2012

Asian American and Pacific Islander Student Center
Washington State University • Pullman, WA

DESCRIPTION

Supervised AAPI undergraduate peer mentors at the Office of Multicultural Student Services and instructed a training class on mentoring skills and resources

GRADUATE ASSISTANT 2010-2011

Multicultural Student Mentor Program
Washington State University • Pullman, WA

DESCRIPTION

Data maintenance, program evaluation, and training/event planning assistance for an undergraduate student mentoring program at the Office of Multicultural Student Services

Outreach Presentations

2011-2014

Provided outreach presentations to the Washington State University student community on the following topics:

- Healthy relationships and communication
- Stress-reduction/relaxation
- Test-anxiety
- Grief and loss
- Alcohol and drug use harm-reduction
- Sexual decision making, consent, and sexual assault
- Counseling services

2013-2014

Provided outreach presentations to the Office of Multicultural Student Services at Washington State University on the following topics:

- Motivation and stress management
- Test-taking and study skills
- Interpersonal skills in mentoring relationships
- Responding to mental health concerns of students and peer-mentoring issues
- Counseling services and barriers to mental health care

2015-2016

Provided presentations on career assessment theory and interpretation of the Strong Interest Inventory and Myers-Briggs Type Indicator to Business Administration classes at the University of Hawai'i at Mānoa

Research

DOCTORAL DISSERTATION 2016

Washington State University • Pullman, WA

Title: "A Multicultural Examination of the Relationship between Coping and Well-Being in Parents of Children with Disabilities"

Chair: Laurie McCubbin, Ph.D.

DESCRIPTION

Quantitative study exploring the mediating effects of coping on the relationship between caregiver stress and well-being outcomes in a diverse sample of parents of children with disabilities using SEM. Coping and well-being were examined from both universal (i.e., etic) and indigenous (i.e., emic) models. The sample included 386 caregivers of children with disabilities across the U.S.

UNDERGRADUATE SENIOR THESIS 2009

University of Portland • Portland, OR

Title: "Parenting Style and Children's Externalizing Behavior: A Cross-Cultural Examination"

Advisor: Andrew Downs, Ph.D.

DESCRIPTION

Quantitative study investigating the correlations between Baumrind's parenting styles and child behavioral outcomes between four different ethnic groups (East Asian, South East Asian, Pacific Islander, and European American). The sample included 297 parents of children from public primary schools in the County of Hawai'i.

Publications & Presentations

Okumoto, E., Downs, A., & Riehm, G. (2010, August). Emotional intelligence in relation to mental and physical health. Poster presented at the American Psychological Association's Annual Convention, San Diego, CA.

Okumoto, E., & Downs, A. (2010, August). Parenting Style and Children's Externalizing Behavior: A Cross-Cultural Look. Poster presented at the American Psychological Association's Annual Convention, San Diego, CA.

McCubbin, L. D., **Okumoto, E.,** & Marco, L. (2015). Parenting and child-rearing: Classic models and current trends. In C. L. Juntunen & J. P. Schwartz (Eds.) *Counseling across the lifespan*. Thousand Oaks: Sage Publications.

Professional Affiliations

AMERICAN PSYCHOLOGICAL ASSOCIATION

PSI CHI, NATIONAL HONOR SOCIETY IN PSYCHOLOGY

University of Portland

BLUE KEY HONOR SOCIETY

University of Portland