**Anya Sheftel, Ph.D.**

**Curriculum Vitae**

Research Assistant Professor, Special Education

Washington State University, College of Education

335 Cleveland Hall, Pullman, Washington 99164

[anya.sheftel@wsu.edu](mailto:anya.sheftel@wsu.edu)

(509) 335-8575

**Professional Background**

***Education***

2014 Ph.D. Counseling Psychology, University of Oregon

2007 M.S. Counseling Psychology, Chatham University

2002 B.S. Economics, Indiana University of Pennsylvania

2018 Graduate Certificate in Chemical Dependency, City University of Seattle

***Licensure***

2015 – present Licensed Psychologist (Washington) PY60557094

***Faculty Positions***

2022 – present Research Assistant Professor of Special Education

College of Education, Washington State University

***Other Relevant Employment Serving Individuals with Disabilities***

2016 – 2022 Psychologist, Palouse River Counseling, Pullman, WA

Adult Assessment and Evaluation Coordinator

Individual and Group Therapist

Designated Crisis Responder

2014 – 2016 Psychologist, Cougar Health Services, Washington State University

Alcohol and Other Drugs Practicum Coordinator

Individual and Group Therapist

**Scholarship**

*My scholarship is broadly focused on supporting socio-emotional and employment outcomes for youth and young adults with disabilities. My current focus is on supporting career development and post-school transition outcomes for youth and young adults with disabilities by developing, implementing, and evaluating the impact of research-based interventions. This includes scholarship related to integrating motivational interviewing and ecological theory into capacity building interventions designed to support interagency collaboration and coordinated service delivery between high schools, Vocational Rehabilitation, and other community-based services. I use quantitative, qualitative, and mixed methods methodologies. To-date, I have authored or co-authored four peer-reviewed journal articles, eight evaluations or technical reports, one conference proceedings publication, one published educational toolkit, and nine educational courses or manuals. I have conducted 39 presentations at international national, regional, and state conferences. Additionally, I have facilitated 29 national and international trainings and professional development workshops.*

***Peer Reviewed Articles***

*[Post-doctoral, graduate and former graduate student co-authors are italicized]*

Poppen, M., **Sheftel, A.**, Lindstrom, L., Rowe, D., Unruh, D., & Mazzotti, V. (in press). Transition Self-Assessment Tool: The development and field testing of a statewide assessment of pre-employment transition services [special issue]. H. Whittenburg, J. Taylor & P. Wehman (Eds.). *Journal of Vocational Rehabilitation*.

**Sheftel, A**., Poppen, M., & Ruiz Brown, A. (2023). Pulling the Lever: Supporting Critical Consciousness in Secondary Special Education and Transition [special series]. J. Sinclair & S. Kocharczyk (Eds.). *Career Development and Transition for Exceptional Individuals*. Advance online publication.

**Sheftel, A.**, Lindstrom, L., & McWhirter, B. (2014). Motivational enhancement career intervention for youth with disabilities. *Advances in School Mental Health Promotion*, *7*(4), 208-224.

Gold, M.A., **Sheftel, A.**, Chiappetta, L., Young, A.J., Zuckoff, A., DiClemente, C.C., & Primack, B.A. (2010). Associations between religiosity and sexual and contraceptive behaviors. *Journal of Pediatric and Adolescent Gynecology, 23*(5), 290-297.

***Published Conference Proceedings***

*[Graduate and former graduate student co-presenters are italicized]*

**Sheftel, A.**, *Kieper, G.*, Bruno, L. (2023). *I Want My Spark Back: Using Motivational Interviewing with Pre-Service Teachers.* In A. Markelz, (Ed.), *TED 2023 Conference Proceedings: Seasing the Day!* Teacher Education Division of the Council for Exceptional Children, Long Beach, CA.

***Published Education Materials***

*[Graduate and former graduate student co-authors are italicized]*

Austin, E. W., Austin, B.W., Bolls, P., **Sheftel, A.,** O’Donnell, N. H., Edwards, Z., Domgaard, S., Fox, L., *Mu, D.*, Rose, P., Payne, C., *Sutherland, A.* (2024, Alphabetical listing after PI). *Getting to the Heart and Mind of the Matter: A Toolkit to Build Confidence as a Trusted Messenger of Health Information, Ed. 4.* Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0), Ed. 3. Published by Extension Foundation. EXCITE (Extension Collaborative on Immunization Teaching and Engagement) Kansas City: Extension Foundation.

Austin, E. W., Bolls, P., O’Donnell, N. H., Edwards, Z., Domgaard, S., *Mu, D.*, Austin, B. W., Rose, P., **Sheftel, A.**, Payne, C., & Fox., L. (2023, Alphabetical listing after PI). *Getting to the Heart and Mind of the Matter: A Toolkit to Build Confidence as a Trusted Messenger of Health Information, Ed. 3.* Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0), Ed. 3. Published by Extension Foundation. EXCITE (Extension Collaborative on Immunization Teaching and Engagement) Kansas City: Extension Foundation.

