Nathaniel W. Page

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EDUCATION

**Ph.D. Counseling Psychology** **August 2015**

Brigham Young University

Department of Counseling Psychology and Special Education

**B.S. Psychology** **April 2008**

Brigham Young University

Department of Psychology

PROFESSIONAL LICENSE

**Licensed Psychologist (L.P.),** *Minnesota Board of Psychology*  **Current**

LP6093, granted 12/30/2016

CLINICAL WORK EXPERIENCE

**Counseling Psychologist,** *Carleton College Student Health and Counseling*  **August 2016 – current**

Provide 25-30 intervention hours each week of individual, couples, group, and crisis services. Coordinate the group therapy program. Clinical supervision and training of doctoral students. Director of the Carleton Phoenix Project. Director of Biofeedback Services. Ongoing outreach and prevention work with campus populations focusing on issues surround mental health (e.g. suicide assessment and prevention, fostering emotional well-being, perfectionism, procrastination).

**Postdoctoral Fellowship,** *Iowa State University Student Counseling Service* **September 2015 – August 2016**

*Clinical Supervisors:* Joyce Davidson, Ph.D. & Christian Wimmer, Ph.D.

Provide 25-30 intervention hours each week of individual, couples, group, and crisis services. Co-facilitate a General Process group and an International Student Process Group. Clinical supervision and training of doctoral students. Liaison relationships with Student Disability Services and International Student and Scholars Office. Administrative duties, clinical committee member, and campus service committees (United Way Fundraising Committee and LGBTQIA+ Faculty and Staff Association).

**APA Accredited Doctoral Internship,** *University of Maine Counseling Center* **August****2014 – August 2015**

*Training Director:*Brent Elwood, Ph.D.

*Clinical Supervisors:* April Boulier, Ed.D. & Holly Costar, Ph.D.

Provided 16-20 intervention hours each week of individual, group, couples, and crisis services. All individual, group, couple’s and crisis sessions were video recorded for review in supervision. Acted as **Group Coordinator** and initiated a group program consisting of several therapy, outreach, support, and skills groups. Co-led two General Process groups, an LGBTQIA+ Support Group, a helping skills group, and the International Student Discussion Group. Provided clinical supervision of Master’s Trainee. Served as member of the Training Committee. Liaison to the LGBT Services and the International Student and Scholar Services. Active member of the University’s faculty Gay, Lesbian, Bisexual, Transgender and Allies Council.

**Psychology Intern,** *Penobscot Psychiatric Services, Orono, ME* **August****2013 – August 2014**

*Supervisor:* Carl Hanson, M.D.

Approximately 5-10 weekly clinical hours providing diagnostic intake interviews, and routine outcome assessment interviews for each patient visit. Co-led a psychiatric therapy group. Managed patient files and performed managerial office duties. Aided in psychiatric assessment and report writing for guardianship and conservatorship hearings.

**Practicum Counselor,** *BYU Counseling And Psychological Services* **September 2011­­ – July 2013**

*Clinical Supervisors:* Kara Cattani, Ph.D.; Stevan Lars Nielsen, Ph.D., Tom Golightly, Ph.D.

*Group Co-leader Supervisors:* Kristina Hansen, Ph.D., Robert Gleave, Ph.D., Michael Buston, Ph.D., Jane Lawson, Ph.D., Rick Moody, Ph.D.

Approximately 10-12 weekly clinical hours of individual, couples, and group psychotherapy with diverse clientele. All individual and couples sessions were video recorded for review with supervisors. Co-led three General Process groups, and two Sexual Concerns themed groups designed for students wanting to change behaviors of sexual excess.

**Career Counselor,** *Deseret Industries and LDS Employment Services* **January – July 2013**

*Clinical Supervisor:* Aaron Jackson, Ph.D.

Provided career assessment and career counseling services for community members and company employees. 5-10 hours/week.

**Psychology Assessment Practicum,** *BYU Accessibility Center* **September****2011 – April 2012**

*Supervisor:* GeriLynn Vorkink, Ph.D.

Administered and interpreted psychological assessments and developed reports to aid in diagnoses of learning disabilities, ADHD, and other psychological concerns. Primary tests used were Woodcock Johnson-III, WAIS-III and WAIS-IV, Grey-Oral Reading Test-5, Comprehensive Test of Phonological Processing-2, and ADHD screening evaluations and computer-based attention tests.

