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## Todd Raymond Avellar, Ph.D.

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### *Education*

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University of California, Santa Barbara (UCSB)	Ph.D.	2016	Counseling, Clinical, & School Psychology – APA Accredited (Counseling Emphasis)
UCSB	M.A.	2012	Counseling Psychology
UCSB	B.A.	2010	Psychology/Applied Psychology (McNair Scholar)
Fresno City College	-	2008	General Education

### *Clinical Experience*

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Avellar Warden Psychological Associates, PLLC. Pittsburgh, PA

**Co-Owner & Licensed Psychologist.** August 2022 – present

- Provides professional mentorship to independent contractors on private practice management.
- Provides direct clinical supervision to independent contractors
- Manages insurance and billing issues for the practice
- Provides short and long-term weekly psychotherapy rooted within Acceptance Commitment Therapy (ACT) and Mindfulness-Based Cognitive Therapy (MBCT) approaches
- Specializes in working with college students, and lesbian, gay, bisexual, transgender, queer, and other sexual and gender minorities
- Engages in regular continuing education on theoretically informed trainings

Avellar Wellness, LLC. Pittsburgh, PA

**Owner & Licensed Psychologist.** January 2019 – present

- Provides direct supervision to doctoral trainees engaged in PsyD-training and independently contracted therapists
- Provides specialized training in Acceptance Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy, other third-wave cognitive behavioral approaches, and Buddhist Psychology
- Engages in regular continuing education on theoretically informed trainings
- Oversees trainee outreach and marketing efforts

Point Park University, Pittsburgh, PA

**Director of Clinical Training.** August 2018 – May 2022

**Acting Director of Clinical Training.** August 2024 – December 2024

**Objective:**

Oversee all clinical training activities in the PsyD program, including internal practica conducted at the Point Park Student Counseling Center and external placements at various sites in Pittsburgh and the surrounding area. Ensure compliance of clinical training activities with APA accreditation standards. Ensure students are prepared through clinical training for application to internship sites by developing and implementing an individualized plan for each student. Serve as a leader in the PsyD program working in conjunction with the Program Director to create and implement policies, make program-level decisions, and assess program outcomes.

- Develop and oversee individual clinical training plan for each student, including student input;
- Oversee implementation of individual clinical training plan through collaboration with Placement Coordinator in selecting training sites for students;
- Complete APA self-study and participate in APA site visit preparation;
- Plan and coordinate extra-curricular clinical educational experiences (e.g., case conference, crisis intervention training);
- Coordinate and provide student orientation to the program
- Monitor progress of students at external placements and internship sites through informal contact as well as formal Competency Evaluations;
- Oversee the evaluation of external placement sites including site visits or other contact with sites as well as gathering feedback from students to assess the quality of their clinical experience and training;
- Maintain a record of supervisor credentials for external placement site supervisors;
- Maintain a record of contracts/agreements for all external placement sites;
- Manage and train users on the A/V system used for clinical training in the University Counseling Center;
- Maintain and recommend for purchase clinical training materials (i.e., tests and measures) stored in the University Counseling Center (UCC);
- Make recommendations to Director about ways to improve the graduate program curriculum to prepare students for clinical practicum and internship programs;
- Provide clinical supervision to students as needed;
- Provide umbrella supervision to supervisors as needed;
- Assists students with development of written materials and interview preparation for placements (i.e., applications, cover letters, CVs, etc.);
- Assist students with internship applications and preparation for internship interviews;
- Address problems that arise in practicum training or external placements with student performance, site supervision, and/or clinical training experiences;

- Collaborate with the Director of the UCC on all matters related to clinical activity performed by student trainees (i.e., GAs, practicum student, placement students) in the UCC. Point Park University. Pittsburgh, PA

Point Park University, Pittsburgh PA

**Practicum Placement Coordinator.** August 2017 – August 2018

- Established new practicum and internship responsibilities for graduate students in psychology;
- Regularly monitored practicum and internship programs for graduate students in psychology;
- Assessed the quality of the practicum and internship programs on an annual basis;
- Acquired data and maintain records on data relevant to ongoing activities of students in practicum and internship programs

University of Wisconsin – Madison, University Health Services

**Postdoctoral Resident – Supervision & Training Specialty.** August 2016 – present

- Conducted time-limited individual and interpersonal process groups, initial assessment appointments, triage walk-in services, and case presentations in an integrative health care setting
- Provided individual clinical supervision to two advanced practicum students
- Co-led the intern supervision of supervision and practicum student supervision groups
- Co-coordinated the practicum training program
- Co-led training steering, and internship and practicum search committees
- Co-led the support group for lesbian, gay, bisexual, transgender, queer, and questioning students
- Behavioral health rotation amongst primary care physicians
- Emphasis in working with students of color and sexual and gender minorities

University of Delaware, Center for Counseling & Student Development

**Doctoral Intern.** August 2015 – July 2016

- Conducted time-limited individual and group psychotherapy, initial assessment appointments, and case presentations
- Provided clinical supervision to a doctoral clinical psychology student
- Co-led the lesbian, gay, bisexual, transgender, queer, and questioning process group, *Living Out Loud*
- Co-led the emotional regulation (DBT-based) skills group, *You Got This!*
- Engaged in outreach and consultation projects with affiliated campus organization
- Attended weekly seminars on a variety of clinical topics

Hosford Counseling and Psychological Services Clinic

**Clinical Supervisor/Outreach Emphasis.** October 2014 – July 2015

- Supervised 1<sup>st</sup> and 2<sup>nd</sup> year counseling, clinical, and school psychology doctoral students who conduct intakes and psychotherapy services, and provide feedback on their clinical documentation

- Pre-screened potential clients for appropriateness of the training clinic
- Co-facilitated weekly seminars for 1<sup>st</sup> year students
- Maintained the “Everybody Does Outreach” program to provide psychoeducation to community organizations and increase community utilization of clinic services

#### Hosford Counseling and Psychological Services Clinic

**Practicum Clinician.** January 2011 – September 2012; June 2014 – September 2014

- Conducted individual psychotherapy, intakes, a variety of symptom, cognitive, and personality assessments, case presentations, and integrated report writing
- Conducted an assessment case through the affiliated Psychology Assessment Clinic
- Administered/Reviewed/Reported to clients OQ – 45.2 or YOQ – 30.2, Quality of Life Index, Outcome Rating Scale, and Session Rating Scale at each session

#### UCSB Counseling and Psychological Services

**Practicum Clinician.** September 2013 – June 2014

- Conducted individual and group psychotherapy, intakes, and case presentations
- Co-led the psychotherapy group, *Mindfulness and Yoga for Wellness*
- Co-led the psychotherapy group, *Overwhelmed by ADHD? Find Your Focus*
- Administered/Reviewed/Reported to clients the Counseling Center Assessment of Psychological Symptoms-34 (CCAPS-34) assessment at each session
- Attended weekly seminars on a variety of clinical topics

Pacific Pride Foundation of Santa Barbara. **Practicum Clinician.** April 2013 – August 2014

- Conducted individual psychotherapy, intakes, and case presentations for lesbian, gay, bisexual, transgender, queer, low-income, homeless, and HIV+ communities

Family Service Agency of Santa Barbara. **Practicum Clinician.** October 2012 – August 2013

- Conducted individual psychotherapy, intakes, and case presentations for underserved low-income, homeless immigrant, ethnic minority communities
- Administered/Reviewed/Reported to clients Outcome Questionnaire 45.2 (OQ - 45.2) or Youth Outcome Questionnaire 30.2 (YOQ – 30.2) every 6 sessions

#### ***Publications***

Oaks, L., Israel, T., Conover, K. J., Cogger, A., & Avellar, T. R. (2019). Community-Based Participatory Research within invisible, geographically-dispersed communities: Partnering with lesbian, gay, bisexual, transgender, and queer communities on the California Central Coast. *Journal for Social Action in Counseling and Psychology*, 11(1), 14-32.