***Evaluation and Technical Reports***

*[Graduate and former graduate student co-authors are italicized]*

Poppen, M., **Sheftel, A.**, Dunn, M., *Xue, Y*. (2024). *Understanding the Reentry Needs and Challenges of Individuals Exiting Juvenile Rehabilitation in Washington*. Final Evaluation Report. Submitted to Washington Juvenile Rehabilitation.

Poppen, M., Whittenburg, H., **Sheftel., A.**, Taylor, J., *Xue, Y*. (2024). *Washington Transition Program and Motivational Enhancement Group Intervention, Model Demonstration Project*.Final Report. Submitted to Washington Division of Vocational Rehabilitation.

Poppen, M., Whittenburg, H., **Sheftel., A.**, & Taylor, J. (2024). *Implementation Evaluation of the*

*Washington Transition Program between April 2023 and December 2023*.Evaluation Report. Submitted to Washington Division of Vocational Rehabilitation.

**Sheftel, A.**, *Xue, Y.*, Poppen, M., Whittenburg, H., & Taylor, J. (2024). *Implementation Evaluation of the Motivational Enhancement Group Intervention between April 2023 and December 2023*.Evaluation Report. Submitted to Washington Division of Vocational Rehabilitation.

Poppen, M., **Sheftel, A.**, & Dunn, M. (2023). *Brief on Family Engagement: Preliminary Results from the Evaluation Report.* Findings Brief. Submitted to Washington Juvenile Rehabilitation.

Poppen, M., **Sheftel, A.**, & Dunn, M. (2023). *Challenges and Barriers to Successful Reentry: Recommendation.* Recommendations Brief. Submitted to Washington Juvenile Rehabilitation.

Poppen, M., Whittenburg, H., **Sheftel., A.**, & Taylor, J. (2023; 3 total). *Washington Transition Program and Motivational Enhancement Group Intervention, Model Demonstration Project*.Quarterly Evaluation Reports, Submitted to Washington Division of Vocational Rehabilitation.

Scheef, A., **Sheftel, A.**, & Poppen, M. (2023; 4 total). *WTP/MEGI Summer Transition Institute and Ongoing Professional Development.* Quarterly Evaluation Report, Submitted to Washington Division of Vocational Rehabilitation.

**Sheftel, A.**, *Xue, Y.*, Scheef, A., & Poppen, M. (2023). *2023 Washington Summer Transition Institute Final Evaluation Report.* Submitted to Washington Division of Vocational Rehabilitation.

**Sheftel, A.**, *Xue, Y*., Scheef, A., & Poppen, M. (2023). *2023 Washington Summer Transition Institute Final Evaluation Report*. Submitted to Washington Division of Vocational Rehabilitation.

**Sheftel, A.,** Poppen, M., & Whittenburg, H. (2023; 2 total). *Washington Transition Program (WTP) and Motivational Enhancement Group Intervention (MEGI) Model Demonstration Projects*. Quarterly Evaluation Report, Submitted to Washington Division of Vocational Rehabilitation.

Poppen, M., Whittenburg, H., **Sheftel, A.**, Bruno, L., *Xingyao, C.*, & McMahon, D. (2023). *Evaluation of School-Based Pre-Employment Transition Services in Washington State in 2021/2022.* Submitted to Washington Division of Vocational Rehabilitation.

Poppen, M., Whittenburg, H., **Sheftel, A.**, Bruno, L., *Xingyao, C.*, & McMahon, D. (2023). *Evaluation the First Year of the Washington Transition Program*. Submitted to Washington Division of Vocational Rehabilitation.

**Sheftel, A.**, *Kieper, G.*, & Poppen, M.(2022). *Evaluation of Motivational Interviewing Group Intervention: Student, Facilitator, and Teacher Perceptions.* Submitted to Washington Division of Vocational Rehabilitation.

**Sheftel, A.,** Scheef, A., & Poppen, M. (2022). *Washington Summer Transition Institute Evaluation Summary*. Submitted to Washington Division of Vocational Rehabilitation.

Scheef, A., **Sheftel, A.**, & Poppen, M. (2022; 4 total). *WTP/MEGI Summer Transition Institute and Ongoing Professional Development.* Quarterly Evaluation Report, Submitted to Washington Division of Vocational Rehabilitation.

***Educational Resources Developed***

**Sheftel, A.** & *Xue, Y.* (2024) Motivational Enhancement Group Intervention: Updated Student Materials.

**Sheftel, A.** (2023). Motivational Enhancement Group Intervention: Updated Facilitator Guide.

**Sheftel, A.** (2023). Motivational Interviewing for Vaccine Hesitancy: Video Guide.

Whittenburg, H., **Sheftel, A.**, Taylor, J. & Poppen, M.(2023). Evidence Based Practices in Transition [Virtual Course for WA-DVR; 6 modules].