**Career Counselor,** *BYU Counseling Psychology Center* **January – April 2011**

*Clinical Supervisor:* Richard Heaps, Ph.D.

Provided career assessment and counseling services to BYU undergraduate students.

**Group Treatment Leader,** *Court Supportive Services, Provo, UT* **August****2009 – August 2010**

*Supervisor:* Julie Mata

Led several treatment groups for court mandated clientele including a weekly Substance Abuse group for Spanish-speaking clients, and monthly Anger Management and Criminal Thinking (Theft) groups. Interpreted for Spanish-speaking clients attending a weekly Domestic Violence treatment group. Received certification and taught the 16-hour state-mandated PRIME For Life courses in English and Spanish each month.

PROVISION OF SUPERVISION

**Clinical Supervisor,** *Iowa State University Student Counseling Service* **January 2016 – current**

*Supervisor of Supervision:* Christian Wimmer, Ph.D.

Provide 1.5 hours of weekly individual supervision for one advanced doctoral student from the Counseling Psychology Ph.D. at ISU.

**Clinical Supervisor,** *Lindlof Center, University of Maine*  **February – July 2015**

*Supervisor of Supervision:* Holly Costar, Ph.D.

Provided one hour weekly individual supervision for one practicum student in the University of Maine’s masters in Counselor Education program during the student’s first experience providing individual therapy services.

**Clinical Supervisor,** *BYU Counseling Psychology Center*  **January – July 2013**

*Supervisor of Supervision:* Scott Richards, Ph.D.

Provided one hour weekly individual supervision for one doctoral student performing individual career counseling and assessment services.

TEACHING & MENTORING

**BYU McKay School of Education Mentoring Grant January 2012 - 2014**

Principal investigator of a two-phase, multi-site study designed to evaluate current best practice approaches for international student groups in university counseling centers. Mentored a research team comprised of three graduate and three undergraduate students through all aspects of the qualitative study (research design, data collection, data analysis, publication preparation and professional presentations at the 2013 Rocky Mountain Psychological Association convention in Denver, CO, and the 2014 American Group Psychotherapy Association Annual Meeting in Boston, MA).

**Instructor,** *BYU Department of Student Development* **September 2011–May 2013**

*Supervisor*: Tyler Pedersen, Ph.D.

*Course*: Student Development: Effective Study and Learning.

Performed all aspects of instructing an undergraduate course including developing lesson plans, facilitating lectures, creating assessments, grading assignments, and providing individual feedback.

**Certified PRIME For Life Instructor,** *Court Supportive Services, Provo, UT* **August 2009–2010**

*Supervisor*: Julie Mata

Instructor for court-mandated substance abuse psycho-educational course. Taught sections in English

and Spanish.

**Substitute Teacher,** *Nebo School District* **August 2008­–May 2009**

Completed various substitute teaching assignments at K-12 schools including a long-term position as choir teacher at Payson Junior High School.

**Director of Summer School,** *Dominican Republic Education And Mentoring Project* **2008, 2009**

*Executive Director*: Catherine DeLaura

Directed all administrative aspects of a summer school program with 75 staff members and 250 at-risk and underprivileged school-aged children and adolescents in the Dominican Republic (e.g. managed school leadership team, provided trainings, set schedules, conducted student discipline, maintained positive parent and community relationships, organized lunches and field trips, participated in program development).

**Volunteer Teacher,** *Dominican Republic Education And Mentoring Project* **Summers** **2006, 2007**

*Executive Director*: Catherine DeLaura

Developed curriculum and taught courses in health education, music, and English for at-risk and

underprivileged adolescent students in the Dominican Republic.

RESEARCH

**Dissertation** **August 2011–April 2015**

*Chair*: Mark Beecher, Ph.D.

*Title:* International student support groups: Understanding the experience of group leaders and group members*.*

Available at: <http://scholarsarchive.byu.edu/cgi/viewcontent.cgi?article=6564&context=etd>

**Research Assistant,** *BYU Counseling And Psychological Services* **October 2009–July 2013**

*Advisors*: Mark Beecher, Ph.D., Tom Golightly, Ph.D., Dallas Jensen, Ph.D.

Assisted clinical faculty with various practice-based research projects, including an investigation into

client experiences taking routine outcome measurement in a college counseling center.

**Research Assistant,** *BYU Center for the Improvement of Teacher Education and Schooling* **2010–2012**

*Advisor*: Paul Caldarella, Ph.D.

Managed research projects associated with a BYU mentoring partnership with Nebo school district,

and published results from a project that evaluated a school-based discipline program—Conscious

Discipline ©.

**Research Project Manager,** *Utah State Hospital and BYU 5C Research Team* **2007­–2008**

*Advisor*: Gary Burlingame, Ph.D.

Managed all BYU student research projects at Utah State Hospital. Participated on a BYU research

team that was conducting several studies related to group psychotherapy.

**Multicultural & Diversity Research Assistant,** *BYU CPSE Department* **May–July 2007**

*Advisor*: Tim Smith, Ph.D.

Assisted withdata entry and analysis for meta-analysis study on the effects of cultural and ethnic

match between client and therapist.

**Self-Directed Research,** *Dominican Republic Education and Mentoring Project*  **2007**

Designed and completed a study that evaluated the change in hope, body perception, and body

satisfaction experienced by students attending a health education course in the Dominican Republic.

PUBLICATIONS

**Page, N**., Beecher, M. E., Griner, D., Smith, T. B., Jackson, A. P., Hobbs, K., & Kirchhoefer, J. (2018).

International student support groups: Learning from experienced group members and leaders*. Journal of College Student Psychotherapy*, doi: 10.1080/87568225.2018.1450106.

Caldarella, P., **Page, N**. W., & Gunter, L. (2012). Early childhood educators’ perceptions of Conscious Discipline.

*Education, 132*(3), 589-599.

PROFESSIONAL PRESENTATIONS

**Page, N.** (2018, November –*forthcoming-*). *Developing our own resilience to perfectionism and shame as faculty*

*and staff members.* Workshop to be delivered at the 1st Annual Symposium on Academic Resilience in Higher Education, Philadelphia, PA.

**Page, N.** (2018, November –*forthcoming-*). *“This Is Me” Music video from the Carleton Phoenix Project.* Brief

“show and tell” workshop delivered at the 1st Annual Symposium on Academic Resilience in Higher Education, Philadelphia, PA.

**Page, N.,** Evertz, K., Lewis-Muth, J., Stubbs, A., Sainz, N. (2018, October). *Perfectionistic Culture at Carleton:*

*What is it costing us, and how can we improve?* Presentation for faculty/staff at Carleton College as part of the Learning and Teaching Center lunch series, Northfield, MN. Available at: https://carleton.yuja.com/V/Video?v=113728&node=408312&a=1998503347&autoplay=1

**Page, N.** (2017, April). *Oh No! Not another boring PowerPoint: Best practice approaches for presentation design*

*and delivery.* Workshop at the 81st Annual Convention of the Minnesota Psychological Association, Plymouth, MN.

**Page, N.** (2014, March). *International student support groups: Best practice guidelines and considerations.*

Colloquy presented at the 71st American Group Psychotherapy Annual Conference, Boston, MA.

Johnson, A., Tingey, M., Kung, P., Li, Z., Takara, L., **Page, N.** (2013, April). *So you want to lead an international*

*student support group? Advice from group leaders*. Paper presented at the Rocky Mountain Psychological

Association 2013 Conference, Denver, CO.

**Page, N.**, Kung, P., Li, Z., Tingey. M, Johnson, A., Takara, L., Beecher, M. (2013, April). *Best practice guidelines*

*for developing international student support groups*. Poster presented at the McKay School of Education

Mentored Research Conference, Provo, UT.

**Page, N.** (2013, February). Where do we begin? Developing international student group services at university

counseling centers. In W. Freedman (Chair), *Time-limited circumstances: Developing group interventions*

*in college counseling services*. Symposium conducted at the 70th American Group Psychotherapy Annual

Conference, New Orleans, LA.

**Page, N.** (2012, November). *How to successfully fail at overcoming perfectionism: A paradoxical approach for*

*working with college students.* Paper presented at the Utah University & College Counseling Centers

Conference in Park, City, UT.

**Page, N.** (2012, August). *Oh no! Not another boring PowerPoint: What everyone should know about effective*

*presentations.* Paper presented at the American Psychological Association 2012 Convention in Orlando,

FL.

Jensen, D., Read, J., **Page, N**., Johnson, M., Hooper, T., Golightly, T., & Beecher, M. (2011, April). *Investigating*

*client perspectives on routine outcome measures in a university counseling center.* Paper presented at the Rocky Mountain Psychological Association 2011 Conference, Salt Lake City, UT.

**Page, N**., Walker, S. & Caldarella, P. (2011, March). *Evaluation of a school-based mentoring program*. Poster

presented at the McKay School of Education Mentored Research Conference, Provo, UT.

**Page, N**., Gunter, L. & Caldarella, P. (2011, March). *Social validity of Conscious Discipline: Teachers perceptions*

*in a title 1 school*. Poster presented at the McKay School of Education Mentored Research Conference, Provo, UT.

**Page, N**., Hooper, T., Read, J., Johnson, M. Katzenbach, J., Golightly, T., Jensen, D., Beecher, M. (2010, October).

*What do the clients think? Client perspectives on data-gathering.* Poster presented at the Association of Mormon Counselors and Psychotherapists fall convention, Salt Lake City, UT.

Williams, M., **Page, N**., Hamer, L., (2010, March). *Mental illness goes to the movies: Reflections on how films*

*impact stigma about mental illness.* Plenary Address at the Association of Mormon Counselors and

Psychotherapists spring convention, Salt Lake City, UT.

Golightly, T., Jensen, D., **Page, N**., Katzenbach, J., Beecher, M., Wade, A., & Whicker, J. (2010, March). *The*

*client’s perspective: Data-gathering efforts in the CCC*. Paper presented to the BYU Counseling and

Career Center, Provo, UT.

**Page, N**., Golightly, T., Jensen, D., Beecher, M., Katzenbach, J., Queiroz, B., Larsen, C., & Roby, B.(2009,

November). *Exploring the applicability of the recovery components in a university counseling center.*

Poster presented at the annual Utah Counseling Centers ~~C~~conference, Park City, UT.

Queiroz, B., **Page, N**., Jensen, D., Katzenbach, J., Golightly, T., Beecher, M., & Greaves, A. (2009, October).

*Exploring the applicability of the recovery components in a university counseling center.* Paper presented at

the Utah Society for Psychotherapy Research Regional Meeting, Orem, UT.

**Page, N**. (2009, October). *Hope, body perception, and body satisfaction among Dominican school-aged children.*

Poster presented at the Association of Mormon Counselors and Psychotherapists fall convention, Salt Lake

City, UT.

GRANTS

**$19,924 BYU McKay School of Education Mentoring Grant January 2012**

Primary author and principal investigator for a grant entitled: University counseling groups for international students: Impact on group leaders and members.

**$1,500 Office of Research and Creative Activities Mentoring Grant February 2007**

Self-directed research project entitled: *Evaluation of international internship program impact on school-aged children in the Dominican Republic*.

AWARDS

**$400 Excellence in Research Scholarship November 2012**

Award presented by the Counseling Psychology and Special Education Department at Brigham Young

University.

**$500 Stuart C. Tentoni Outstanding Professional Development Award September 2012**

Award presented by American Psychology Association of Graduate Students for presentation *Oh no!*

*Not another Boring PowerPoint: What everyone should know about effective presentations* delivered

at the 2012 APA Convention, Orlando, FL.

**$3,000 Fritz B. Burns Academic Scholarship August 2012**

Academic scholarship awarded to individuals that have demonstrated superior academic work as well

as financial need.

LANGUAGES

**Spanish -** Fluent in speaking, reading and writing. I have conducted approximately 40 hours of individual, couples,

and group psychotherapy in Spanish.

SELECTED OUTREACH PRESENTATIONS

**Suicide Assessment and Prevention Training**, *Various audiences at Carleton College*  **2016-present**

Deliver ongoing trainings with RA’s and other student groups focused on suicidal thinking and self-harm behaviors, warning signs, and campus/community resources. Students are trained and evaluated to conduct brief risk assessments and to make appropriate referrals including the use of crisis service referrals.

**Perfectionism and Procrastination Workshop Series**, *Various audiences at Carleton College* **2016-present**

A three-part series for students focused on understanding and changing perfectionistic mindsets and procrastination behaviors. Certain components of this workshop series are now available in video format on the Student Health and Counseling Webpage: https://apps.carleton.edu/studenthealth/videos/perfectionism/

**Healthy Relationships,** *Iowa State University* *Department of Kinesiology* **November 2015**

Interactive and fun didactic presentations with accompanying skits to classes of ~30 students focusing on healthy boundaries, effective communication, and assertiveness training for all kinds of relationships.

**The Three Most Important Tools of Time Management**, *ISU International Student Council* **October 2015**

Didactic and group discussion workshop delivered to 40 international students that provided training in how to effectively develop and use a (1) semester plan, (2) weekly template, (3) daily to-do list.

**Listening Skills and Crisis Management**, *ISU Program for Women in Science and Engineering***October 2015**

Workshop training on listening skills, risk assessment, helping strategies, and making appropriate referrals to campus services provided to 30 student mentors. Each participant completed a rating assessment, and a summary of the results is available upon request.

**Gatekeeper Training for Suicide Prevention**, *Various audiences at University of Maine*  **2014-2015**

Delivered several trainings to different groups at University of Maine that provided information about suicide prevention and then trained and evaluated participants in conducting risk assessments and making appropriate referrals.

**Maintaining Mental Health While Abroad,** *U-Maine Office of International Programs* **April 2015**

Didactic presentation to a group of 70 students preparing to depart on international study programs that focused on important mental health considerations and resources while residing out of the country.

**Managing Students in Distress**, *U-Maine Resident Life* **March 2015**

Didactic presentation that taught basic listening, empathy, and de-escalation techniques to a group of 80 resident advisors.

**Anxiety – Good or Bad?**, *U-Maine Greek Life Leadership* **January 2015**

Didactic and group discussion presentation to a group of 15 Greek Life focusing on the pros and cons of anxiety in a learning environment as well as anxiety management techniques.

**Perfecting the Art of Procrastination**, *U-Maine Engineering Department* **January 2015**

Didactic presentation to an engineering class of 60 students focused on understanding the pros and cons of procrastination, and how to use time management tools and resources to rectify procrastination concerns.

**Working with Athletes in Distress**, *U-Maine Athletic Department* **November 2014**

Small group training of 15 U-Maine student athletes that acted as academic mentors to other student athletes. Content focused on anxiety management (in relation to coursework and athletic training and competitions), listening skills, and referring to campus resources. Some consultation regarding specific mentor-mentee relationships.

**Behind Closed Doors R.A. Training**, *U-Maine Resident Life* **August 2015**

Created and acted out mock situations common to resident life duty, and provided feedback and training to resident assistants.

**Perfectionism Presentations,** *Various Audience on Brigham Young University campus*  **2011 - 2013**

Delivered approximately 7 presentations on perfectionism to various classes and as part of campus events. Content usually focused on defining and identifying types of perfectionism, discussing ways to address perfectionistic tendencies, critically evaluating pros and cons of perfectionism, and providing education about mental health services on campus.

**Relationships Skills Presentation,** *BYU Resident Hall*  **November 2012**

Didactic presentation, skit, and question/answer session for a group of 30 college freshman females. Content focused on recognizing and changing unhealthy patterns in expressing anger.

**Mental Health Night,** *Brigham Young University*  **October 2012**

Represented BYU Counseling and Psychological Services at an event designed for community members to learn about different mental health resources in the Provo, Utah area.

**Sexual Concerns Presentation,** *BYU Resident Hall*  **December 2011**

Didactic presentation with Q&A session for a group of 30 college freshman men on topics of counseling services for students concerned about sexual behavior excess (e.g. pornography and masturbation use).

**Behavioral Emergencies,** *BYU Emergency Medical Services*  **November 2011**

Co-facilitated a training provided to 50 BYU emergency responders focusing on how to address behavioral emergencies such as suicide attempts/threats, panic attacks, and persons exhibiting psychotic symptoms.

**National Depression Screening Day,** *Brigham Young University*  **October, 2009, 2010, 2011**

Screened university students for depression, bi-polar, and post-traumatic stress disorder. Coordinated referrals to Counseling and Psychological Services.

**Group Therapy Induction Video,** *Brigham Young University*  **May 2010**

Participated in creating a video designed to addresses common concerns students may have when considering joining a general process therapy group in a university counseling center.

OTHER ACTIVITIES

**NCAA Intercollegiate Athlete,** *BYU Men’s Track and Field*  **2004–2009**

*Head Coach*: Mark Robison

Competed for four years in the sprint, hurdle, and relay races. Placed highly in many regional and

national meets and helped our team maintain an undefeated record in both the indoor and outdoor

Mountain West Conference Team Championships each season.

**President of BYUSA Footlights Organization 2005–2008**

*Advisor*: Paul McFate

Directed rehearsals, emceed concerts, planned several major events, and participated as a vocalist,

pianist, percussionist in musical collaborations. Approximately 2,400 hours.