Israel, T., Bettergarcia, J. N., Delucio, K., Avellar, T. R., Harkness, A., & Goodman, J. A. (2017). Reactions of law enforcement to LGBTQ diversity training. *Human Resource Development Quarterly*.

Israel, T., Harkness, A., Avellar, T. R., Delucio, K., Bettergarcia, J. N., & Goodman, J. A. (2016). LGBTQ-affirming policing: Tactics generated by law enforcement personnel.

*Journal of Police and Criminal Psychology*. doi:10.1007/s11896-015-9169-2

Israel, T., Harkness, A., Delucio, K., Ledbetter, J. N., & Avellar, T. R. (2013). Evaluation of police training on LGBTQ issues: Knowledge, interpersonal apprehension, and self-efficacy. *Journal of Police and Criminal Psychology*. doi: 10.1007/s11896-013-9132-z

Avellar, T.R. (2011). Transgender Community Challenges and Generational Perceptions of Community. *UCSB McNair Scholars Research Journal*, 1, 198-222.

### ***Teaching and Mentoring Experience***

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**Visiting Assistant Professor of Psychology.** Point Park University, Pittsburgh PA.

August 2024 – December 2024

- Visiting full-time faculty in the Clinical Psychology Psy.D. Program
- Courses Taught:
  - Ethics in Applied Psychology
  - Supervision & Consultation in Applied Psychology

**Assistant Professor of Psychology (Tenure-Track).** Point Park University, Pittsburgh PA.

August 2017 – April 2022

- Core full-time faculty in the Clinical Psychology Psy.D. Program
- Courses Taught:
  - Clinical Fundamentals
  - Mental Health and Well-Being
  - Mindfulness & Buddhism in Applied Psychology
  - Psychological Foundations
  - Psychology of Human Diversity
  - Psychotherapy Methods & Practicum II – Contemplative Psychology
  - Sexuality & Diversity
  - Supervision & Consultation in Applied Psychology

**Instructor.** Coun Psy 115: Wellness. University of Wisconsin-Madison. Department of Counseling Psychology. Spring 2017

- Conduct lectures and discussions relating to the exploration of personal, institutional, and community resources that optimize academic success and persistence
- Utilize didactic and experiential methods to develop higher level learning, skill, and understanding

**Lead Teaching Assistant and Discussion Section Leader.** CNCSP 110: Introduction to Educational and Vocational Guidance. UCSB Department of Counseling, Clinical, and School Psychology. Summer 2014, Spring 2014, Fall 2013, Summer 2013

- Conducted guest lectures, led discussion groups, and co-facilitated a three hour outdoor experiential event to introduce students to career planning, career

counseling theories, and to techniques and information related to career development and career planning

- Assisted students in defining their own career criteria and developing an action plan, based upon their Myers-Briggs Type Indicator and Strong Interest Inventory results, with measurable goals by the end of the quarter

**Graduate Student Mentor.** UCSB McNair Scholars Program. June 2011 – September 2012

- Mentored first-generation college and low-income undergraduate students of color
- Co-led seminars and workshops on types of graduate programs and degrees, writing personal statements, Graduate Record Examinations, undergraduate summer internships, presenting of research, and applying to graduate school
- Generated and led projects related to facilitating McNair Scholar graduate school preparation

**Teaching Assistant and Discussion Section Leader.** Feminist Studies 20 – Women, Society, and Culture. University of California, Santa Barbara, Department of Feminist Studies. Spring 2011

- Conducted guest lectures and led discussion groups to help students think critically about the representations of femininity and masculinity, as well as the structures that surround ideas, beliefs, and actions

### ***Professional Presentations***

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Avellar, T. R. (August, 2020). *Contemplative Psychotherapy: Honoring the Experiences of LGBTQ+ Clients*. In K. F. Balsam & J. M. Simonetti (Co-Chairs), *Mindfulness and compassion with LGBTQ populations: Theory, research, and practice*. Symposium conducted at the virtual meeting of the American Psychological Association.

Avellar, T.R. (August, 2020). *Society of Counseling Psychology – Section on LGBTQ+ Issues Mentorship Roundtable*. Section Chair Facilitator. Discussion hour conducted at the virtual meeting of the American Psychological Association.

Avellar, T. R. (August, 2019). *Pedagogical Approaches to Contemplative and Buddhist Psychotherapy*. In A. Wilkus-Stone, (Chair), *Meditation in Psychotherapy: Contextually Informed Approaches to Practicing with Our Clients*. Symposium held at the meeting of the American Psychological Association, Chicago, IL.

Avellar, T.R. (August, 2019) *Mentorship in Action: Psychodrama Portrayals of Mentorship with Queer Students of Color*. Chair. Symposium held at the meeting of the American Psychological Association, Chicago, IL.

Avellar, T.R. (August, 2018) *Mentorship in Action: Psychodrama Portrayals of Mentorship with Queer People of Color*. Chair. Symposium held at the meeting of the American Psychological Association, San Francisco, CA.

Avellar, T. R. (January, 2017). *Conducting psychological research with gay and same-sex attracted men*

*through Amazon Mechanical Turk*. In J. Goodman (Chair), Recruitment strategies for psychological research with LGBTQ populations. Symposium to be conducted at the National Multicultural Conference and Summit, Portland OR.

Avellar, T. R. (August, 2016). *Experiences as a multi-ethnic queer male applying to and during internship*. In G. Keilin & J. Benjamin (Co-Chairs), LGBTQ graduate students: Considerations for internship climate. Symposium conducted at the meeting of the American Psychological Association, Denver, CO.

Avellar, T.R., Doran, J., Quas, J.A., Prinstein, Schwartz, M. (August, 2015). *Turbocharging Your Career--Finding and Keeping a Good Mentor*. Chair. Symposium held at the meeting of the American Psychological Association, Toronto, Ontario.

Gutierrez, I. A., (August, 2015). *Creating Your Research Program---How to Develop a Unified Research Narrative During Graduate School*. Participant/1<sup>st</sup> Author. Symposium held at the meeting of the American Psychological Association, Toronto, Ontario.

Avellar, T.R., Çiftçi, A., Johnson, W. B., & Ameen, E. (August, 2014). *So you want to be a mentor/mentee? Mentorship Throughout the Pipeline*. Co-Chair/Discussant. Symposium held at the meeting of the American Psychological Association, Washington D.C.

American Psychological Association. (July, 2014). *The psychology internship crisis*. Actor. Video filmed and produced by PlanetVox. Recorded at the American Psychological Association, Washington D.C. Retrieved from: <http://www.apa.org/apags/resources/internship-crisis.aspx>

Avellar, T.R., Bircher, A., Browning, L., Crawford, A., Leever, W.J., Macone, B., Montgomery, V., Poonanti, S., Scudellari, L., Sullivan, R. (January, 2014). Discussant. *Student Fishbowl on Social Justice Training*. Symposium held at the meeting of the National Council of School and Programs of Professional Psychology Midwinter Conference. New Orleans, LA.

Avellar, T.R. (August, 2013). *Meet your American Psychological Association of Graduate Student Leaders*. Discussant. Symposium held at the meeting of the American Psychological Association Annual Convention. Honolulu, HI.

Avellar, T.R. (April, 2013). Discussant. *Behavioral Sciences*. Symposium held at the meeting of the Southern California Forum for Diversity in Graduate Education - University of California, Irvine.

Aguilar, A., Avellar, T.R., Blessinger, J., Crawford, A., Gomez, E., Jimenez, S., Levine, L., & Weiland, B. (January, 2013). *Student Voices on Mentorship*. Discussant. Symposium held at the meeting of the National Council of School and Programs of Professional Psychology Midwinter Conference. Nassau, Bahamas.

Avellar, T.R., Cohen-Fillipic, J. (2012, August). *Challenging Heteronormativity in the Applied Psychology Classroom*. Co-Chair/Facilitator. Workshop held at the American Psychological Association Annual Convention, Florida, Orlando.

Avellar, T.R., Israel, T., Ledbetter, J.N., Harkness, A., Delucio, K. (2012, August). *Lesbian, Gay, Bisexual, Transgender, and Queer Community Members' Experiences and Perceptions of Law Enforcement*. Poster session presented at the meeting of the American Psychological Association Annual Convention. Orlando, FL.

- Harkness, A., Israel, T., Delucio, K., Avellar, T.R., Ledbetter, J.N. (2012, August). *Evaluation of Police Training on LGBT Issues: Knowledge, Apprehension, Self-Efficacy, and Tactics*. Poster session presented at the meeting of the American Psychological Association Annual Convention. Orlando, FL.
- Avellar, T.R. (2012, May). *Psychological Research on Gender: An Exploratory Study of Santa Barbara County's Transgender Community*. Oral presentation given to CNCSP – 114/Psychology of Gender. University of California, Santa Barbara.
- Avellar, T.R. (April, 2012). *Behavioral Sciences*. Discussant. Symposium held at the meeting of the Southern California Forum for Diversity in Graduate Education. San Diego State University, CA.
- Avellar, T.R. (2011, July). *Psychological Research on Gender: An Exploratory Study of Santa Barbara County's Transgender Community*. Oral presentation given to CNCSP – 114/Psychology of Gender. University of California, Santa Barbara.
- Israel, T. Oaks, L., Saunders, C., Mireshghi, S., Lin, Y., Rogers, M., & Cogger, A., Avellar, T.R. (2009, September). *Using the Collaborative Change Approach to Develop LGBT Community Interventions*. Oral presentation given to Feminist Studies 80 – Intro to LGBTQ Studies. University of California, Santa Barbara.
- Israel, T. Oaks, L., Saunders, C., Mireshghi, S., Lin, Y., Rogers, M., & Cogger, A., Avellar, T.R. (2009, August). *Using the Collaborative Change Approach to Develop LGBT Community Interventions*. Poster session presented at the meeting of the American Psychological Association Annual Convention. Toronto, Ontario.
- Avellar, T.R. (2009, August). *Transgender Community Challenges and Generational Perceptions of Community*. Poster session presented at the meeting of the Undergraduate Summer Research Colloquium. University of California, Santa Barbara.
- Avellar, T.R. (2009, May). *Transgender Community-Based Participatory Research*. Poster session presented at the meeting of the Undergraduate Research & Creative Activities Colloquium. University of California, Santa Barbara.
- Chen, J. & Avellar, T.R. (2009, May). *Social Identities and Persuasion*. Poster session presented at the meeting of the Undergraduate Research & Creative Activities Colloquium. University of California, Santa Barbara.
- Avellar, T.R. (2009, May). *Transgender Community-Based Participatory Research*. Oral presentation held at the meeting of the McNair Scholars Program National Conference. University of Washington, Seattle.
- Avellar, T.R. (2009, May). *Transgender Community-Based Participatory Research*. Poster session presented at the meeting of the Sociology Research Colloquium. University of California, Santa Barbara.

### ***Professional Service***

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2019-2020      **Chair**, American Psychological Association (APA) - Division 17 (Society of Counseling Psychology) Section on Lesbian, Gay, Bisexual, and Transgender Issues



- 2018-2019 **Chair-Elect**, American Psychological Association (APA) - Division 17 (Society of Counseling Psychology) Section on Lesbian, Gay, Bisexual, and Transgender Issues
- 2016-2018 **Member at Large**, American Psychological Association (APA) - Division 17 (Society of Counseling Psychology) Section on Lesbian, Gay, Bisexual, and Transgender Issues
- 2014-2016 **Liaison (Two-Terms)**, APA Board of Educational Affairs and American Psychological Association of Graduate Students (APAGS)
- 2014-2015 **Representative**, California Psychology Internship Council, representing APAGS
- 2012-2014 **Member at Large for Membership Recruitment and Retention**, APAGS
- 2012-2014 **Liaison**, National Council of Schools of Professional Programs in Psychology and APAGS
- 2012-2014 **Monitor**, APA Committee on Membership, representing APAGS
- 2012-2014 **Monitor**, APA Committee on Rural Health, representing APAGS
- 2011-2014 **Campus Representative**, California Psychological Association of Graduate Students
- 2011-2012 **Member**, Committee on Lesbian, Gay, Bisexual, and Transgender Concerns, APAGS
- 2011-2012 **Member**, Government Affairs Committee, Santa Barbara County Psychological Association
- 2011-2012 **Member**, Admissions Committee, UCSB – Department of Counseling, Clinical, and School Psychology

### ***Professional Interviews***

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- Voelker, R. (January, 2015). Interviewed in: Ready for practicum? Advice on preparing for and getting the most out of your practicum experience. *gradPSYCH*, p. 26.  
Retrieved from: <http://www.apa.org/gradpsych/2015/01/practicum.aspx>
- Voelker, R. (September, 2014). Interviewed in: Just write it. *gradPSYCH*, p. 24.  
Retrieved from: <http://www.apa.org/gradpsych/2014/09/write-it.aspx>
- Smith, B. L. (November, 2014). The lifelong benefits of mentoring. *gradPSYCH*, p. 32.  
Retrieved from: <http://www.apa.org/gradpsych/2014/11/mentoring-benefits.aspx>

Voelker, R. (January, 2014). Interviewed in: Being a mentee – and a mentor. *gradPSYCH*, p. 32.  
Retrieved from: <http://www.apa.org/gradpsych/2014/01/mentee-mentor.aspx>

Clay, R. (November, 2013). Interviewed in: Crushed by debt? *gradPSYCH*. p. 23.  
Retrieved from: <http://www.apa.org/gradpsych/2013/11/debt.aspx>

Banville, J. (September, 2012). Interviewed in: Facing challenges, old and new. *gradPSYCH*. p. 46.  
Retrieved from: <http://www.apa.org/gradpsych/2012/09/facing-challenges.aspx>

### ***Honors, Awards, and Grants***

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- 2015-2016 **UCSB Hosford Research Grant: \$1,000**
- Department research grant given for promising dissertations
- June 2015 **Susan A. Neufeldt Award for Excellence in Clinical Supervision**
- 2013-2014 **Ford Foundation Pre-Doctoral Fellowship: Honorable Mention**
- 2012-2013 **UCSB Graduate Opportunity Fellowship: \$20,000 and payment of tuition and fees**
- 2011-2012 **Ray E. Hosford Clinic Award for Excellence in Clinical Dedication**
- Aug. 2012 **UCSB Dept. of Counseling, Clinical, and School Psychology Travel Grant**
- Oct. 2011 **UCSB Hosford Clinic Hero Award**
- June 2011 **UCSB Resource Center for Sexual and Gender Diversity Schwab Textbook Scholarship**

### ***Professional Organization Memberships***

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- 2024-present Association for Applied Sports Psychology
- 2008-present American Psychological Association (APA)
- Division 17 – Society of Counseling Psychology
  - Division 32 – Society for Humanistic Psychology
  - Division 44 – Lesbian, Gay, Bisexual, and Transgender Issues
  - Division 45 – Ethnic Minority Concerns
  - Division 47 – Society for Sport, Exercise, and Performance Psychology
- 2011-2014 California Psychological Association
-