

TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Millie Cordaro, PhD, LPC Title: Senior Lecturer

Website: <https://milliecordaro.wp.txstate.edu/>

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
Ph.D.	2006	Florida International University	Lifespan Developmental Psychology	Dissertation Manuscript “ <i>Treatment Process Predictors of Program Completion or Dropout of a Brief Motivational Substance Abuse Intervention for Minority Adolescents.</i> ”
M.A.	2002	University of West Florida	Psychology	Master’s Thesis “ <i>The Relationship Efficacy and Motivation Orientation of Young Adults.</i> ”
B.A.	2000	University of West Florida	Psychology	

C. University Experience

Position	University	Dates
Senior Lecturer	Texas State University	2010-current
Lecturer	Texas State University	2007-2010
Postdoctoral Teaching Fellowship	University of West Florida	2006-2007
Graduate Teaching Assistant	Florida International University	2002-2006

D. Relevant Teaching Experience

Position	Entity	Dates
Teaching Online @ TXST Certification	ODEL	2020
Foundations of Positive Psychology Specialization	University of Pennsylvania	2019
Sloan-C Online Instructor Certification	Sloan-C	2014

E. Relevant Counseling Experience

Position	Entity	Dates
Certified Compassion Fatigue Professional	Evergreen Certifications	2022
Breathwork Certification	My Vinyasa Practice	2022
500-hour Yoga Teacher Certification	My Vinyasa Practice	2021-2022
Mindfulness-Based Stress Reduction Certification	Palouse Mindfulness	2021
Licensed Professional Counselor (LPC) in Private Practice Austin, TX and Telehealth	Texas Board for Professional Counselors	2008-current
Cognitive Behavioral Therapy, Motivational Interviewing and Guided Self-Change	Florida International University	2004-2006

II. TEACHING

B. Courses Taught:

2013-current	Senior Lecturer, <i>Texas State University</i> <ul style="list-style-type: none"> • Psychology of Adulthood and Aging • Professional Seminar: Careers in Psychology
2007-2012	Senior Lecturer, <i>Texas State University Round Rock</i> <ul style="list-style-type: none"> • Lifespan Development • Introduction to Clinical Psychology • Adolescent Psychology • Psychology of Adulthood and Aging • Theories of Personality • Abnormal Psychology • Child Development • Theories of Group Counseling
2002-2006	Graduate Teaching Assistant, <i>Florida International University</i> . <ul style="list-style-type: none"> • Abnormal Psychology • General Psychology • Psychology of Human Sexuality • Psychology of Adolescence • Infant and Child Development

III. SCHOLARLY/CREATIVE

Publications

Cordaro, M., Meca, A., Garcia, A.J., Ramos, S., & Howard, K.J. (2023). Al Mal Tiempo, Buena Cara (keeping a good face during bad times): Differential psychosocial and health profiles between Hispanic and non-Hispanic public-school teachers in Texas. *Journal of Workplace Behavioral Health*.

Kaitlin M. Brunett, Chris Kinstley, Krista Howard, Jessica Perrotte, Rebecca Deason & **Millie Cordaro** (2023). Generalized Anxiety Disorder in College Students During the COVID-19 Pandemic: The Importance of Screening and Early Detection During Traumatic Stressor Events, *Journal of College Student Psychotherapy*, DOI: 10.1080/87568225.2023.2191880

Schmiedehaus, E., **Cordaro, M.**, Perrotte, J., Stern, M., Dailey, S., & Howard, K. J. (2023). The Great Resignation in higher education: An occupational health approach to understanding intentions-to-quit for faculty in higher education. *Teaching and Teacher Education*, 123, e103992. <https://doi.org/https://doi.org/10.1016/j.tate.2022.103992>

Grelle, K., Shrestha, N., Ximenes, M., Perrotte, J., **Cordaro, M.**, Deason, R. G., & Howard, K. (2023). The Generation Gap Revisited: Generational Differences in Mental Health, Maladaptive Coping Behaviors, and Pandemic-Related Concerns During the Initial COVID-19 Pandemic. *Journal of adult development*, 1–12. Advance online publication. <https://doi.org/10.1007/s10804-023-09442-x>

Howard, K. J., Leong, C., Chambless, S., Grigsby, T. J., **Cordaro, M.**, Perrotte, J. K., & Howard, J. T. (2022). Major Depression in Postpartum Women during the COVID-19 Pandemic: Can Social Support Buffer Psychosocial Risks and Substance Use? *International Journal of Environmental Research and Public Health*, 19(23), 15748. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/ijerph192315748>

Giblin, M. J., **Cordaro, M.**, Haskard-Zolnieriek, K., Jordan, K., Bitney, C., & Howard, K. (2022). Identifying the risk of opioid misuse in a chronic pain population: the utility of the MMPI-2-RF personality psychopathology five (PSY-5-RF) and higher-order scales. *Journal of behavioral medicine*, 10.1007/s10865-022-00347-w. Advance online publication. <https://doi.org/10.1007/s10865-022-00347-w>

Uwadiale, A., **Cordaro, M.**, Brunett, K., Stern, M., & Howard, K. (2022). Lessons Learned about the Need for Early Screening for Depression during the First Months of the COVID-19 Pandemic in the United States. *Issues in mental health nursing*, 43(3), 272–281. <https://doi.org/10.1080/01612840.2021.1975333>

Cordaro, M., Grigsby, T.J., Howard, J.T., Deason, R.G., Haskard-Zolnieriek, K., & Howard, K. (2021). Pandemic-Specific Factors Related to Generalized Anxiety Disorder During the Initial COVID-19 Protocols in the United States. *Issues in Mental Health Nursing*

Cordaro, M. (2020). Pouring from an empty cup: The case for compassion fatigue in higher education. *Journal of Healthy Academic Communities*, 4 (2), 17-28.

Cordaro, M. (2012). Pet loss and disenfranchised grief: Implications for mental health counseling practice. *Journal of Mental Health Counseling*. 34(4), 283-294.

Cordaro, M., Tubman, J.G., Wagner, E.F. & Leon Morris, S. (2011). Treatment process predictors of program completion or dropout among minority adolescents enrolled in a brief motivational substance abuse intervention. *Journal of Child and Adolescent Substance Abuse*, 21, 51-68.

Invited Talks

Rethinking Diversity: A Novel Exploration of the Intrapersonal with an Introduction to Cultural Vulnerability (April, 2022) University of West Florida. Pensacola, FL.

Compassion Fatigue: How to Prevent Emotional Burnout and Flourish Through Adversity (March, 2022) Texas State University, Student Affairs Division Meeting. San Marcos, TX.

The Impact of the COVID-19 Pandemic on Adolescent Mental Health (February, 2022). ACLI Medical Section Annual Meeting. San Antonio, TX.

Athlete Empowerment Through Mindfulness and Self-Compassion (November, 2021). Project Serve NCAA clinic. Austin, TX.

Conference Presentations

Garcia, A. J., Tormala, T., Gohar, D., & **Cordaro, M.** (2021, October). Presidential Task Force on the Integration of Diversity, Equity and Inclusion and International Initiatives Across the Society for the Teaching of Psychology (STP). Asynchronous symposium facilitated at the Annual Conference on Teaching (ACT) – Virtual Program, Society for the Teaching of Psychology (STP) – American Psychological Association (APA) Division 2.

Cordaro, M. & Garcia, A. (October, 2020). Rethinking Diversity: Exploring the Intrapersonal Landscape of Faculty in the Classroom. Presented at Society for Teaching of Psychology Annual Conference on Teaching (ACT). Virtual, Synchronous.

Cordaro, M. (October, 2019). Careers in Psychology Seminar: The Essential Elements for Student Preparedness Beyond Graduation. Presented at Society for Teaching of Psychology Annual Conference on Teaching (ACT). Denver, CO.

Oskam, J. & **Cordaro, M.** (March, 2010). Online Courses: Strategies for Student Success. Presented at the annual TEXAAN conference. San Marcos, TX.

Professional Presentations

Cordaro, M. & Meeks, A. (2018). Incarceration: The Impact on Family Members. Presented as university-wide Common Experience event at Texas State University. San Marcos, TX.

Poster Presentations

Coles, K., Junk, B., Schroer, A., & Cordaro, M. (April, 2010). *A preliminary investigation of optimal functioning: Relationships between coping skills, general self-efficacy, emotional intelligence and satisfaction with life*. Poster presented at the 2010 San Antonio Area Psychology Research Conference, San Antonio, TX.

Cordaro, M., Brennan, E., Holloway, L., House, E., Nanez-Gonzalez, A., & Strait, S. (May, 2007). *The good life: Using relational efficacy to predict life satisfaction*. Poster presented at the 2007 Association for Psychological Science Convention, Washington, D.C.

Swain, E., Cordaro, M., Holloway, M., House, E., Nanez-Gonzales, A., Strait, S., & Shannon Van Heest (April, 2007). *Examining associations among psychosocial variables for emerging adult interpersonal functioning*. Poster presented at SEA STARS, University of West Florida, Pensacola, Florida.

Cordaro, M., Tubman, J., & Wagner, E. (January, 2007). *Differences in treatment process among adolescent participants of a Guided Self-Change substance abuse intervention*. Poster presented at the 2007 Society for Social Work and Research Conference, San Francisco, CA.

Cordaro, M., & Mathews, S. (February, 2007). *Gender differences in relational motivation orientation among emerging adults*. Poster was presented at the 2007 Emerging Adulthood Conference, Tucson, AZ.

Cordaro, M., Montgomery, M. J., Hernandez, L., & Han, H. P. G. (March, 2004). *Differentiation of self, attachment, and psychosocial intimacy as predictors of identity maturity in emerging adults*. Poster presented at the 2004 Society for Research in Identity Formation Conference, Baltimore, MD.

Hernandez, L., Hollander, S., Han, H. P. G., Montgomery, M., Hospital, M., Bryson, J., McIntosh, K., Valdez, R., Gonzalez, G., Cordaro, M., Brown, J., Waid, L., & Lalama, C. (November, 2003). *Differentiation of self and inter- and intra-personal functioning*. Poster presented at the 2003 Society for Study of Human Development, Cambridge, MA.

Hernandez, L., Cordaro, M., & Montgomery, M. J. (May, 2003). *The co-occurrence of identity and emotional distress, peer victimization, and alcohol and other drug use among adolescents*. Poster presented at the 2003 Society for Research in Identity Formation Conference, Vancouver, BC, Canada.

Montgomery, M., Cordaro, M., Craig, J., Hernandez, L., & Hollander, S. (May, 2003). *Relational therapies and the development of the self: Implications for identity theory and interventions*. Interactive session presented at the 2003 Society for Research in Identity Formation Conference, Vancouver, BC, Canada.

Cordaro, M. & Mathews, S. (July, 2001). *Gender Differences, Weaknesses, and Sexual Victimization*. Poster presented at the Southeastern Psychological Association Conference, Atlanta, Georgia.

IV. SERVICE

A. University

2020	BookCats Faculty Book Club, facilitator
2017-current	Faculty Advisor- Phi Sigma Pi
2017- current	Texas State University Student Behavior Assessment Team (SBAT)
2012- current	Round Rock Faculty Speakers Committee
2011- 2012	Nontenure Line Faculty Committee

B. Departmental

2020-2022	Inclusive Excellence Committee, Member
2020-2023	Faculty Review Committee, Member

2020	Psychology Inclusive Excellence committee, Member
2016-current	Undergraduate Program Committee
2010- current	Mentoring Committee
2009-current	Bobcat Days- Round Rock
2008-2014	Round Rock Psychology Association Faculty Adviser Texas State University Round Rock campus

C. Community

2009-2011	Volunteer Hotline Counselor, <i>Texas Youth Hotline/ Texas Runaway Hotline</i> , Texas
2008-current	Licensed Professional Counselor, #63624 <i>Community Counseling</i> , Austin, Texas
2005	Mental Health Counseling Intern, <i>Florida International University Counseling and Psychological Services Center</i> , Miami, Florida.
2004	Mental Health Counseling Intern, <i>Broward Outreach Center</i> , Pompano, Florida.
2003	Mental Health Counseling Intern, <i>Youth Development Project</i> , Florida International University.
2002	Guided Adolescent Problem Solving (GAPS) Graduate Evaluation Specialist, <i>Community-Based Interventions Research Group</i> , Florida International University
2002	Mental Health Counseling Practicum, <i>Youth and Family Development Program</i> , Florida International University

D. Professional

2021	Society Teaching Psychology Presidential DEI Task Force, Member
2019-current	Society Teaching Psychology (STP) Mentoring Program
2014-2015	President, Capital of Texas Counseling Association
2012-2014	President- Elect, Capital of Texas Counseling Association
2011.2012	Secretary, Capital of Texas Counseling Association

Professional Memberships

American Psychological Association
Southeastern Psychological Association
Society for Teaching of Psychology