Taylor, J., **Sheftel, A.**, Whittenburg, H., & Poppen, M.(2023). Pre-Employment Transition Services 101 [Virtual Course for WA-DVR; 9 modules].

**Sheftel, A.** (2023). Career, Opportunity, Meaning, Motivation in Teaching (COMMIT): Intervention to Support Teacher Retention.

**Sheftel, A.** & Lynch, H. (2012; updated 2016, 2021). Motivational Enhancement Group Intervention: Facilitator Manual.

**Sheftel, A.** (2012). Motivational Enhancement Group Intervention: Student Workbook.

**Sheftel, A.** (2020). Motivational Enhancement Group Intervention: Motivational Interviewing Information Packet.

***Manuscripts Under Review***

*[Graduate and former graduate student co-authors are italicized]*

Scheef, A., **Sheftel, A.**, *Sabala, T.*, Poppen, M. (under review) *Student-Led IEPs and Self-Determination for Students with Disabilities.* Submitted to the Journal of Special Education.

***Manuscripts in Preparation***

*[Graduate and former graduate student co-authors are italicized]*

**Sheftel, A.**, *Kieper, G.,* Poppen, M. (in preparation). *­­­­Evaluating the Impact and Feasibility of Implementing Motivational Enhancement Group Intervention (MEGI) in Washington State­­­­­­.* Manuscript in preparation.

**Sheftel, A.** (in preparation). *Integrating Motivational Interviewing into Transition Planning.* Manuscript in preparation.

Scheef, A., Deardorff, M., & **Sheftel, A.** (in preparation) *Student-Led Individualized Education Plans*: *Impacts of Special Educator Perceptions of Self-Determination.* Manuscript in preparation.

***Peer Reviewed National and International Presentations***

*[Graduate and former graduate student co-presenters are italicized]*

Dunn, M., **Sheftel, A.**, Poppen, M., & *Xue, Y.* (2024). *Exploring Transition and Reentry of Young Adults in Juvenile Rehabilitation*. Council for Exceptional Children Conference 2024, San Antonio, TX.

**Sheftel, A.,** *Kieper, G.,*& Bruno, L. (2023). "*I Want my Spark Back”: Using Motivational Interviewing with Pre-Service Teachers*. Teacher Education Division of Council for Exceptional Children Conference 2023, Long Beach, CA.

**Sheftel, A.**, *Kieper, G., & Xue, Y.* (2023). *Minimizing Racist and Ableist Biases in Supporting Self-Determined Behaviors*. Division on Career Development and Transition Conference 2023, Reno, NV.

Poppen, M., **Sheftel, A.**, *Xue, Y*, & Dunn, M. (2023) *Failed by the System: An Exploration of Transition and Reentry in Juvenile Rehabilitation*. Division on Career Development and Transition Conference 2023, Reno, NV.

**Sheftel, A.,** Whittenburg, H., Bruno, L. *Chen, X.,* & Poppen, M. (2022). *Development and Implementation of the Washington Transition Program: A Systems-Level Project to Strengthen VR-School Collaboration*. Division on Career Development and Transition Conference 2022, Little Rock, AR.

**Sheftel, A.** & *Kieper, G.* (2022). *Motivational Enhancement Group Intervention: Promoting Student Self-Advocacy and Vocational Outcome Expectations*. Division on Career Development and Transition Conference 2022, Little Rock, AR.

Poppen, M., Whittenburg, H., Bruno, L., *Sheridan-Stiefl, K., Chen, X.,* **Sheftel, A.,** & Doyle, T. (2022). *Pre-Employment Transition Services: From Evaluation to Model Demonstration in Washington State*. Annual International Division on Career Development and Transition Conference 2021, Myrtle Beach, SC [featured session].

**Sheftel, A.**, Lynch, H., & Webb, C.J. (2022). *The Journey Together: Engaging Students Flexibly in Conversations about Work and Career.* University of Wisconsin-Stout Vocational Rehabilitation Institute’s Innovation Inspiration Expo (virtual presentation).

**Sheftel, A.,** Lynch, H., & Poppen, M. (Canceled Due to COVID-19, 2020). *Motivational Enhancement Career Intervention in Secondary Education.* Division of Career Development and Transition Little Rock, AR.

**Sheftel, A.**, Poppen, M., & Lynch, H. (2015). *Motivational Enhancement Career Intervention for Youth with Disabilities.* Division of Career Development and Transition International Conference, Portland OR.

**Sheftel, A.** (2011). *Motivational Interviewing Training: An Evaluation*. Motivational Interviewing Network of Trainers. Sheffield, UK.

**Sheftel, A.**, McWhirter, B., McWhirter, E., Eldridge, J., & Robinson, R. (2010). *Contributing Factors to Risky Sexual Behaviors among High-Risk Adolescents in Chile*.  American Psychological Association. San Diego, CA.

**Sheftel, A.**, McWhirter, B., Darlington, E. (2009). *Connectedness and Risky Behaviors among Chilean Adolescents*. American Psychological Association. Toronto, ON.

**Sheftel, A.** & Zuckoff, A. (2009). *Once Upon a Time in Pennsylvania: Adolescents and Smoking*. Motivational Interviewing Network of Trainers. Barcelona, Spain.

***Peer Reviewed Regional and State Presentations***

*[Graduate and former graduate student co-presenters are italicized]*

Poppen, M., Whittenburg, H., & **Sheftel, A.** (2024). *Transition Self-Assessment Tool (TSAT): A statewide needs assessment of Pre-Employment Transition Services in Virginia.* Virginia Division of Career Development and Transition [Pre-Conference Session]. Roanoke, VA.

**Sheftel, A.** & *Kieper, G.* (2023). *Moving Beyond Curriculum: Supporting Self-Determination in the Classroom.* Oregon Statewide Transition Conference.

Poppen, M., Whittenburg, H., **Sheftel, A.**, & Bruno, L. (2023). *Washington Transition Program: results and Lessons Learned from a WA-DVR Model Demonstration Project.* Making Meaning: The Power of Post-School Outcome Data. Virtual Transition Forum.

**Sheftel, A.** & Lynch, H. (2022). *The Power of Language.* Oregon Statewide Transition Conference (virtual presentation).

Kurylowski, M., Poppen, M., Whittenburg, H., & **Sheftel, A.** (2022). *Promoting School and Vocational Rehabilitation Collaboration to Improve Transition Services to Students.* Partnering for Success: Virginia Division of Career Development and Transition Conference. Roanoke, VA.

Lynch, H. & **Sheftel, A.** (2021). *Virtual Engagement Strategies: Zooming into a New Era.*

Oregon Statewide Transition Conference (virtual presentation).

**Sheftel, A.** & Lynch, H. (2019). *How to Engage Students in Conversations about Disability, Work, and Success.* Oregon Statewide Transition Conference, Eugene OR.

**Sheftel, A.,** Lynch, H., Guimond, B., Ewing, A., Rudy, J., Carter, L., & Ganje, S. (2016). *Motivational Enhancement Career Intervention for Youth with Disabilities.* Oregon Association of Vocational Special Needs Personnel. Hood River OR.

**Sheftel, A.** & Lynch H. (2016). *Superheroes and Bank Robbers: Engaging Young People in Meaningful Conversations about Careers.* Oregon Association of Vocational Special Needs Personnel. Hood River OR.

**Sheftel, A.** (2012). *Self-Efficacy: Engaging Youth in Career Exploration.* Oregon Association of Vocational Special Needs Personnel. Hood River, OR.

**Poppen, M.** & Sheftel, A. (2011). *Case Staffing Breakout Session.* Oregon Youth Transition Program Statewide Training. Hood River, OR.

**Sheftel, A.** (2010). *Motivational Interviewing in Working with Students with Disabilities.* Oregon Association of Vocational Special Needs Personnel. Hood River, OR.

**Sheftel, A.**, Darlington, E., & McWhirter, B. (2009). *Connectedness and Substance Use: A study of Chilean Adolescents*. Western Psychological Association. Portland, OR.

**Sheftel, A.** (2009). *Motivational Interviewing in Working with Students with Disabilities.* Oregon Association of Vocational Special Needs Personnel. Hood River, OR.

***Invited Keynote Addresses***

**Sheftel, A.** (2015). *Motivational Interviewing with Young People: Research and Practice.* Asia-Pacific Symposia on Motivational Interviewing. Singapore City, Singapore.

**Sheftel, A.** (2015). *Motivational Interviewing with Young People: Research and Practice.* Asia-Pacific Symposia on Motivational Interviewing. Hong Kong, China.

**Sheftel, A.**  (2013). *Down the Rabbit Hole: Evidence-Based Practices in Real World Settings.* International Symposium on Motivational Interviewing. Melbourne, Australia.

***Invited Presentations***

Poppen, M., Whittenburg, H., & **Sheftel, A.** (2024) *Transition Self-Assessment Tool – Virginia (TSAT-VA): Interim Findings and Discussion about Pre-ETS.* Presented to Virginia’s Department of Aging and Rehabilitative Services and Department of Education Leadership.

Poppen, M., **Sheftel, A.**, Dunn, M., *Xue, Y.* (2024). *An Exploration of Transition and Reentry in Juvenile Rehabilitation*. Presented to Washington Juvenile Rehabilitation’s Office of Reentry and Transition.

**Sheftel, A.** (2023). *Engaging Students in Meaningful Conversations about Work*. 2023 Summer Transition Institute, Wenatchee, WA. [breakout session]

**Sheftel, A.** (2023). “*So Glad You’re Still with Us”: Supporting Students’ Psychological Health and Academic Engagement.* National Technical Assistance Center on Transition: The Collaborative Capacity Building Institute, Charlotte, NC.

**Sheftel, A.** & Lynch, H. (2022). *Supporting a Self-Determined Self-Advocate*. WTP/MEGI Summer Transition Institute. Wenatchee, WA. [breakout session]

**Sheftel, A.** (Moderator), Caswell, S. (Panelist), Dean, L. (Panelist), Strong, B. (Panelist), Wood, M. (Panelist). Motivational Enhancement Group Intervention Panel. 2022 WTP/MEGI Summer Transition Institute. Wenatchee, WA. [intervention spotlight]

Lynch, H. & **Sheftel, A.** (2021). *Virtual Engagement Strategies for Students with Disabilities.* East Texas Transition Conference (virtual presentation).

**Sheftel, A.** (2021). *Change Talk.* Oregon Motivational Enhancement Group Intervention Train the Trainer (virtual workshop).

Johnson, B., Schweiger, A., **Sheftel, A.** (2021). *Motivational Enhancement Group Intervention: Adventures in Washington.* Voices of Change: Practicing Inclusive Pre-Employment Transition Services Forum (virtual presentation).

**Sheftel, A.** (2014). *Motivational Interviewing Across Cultures: Incorporating Self-Reflection on Power and Privilege within Clinical Practice*. Motivational Interviewing Network of Trainers Forum. Atlanta, GA.

***Professional Development and Trainings***

**Sheftel, A.**, Rose, P., & *Sutherland, A*. (2024). *Motivational Interviewing 2.0.* Extension Collaborative on Immunization Teaching and Engagement.

**Sheftel, A.** (2023). Motivational Interviewing for Vaccine Hesitancy. Extension Collaborative on Immunization Teaching and Engagement.

**Sheftel, A.** (2023). State Planning Facilitator for the following teams: Montana. National Secondary Transition Technical Assistance Center Capacity Building Institute, Charlotte, NC.

**Sheftel, A.** (2022-2023). Washington Transition Program Technical Assistance Provider: Chiawana High School. Washington Division of Vocational Rehabilitation. (Monthly facilitation/training; event organization and coordination).

Bruno, L. & **Sheftel, A.** (2022). Washington Transition Program Technical Assistance Provider: Chiawana High School. Washington Division of Vocational Rehabilitation. (Monthly facilitation/training; event organization and coordination).

**Sheftel, A.**, Poppen, M., & Dunn, M. (2022). Focus Group Facilitation Skills. Washington Department of Children, Youth, and Families (DCYF) Juvenile Rehabilitation. Evaluation Project Staff Training.

**Sheftel, A.** (2021). Change Talk. Motivational Enhancement Group Intervention, Oregon Train the Trainer.

**Sheftel, A.** (2020-present). Motivational Enhancement Group Intervention: Model Demonstration Project Coordinator. Washington Division of Vocational Rehabilitation. (Weekly workshops, individual skills coaching, group supervision, peer mentor trainings).

**Sheftel, A.** & Atskasov, L. (2019). Inaugural Russian-Language Train the Trainer. Motivational Interviewing Network of Trainers Forum, Tallinn, Estonia. (Three-day training).

**Sheftel, A.** (2018-2020). Integrating Motivational Interviewing into Drug and Alcohol Counseling. Counseling and Psychological Services, Washington State University. (Skill development workshop sequence).

**Sheftel, A.** (2016-2017). Supporting Integration of Motivational Interviewing into Service Provision: Agencywide Initiative. Willamette Family, Eugene OR. (Skill development workshop sequence).

**Sheftel, A.** (2016). Motivational Interviewing. Palouse Continuing Education Consortium, Pullman, WA. (Two-hour regional training).

**Sheftel, A.** (2015). Motivational Interviewing in Healthcare. School of Nursing, Washington State University. (Two 2-hour trainings).

**Sheftel, A.** (2014). Motivational Interviewing with Young Adults and Adolescents. Tung Wah Group of Hospitals, Hong Kong. (Two-day training).

**Sheftel, A.** (2014). Motivational Interviewing with Young Adults and Adolescents. Shan You Counselling Centre, Singapore City, Singapore. (Two-day training).

**Sheftel, A.** (2013). Using Motivational Interviewing with High-Risk Youth. Youth Support and Advocacy Service, Melbourne, Australia. (Two-day training).

**Sheftel, A.** (2013). Motivational Interviewing in Drug and Alcohol Counseling. Sponsors, Inc, Eugene, OR. (Two-hour training).

**Sheftel, A.** (2013). Motivational Interviewing in Academic Advising. Lane Community College, Eugene, OR. (Two-hour training).

**Sheftel, A.** (2012). Working with Children and Families: Motivational Interviewing Perspective. Old Mill Child and Family Center, Corvallis, OR. (Two-hour training).

**Sheftel, A.** (2012-2013). Motivational Interviewing Skills: Beginner, Advance, and Supervision. LaneCare, Eugene, OR. (Skill development workshop sequence).

**Sheftel, A.** (2011-2017). Integrating Motivational Interviewing into Vocational Rehabilitation Counseling. Oregon Vocational Rehabilitation Services. (Skill development workshop sequence).

Marshall, C., Burke, P., Godden, T., & **Sheftel, A.** (2011). Train the Trainer. Motivational Interviewing Network of Trainers Forum, Sheffield, UK. (Three-day training).

**Sheftel, A.** & Porter, J. (2011). Introductory and Advanced Training in Motivational Interviewing. Gold Coast Drug Council, Gold Coast, Australia. (Four-day training sequence).

**Sheftel, A.** (2011). Learning Motivational Interviewing Skills. Taranaki District Health Board, New Plymouth, New Zealand. (One-day training).

**Sheftel, A.**, Mentha, H., & Porter, J. (2011). Beginning and Advanced Motivational Interviewing Training. Inner East Community Health Service, Melbourne, Australia. (Four-day training sequence).

**Sheftel, A.** and Mentha, H. (2011). Supervision in Motivational Interviewing. Inner East Community Health Service, Melbourne, Australia. (Four-day training sequence).

Ernst, D., Burden, V., & **Sheftel, A.** (2011). Advanced Motivational Interviewing. HealthFuture, Portland OR. (One-day training).

**Sheftel. A.** (2009-2014). Motivational Interviewing in Transition Planning. Oregon Youth Transition Program. (Skill development workshop sequence).

**Sheftel, A.** (2009; 2012). Beginner and Advanced Motivational Interviewing Skills. ShelterCare, Eugene, OR. (Skill development workshop sequence).

**Sheftel, A.** (2009). Motivational Interviewing Skills. Lane County Psychological Association, Eugene, OR. (One-hour training).

**Sheftel, A.** (2008). Motivational Interviewing in Health Care. Sacred Heart Hospital, Eugene, OR. (One-hour training).

***Dissertation***

**Sheftel, A.** (2014). Motivational Enhancement Career Intervention for Youth with Disabilities. Committee: Dr. Benedict McWhirter (Co-Chair), Dr. Lauren Lindstrom (Co-Chair), Dr. Ellen McWhirter, and Dr. Christopher Murray.

**Grants, Contracts, and Scholarships**

*Up to date, I received funding for 24 grants and contracts, totaling $2,181,996. Since starting in my role as a Research Assistant Professor at WSU, I received grant and contract funding totaling $1,938,084. The funded contracts supported projects focused on improving vocational, academic, and socio-emotional outcomes for youth and young adults by integrating motivational interviewing and best practices in transition into service provision, and agency culture and policies. Additionally, have received grant funding from the USDA/NIFA/EXCITE to support Extension Professionals in addressing adult vaccine hesitancy.*

***Evaluation or Service Oriented Grants and Contracts* ($2,181,996)**

Austin, E., O’Donnell, N., & **Sheftel, A.** USDA/ NIFA/ EXCITE: Extension Collaborative on Immunization, Teaching & Engagement Extension Foundation. (2021-77041-34831, Subaward EXC-2023-2315). *Getting to the Heart and Mind of the Matter: Evaluation of Extension Professionals’ Vaccination Education Implementation.* EXCITE Foundation Project Bridge Funding 2021-2179. (2/24-12/24.) Role: Co-Investigator. ($25,000).

Austin, E., O’Donnell, N., **Sheftel, A.**, & Bolls, P. USDA/ NIFA/ EXCITE: Extension Collaborative on Immunization, Teaching & Engagement Extension Foundation. (2021-77041-34831, Subaward EXC-2023-2315). *Getting to the Heart and Mind of the Matter: Evaluation of Extension Professionals’ Vaccination Education Implementation.* Project Continuation Supplement 2021-2179. (2/24-12/24.) Role: Co-Investigator. ($100,000).

Austin, E. W., Bolls, P., O’Donnell, N. H., Edwards, Z., Domgaard, S., *Mu, D.* USDA/ NIFA/Extension Foundation. (141900-001, $300K). Getting to the Heart of the Matter: Extension Professional Vaccination Education Willingness, Confidence and Beliefs. (12/21-8/23.) Role: Consultant ($5,000).

Poppen, M., Whittenburg, H., & **Sheftel, A.** (2023). *Washington Transition Program (WTP) and Motivational Enhancement Group Intervention (MEGI) Model Demonstration Projects.* Washington State Department of Social & Health Services, Division of Vocational Rehabilitation ($666,989). [pending early termination due to factors beyond the control of the Principal Investigators].

Poppen, M., Whittenburg, H., & **Sheftel, A.** (2023). *Statewide Needs Assessment of School Based Transition Services in Virginia.* Virginia Department of Aging and Rehabilitation Services. ($187,882).

Poppen, M., Whittenburg, H., & **Sheftel, A.** (2022). *Washington Transition Program, Model Demonstration Project.* Washington State Department of Social & Health Services, Division of Vocational Rehabilitation [Contract Amendment] ($28,354).

Poppen, M., Scheef, A., & **Sheftel, A.** (2022-2023). *Washington Vocational Rehabilitation Summer Transition Institute.* Washington State Department of Social & Health Services, Division of Vocational Rehabilitation ($500,000).

**Sheftel, A.** (2022-2023). *Evaluating Impact and Feasibility of Implementing Motivational Enhancement Group Intervention in Washington State*. 2022-2023, WSU, College of Education, Faculty Funding Award ($2,768).

Poppen, M., Dunn, M. & **Sheftel, A.** (2021-2022). *Understanding the Reentry Needs and Challenges for Individuals Exiting Juvenile Rehabilitation in Washington.* Washington State Department of Children, Youth and Families Juvenile Rehabilitation ($69,253).

Poppen, M., Whittenburg, H., Bruno, L., McMahon, D., & **Sheftel, A.** (2020-2022). *Washington Transition Program, Model Demonstration Project.* Washington State Department of Social & Health Services, Division of Vocational Rehabilitation ($352,838).

**Sheftel, A.** (2020). *Motivational Enhancement Group Intervention Statewide Training and Implementation.* Washington State Department of Social & Health Services, Division of Vocational Rehabilitation ($106,782).

**Sheftel, A.** (2018-2020). *Brief Motivational Interviewing for Alcohol and Drug Abuse among College Students.* Counseling and Psychological Services. Washington State University, Pullman, WA ($4,800).

**Sheftel, A.** (2015). *Motivational Enhancement Group Intervention Statewide Training and Implementation.* Oregon Department of Human Services, Vocational Rehabilitation ($87,330).

**Sheftel, A.** (2015). *Motivational Interviewing in Working with Youth and Young Adults.* Tung Wah Group of Hospitals, Hong Kong ($3,500)

**Sheftel, A.** (2015). *Motivational Interviewing in Working with Youth and Young Adults.* Shan Yu Counselling Centre, Singapore ($3,500)

**Sheftel, A.** (2015). *Agency-Wide Motivational Interviewing Training.* Willamette Family, Eugene OR ($7,700).

**Sheftel, A.** (2013). *Motivational Interviewing in Working with At-Risk Youth.* Youth Support and Advocacy Service, Melbourne, Australia ($4,500).

**Sheftel, A.** (2012). *Lane County Motivational Interviewing Training: Introduction, Advanced, and Supervision Skills.* Trillium Behavioral Health, Eugene OR ($7,500).

**Sheftel, A.** (2012). *Motivational Interviewing for Vocational Rehabilitation Counselors.* Oregon Department of Human Services, Vocational Rehabilitation ($4,500)

**Sheftel, A.** (2012). *Integrating Motivational Interviewing into Treatment of Students with Traumatic Brain Injury*. Center for Brain Injury Research and Training, University of Oregon, Eugene OR ($3,400).

**Sheftel, A.**, Mentha, H., & Porter, J.(2011). *Motivational Interviewing: Introduction and Advanced Training.* Inner East Community Health Service, Melbourne, Australia ($3,700).

**Sheftel, A.** & Mentha, H. (2011). *Supervision in Motivational Interviewing.* Inner East Community Health Service, Melbourne, Australia ($2,200).

**Sheftel, A.** (2011). *Motivational Interviewing: Introduction.* Taranaki District Health Board, New Plymouth, New Zealand ($1,500).

**Sheftel, A.** & Porter, J.(2011). *Motivational Interviewing: Introduction and Advanced Training.* Gold Coast Drug Council, Gold Coast, Australia ($3,000).

***Grant Proposals Under Review***

**Sheftel., A.** (2024). *Development and Evaluation of Motivational Enhancement Group Intervention – College and Beyond (MEGI-C).* The Washington State University New Faculty Seed Grant*.* Proposed Budget: $25,000.

***Unfunded Grant Proposals***

**Sheftel, A.** (2023). *Development and Evaluation of Motivational Enhancement Group Intervention – College and Beyond (MEGI-C).* The Arc of Washington Trust Fund Research Grant*.* Proposed Budget: $24,993.

Whittenburg, H., Taylor, J., **Sheftel, A.,** & Poppen, M. (unfunded). The Virginia Commonwealth University competitive integrated employment consortium: National multi-site research to scale up employment interventions. National Institute on Disability, Independent Living, and Rehabilitation Research, 2023, (Subaward - $548,097).

Bruno, L.B, Whittenburg, H., Thoma, C.A., & **Sheftel, A.** (2022). *Policy and Inclusion Leadership on Transition Scholarship (PILOTS)*. Doctoral Leadership Preparation in Special Education, Office of Special Education Programs, U.S. Department of Education. Proposed Budget: $2,426,104.

**Teaching/Clinical Supervision**

*My teaching, clinical supervision, and professional development supports evidence-based interventions to improve post-school outcomes for youth and young adults. I taught undergraduate and graduate level classes and seminars in family and human services and special education department and in university counseling centers. Additionally, I have provided training and clinical supervision to undergraduate and graduate students in counseling psychology and family and human services, supervised postdoctoral counseling psychology fellows, and provided professional development and clinical supervision to mental health professionals, vocational rehabilitation counselors, and special education teachers.*

***Courses Taught at Washington State University***

**Undergraduate:**

* Professional Issues in Special Education (online; asynchronous; Fall 2023)
* Educational of Exceptional Children (online; asynchronous; Spring 2024)
* *Career, Opportunity, Meaning, Motivation in Teaching (COMMIT)* – 4-session curriculum focused on pre-service teacher motivation to enter the profession; embedded into Special Education, Transition, and Classroom Management for Secondary General Education Teachers (in-person; Spring 2023, Fall 2023)

**Graduate:**

* Quality Indicators in Special Education Doctoral Seminar (online; synchronous; Fall 2022)
* Alcohol and Other Drug Practicum Seminar (in-person; Fall and Spring semesters 2014-2016)
* Independent Study in Special Education (online; synchronous; Spring 2024)

***Courses Taught at University of Oregon***

**Undergraduate:**

* K-12 Education Seminar (in-person; Fall 2012)
* Civic Engagement and Public Service Seminar (in-person; Fall 2011, Spring 2012)
* Relapse and Prevention (in-person; Spring 2011)
* Research in Human Services (in-person; Winter 2011)
* Prevention of Youth Violence (in-person; Winter 2011)
* Organizational Issues in Human Services (in-person, Spring 2011)
* Motivational Interviewing (in-person; Summer 2009, Summer 2010)
* Individual and Group Interventions II (in-person; Fall 2010)
* Professional Issues (in-person; Fall, Winter, and Spring quarters 2008-2010)

***Doctoral Degree Dissertation Committees***

Dissertation committee member, Genna Kieper, Educational Psychology, in progress.

***Supervision of Graduate Assistants***

Yu Xue, Washington State University. Funded by *Washington Division of Vocational Rehabilitation.* January 2023-present

**Role:** Faculty Supervisor

***Honor Thesis Reviewer***

Celeste Davis. *The Effectiveness of Physical Therapy in Youth with Cerebral Palsy: Systematic Literature Review*. Spring 2023.

Elizabeth Arnorld. *The Effectiveness of Aerobic Exercise on Anxiety Among Youth With Autism Spectrum Disorder: A Systematic Review.* Spring 2024.

***Clinical Supervision Provided***

* Palouse River Counseling: Postdoctoral Fellows
* Washington State University: Doctoral students; Doctoral Interns, Postdoctoral Residents
* University of Oregon: Undergraduate Students

**Other Relevant Expertise**

*As a licensed psychologist I have supported youth and young adults with disabilities and co-occurring mental health disorders by providing assessment and evaluation services, as well as individual and group interventions aimed at improving their academic, vocational, and interpersonal functioning. I have worked with youth and young adults who were diagnosed with ADHD, IDD, autism spectrum disorder, schizophrenia spectrum and other psychotic disorders, bipolar and related disorders, depressive disorders, anxiety disorders, obsessive-compulsive and related disorders, personality disorders, substance use disorders, trauma- and stressor-related disorders, chronic pain, and gender dysphoria.*

***Clinical Assessments and Evaluations Trained and Qualified to Administer***

**Cognitive and Executive Functioning Assessment**

Wechsler Adult Intelligence Scale – IV (WAIS – IV)

Wechsler Abbreviated Scale of Intelligence – II (WASI – II)

Wechsler Intelligence Scale for Children – V (WISC – V)

Integrated Visual and Auditory – 2 and AE2 Continuous Performance Test

**Attention Deficit/Hyperactivity Disorder Assessment**

ADHD Rating Scale – IV: Home and School Versions

DIVA-5

**Autism Assessment**

Social Responsiveness Scale –2

**Adaptive Functioning Assessment**

Adapted Behavior Assessment System – III (ABAS – III)

Vineland Adaptive Behaviors Scale – II (Vineland – II)

**Diagnostic Assessment**

Beck Anxiety Inventory

Beck Depression Inventory

Symptom Checklist – 90

Child Behavior Checklist: Caregiver, Youth, and Teacher versions

Child Depression Inventory

Children’s Depression Rating Scale

The Screen for Child Anxiety Related Disorders

**Personality Assessment**

Personality Assessment Inventory (PAI)

The Millon Clinical Multiaxial Inventory – IV (MCMI – IV)

Minnesota Multiphasic Personality Inventory – 2; (MMPI – 2)

Minnesota Multiphasic Personality Inventory – 2 – Restructured Form (MMPI – 2 – RF)

***Individual and Group Interventions***

Cognitive Behavioral Therapy

Dialectical Behavioral Therapy (DBT); Radical Openness DBT

Motivational Interviewing

Acceptance and Commitment Therapy

Relapse Prevention for Substance Use Disorders

Compassion-Focused Therapy

Parent Management Training – