

KATHRYN S. BITNER

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ACADEMIC PREPARATION

- 2005 **Doctorate of Philosophy in Counseling Psychology**
Brigham Young University, School of Education – Provo, Utah
APA Accredited Program
Dissertation: Using a service-learning approach to assist in achieving
comprehensive guidance goals
Advisor: Aaron P. Jackson, Ph.D.
- 1997 **Master of Science in Counseling**
Brigham Young University, School of Education – Provo, Utah
CACREP Accredited Program
- 1993 **Bachelor of Science in Sociology Teaching**
Brigham Young University, School of Education – Provo, Utah

PROFESSIONAL EXPERIENCE

Professional School Counselor (August 1996 to August 2004; August 2005 to present)

Alpine School District, Oak Canyon Jr. High School – Lindon, Utah

Summit Academy – Draper, Utah

- Counsel small groups and individual students
- Supervise masters-level interns and practicum students
- Interface with community mental health agencies
- Design curriculum and teach topics of careers, learning styles, decision-making, stress management, suicide intervention, eating disorders, personality styles, and social skills
- Plan, implement, and evaluate the school comprehensive guidance program for 1500 students
- Consult with and train faculty and parents regarding the developmental needs of students (including 504 plans) and current counseling issues

Adjunct Instructor (January 2009 – present)

Utah State University, Psychology Department, Logan, Utah

- Develop and write curriculum for Professional Issues in School Counseling course (Psych 6460)
- Plan, prepare, and teach approved curriculum
- Evaluate and assess student learning
- Serve on School Counseling Faculty Council

Adjunct Instructor (August 2010 – present)

University of Phoenix, Psychology Department, Utah Campus

- Teach Career Counseling (ECN 545) & Introduction to Clinical Diagnosis & Assessment (CNSL 526)

- Adapt national curriculum to student needs via lecture, discussion, demonstrations, activities and other methods
- Evaluate and assess student progress through written, oral, and performance tests
- Participate in adult learner/returning student trainings

Assistant Program Coordinator, School Counseling

Adjunct Assistant Professor (August 2008 – May 2009)

University of Utah, Educational Psychology Department, Salt Lake City, Utah

- Develop & teach Family Therapy for School Based Issues (EDPS 6250), Professional Issues (EDPS 6821) and Comprehensive Guidance (EDPS 6821)
- Mentor school counseling graduate students
- Recruit future school counseling students
- Track student progress

Psychology Resident (November 2005 to April 2007)

Center for Change, Orem, Utah

- Provided therapy for outpatient clients
- Facilitated process and DBT groups
- Designed treatment plans for individual clients
- Interpreted individual assessments

Pre-doctoral Psychology Intern (August 2004 to August 2005)

Utah State University Counseling Center – Logan, Utah

APA Accredited Internship – Supervisors: Mary E. Doty, Ph.D. & David W. Bush, Ph.D.

- Provided individual, couple, and crisis counseling to students
- Administered and interpreted psycho-educational assessments
- Co-taught graduate practicum class
- Supervised and trained pre-doctorate students and undergraduate peer leaders
- Designed and taught adolescent DBT curriculum, provided individual therapy and facilitated group therapy at Residential Eating Disorder Treatment facility during 12 week rotation

Family Therapy Intern [Clerkship] (June 2002 to May 2004)

Preferred Family Clinic – Orem Utah

Supervisor: Paul Jenkins, Ph.D.

- Provide therapeutic services to individuals, couples, and families
- Design treatment plans for clients

Adolescent Therapy Intern [Clerkship] (June 2002 to May 2004)

Youth Reclamation, Inc – Orem, Utah

Supervisor: Randall F. Hyde, Ph.D.

- Facilitate adolescent therapy groups
- Conduct intake assessments and reports
- Provide therapeutic services to youth and families referred by judicial system
- Provide assessments and written reports to judges

Instructor (August 2001 to June 2004)

Brigham Young University, Counseling Psychology & Special Education Department – Provo, Utah

Class: Comprehensive Developmental Guidance CPSE 654

- Design curriculum and teach masters of school counseling psychology students
- Participate as reflecting team member during weekly mentor meeting
- Supervise students in elementary, middle and high schools

Teaching Assistant (December 2000 to July 2001)

Brigham Young University, Counseling Psychology & Special Education Department – Provo, Utah
Class: Comprehensive Guidance Development CPSE 654

Instructor: Aaron Jackson, Ph.D.

- Co-taught comprehensive guidance class to master-level students
- Developed testing material
- Evaluated master level students

Counseling & Career Center Practicum (August 2000 to June 2002)

Brigham Young University, Counseling & Career Center – Provo, Utah

- Provided individual therapy for college age students
- Managed treatment plans for diverse caseload of college students
- Co-led groups in counseling center
- Presented case studies for peer review
- Assisted in training of resident assistants in on-campus student housing

Research Assistant (August 2001 to July 2003)

Brigham Young University, Counseling Psychology & Special Education Department – Provo, Utah

Instructor: Lane Fischer, Ph.D.

- Researched democratic student governments
- Trained master level students on school counseling issues and ropes courses

PROFESSIONAL LICENSE & CERTIFICATION

2007 to present Psychologist, State of Utah, License # 5998133-2501

1997 to present School Counseling License, Level III, Utah State Office of Education

1995 to present Teaching License, Sociology & Speech, Utah State Office of Education

PROFESSIONAL PAPERS & PUBLICATIONS

Bitner, K. S., Kay-Stevenson, D., Burnham, B., Whitely, A., Whitaker, A. B. & Sachse, T. (2009, August) *Utah's school counseling data project: A statewide initiative*. Professional School Counseling, vol. 12(6), p. 488-494.

Howell, S., Bitner, K., Henry, N., Eggett, D., Bauman Jr., J., Sawyer, O., & Bryant, R. (2007, February 9). Professional development and school counselors: A study of Utah school counselor preferences and practices. Journal of School Counseling, 5(2). Retrieved February 20, 2007 from <http://www.jsc.montana.edu/articles/v5n2.pdf>

Bitner, K. A. (2007, January). *Eating disorders in the schools: Helps for school counselors*. Hope and Healing, 12 (1).

Stott, K. A. & Howell, S. (2006, March) *Professional development: A recent study of Utah school counselor preferences and practices*. Utah School Counseling Association newsletter.

Stott, K. A. & Jackson, A. P. (2005, December) *Using service-learning to achieve comprehensive guidance goals*. Professional School Counseling, vol. 9 (2), p. 156-159.

Allen, M., Ashbaker, B. Y., & Stott, K. A. (2003, March) *Strengthening rural schools: Training paraprofessionals in crisis prevention and intervention*. Paper presented at the 23rd Annual National Conference of the American Council on Rural Special Education, Salt Lake City, UT.

Stott, K. A., Ashbaker, B. Y., Jones, N., Allen, M., & Cichella, E. (2002, October) *Preparing counselors to train school support staff for crisis intervention*. Paper presented at the American Counselor Educators and Supervisors National Convention, Park City, UT.

PROFESSIONAL PRESENTATIONS

Bitner, K. S. (March 2010). *Using service learning to assist students*. Wasatch Counselor Fair, Salt Lake City Utah.

Bitner, K. S. (June 2010). *Helping students plan for the future: CTE career development lessons*. Utah State Office of Education, Salt Lake City, Utah.

Bitner, K. S. (June 2009). *Career & technical education introduction career development lesson ideas*. Utah State Office of Education Summer Counselor Workshop, Salt Lake City, Utah.

Bitner, K. S. (June 2008). *Eating disorders in schools*. Utah State Office of Education Summer Counselor Workshop, Salt Lake City, Utah.

Bitner, K. S. (June 2008). *Career & technical education introduction career development lessons*. Utah State Office of Education Summer Workshop, Syracuse, Utah.

Bitner, K. S. (April 2008). *Eating disorders in schools*. Davis District Counselor Workshop, Farmington, Utah.

Bitner, K. A. (June, 2007). *Physical, social and emotional consequences of eating disorders*. American School Counselor Association. Denver, Colorado.

Bitner, K. A. (June 2007) *Physical, social and emotional consequences of eating disorders*. Utah State Office of Education Annual Counselor Conference. Salt Lake City, Utah.

Stott, K. A. (June 2006) *Students with eating disorders: How we can help*. Utah State Office of Education Annual Counselor Conference. Salt Lake City, Utah.

Stott, K. A. (February 2006) *Helping overcome eating disorders*. Workshop presented at Alpine School District. Lindon, Utah.

Stott, K. A. (August 2006) *Academic tips for parents*. Workshop for parents. Alpine School District. Lindon, Utah.

Stott, K. A. (July, 2005). *Using service-learning to achieve comprehensive guidance goals*. Utah School Counselor Summer Training. Westminster College, Salt Lake City, Utah.

Stott, K. A. (February, 2005). *Helping clients with sexual addictions*. Professional development training seminar. Utah State University, Logan, Utah.

Stott, K. A. (October, 2004). *Beyond Barbie: Understanding who we really are*. Residential student life training. Utah State University, Logan, Utah.

Stott, K. A. (September 2003) *More than class changes: The role of the school counselor*. Professional development training seminar. Oak Canyon Jr. High School, Lindon, Utah.

Stott, K. A. & Jones, K. (April 2003) *Putting HOPE into action: Empowering the schools to prevent youth suicide*. Workshop presented at Provo School District Suicide HOPE Conference, Provo, Utah.

Allen, M., Stott, K. A., Jones, N., Heaton, E., & Gstettenbauer, A. (April 2003) *Bibliotherapy: A resource for strengthening children's coping skills after a crisis*. Mini-skills workshop presented at the 35th National Association of School Psychologists Annual Convention, Toronto, Canada.

Allen, M., Ashbaker, B. Y., Jones, N., Stott, K. A., & Brown, T. (April 2003) *Enhancing and strengthening crisis intervention: A basic training program for all school support staff*. Mini-Skills Workshop Presented at the 35th National Association of School Psychologists Annual Convention, Toronto, Canada.

Ashbaker, B. Y., Allen, M., Stott, K. A., & Jones, N. (May 2003) *Strengthening schools: Involving paraprofessionals in crisis prevention and intervention*. Presented at the 21st National Conference on the Training and Employment of Paraprofessionals. Minneapolis, MN.

Allen, M., Ashbaker, B. Y., Jones, N., Stott, K. A., & Cichella, E. (August 2002) *Teaching crisis intervention skills with metaphors and movie clips*. Poster session presented at the 110th Annual Convention of the American Psychological Association, Chicago, IL

Allen, M., Ashbaker, B. Y., Stott, K. A., & Jones, N. (February 2002) *Evaluating and training school personnel for participation in crisis intervention*. Mini-Skills Workshop Presented at the 34th National Association of School Psychologists Annual Convention, Chicago, IL.

Stott, K. A. (November 2001) *Counseling using service learning approach in schools*. Break-out session presented at the Utah School Counselor Association Conference, Ogden, Utah.

Stott, K. A. (March 2001) *Stress Management: Lesson for and from parents and students*. Presented for Lindon City Character Connection. Lindon, Utah.

Stott, K. A. (January 2000) *After a suicide: Postvention work for our school*. Presentation to the Oak Canyon Jr. High faculty. Lindon, Utah.

Stott, K. A. & Barnes, D. (September 2000) *Parenting skills*. Presented for Lindon City Character Connection. Lindon, Utah.

Stott, K. A. (June 2000) *ACCEPT: Students teaching student tolerance*. Presentation at the American School Counselor Association. Cherry Hill, New Jersey.

Stott, K. A. (June 2000) *Choose your path to success: Introduction to comprehensive guidance*. Presented for Alpine School District. Lindon, Utah.

PROFESSIONAL MEMBERSHIPS

American Psychological Association
American School Counselor Association
Utah School Counselor Association (President 2007-2008)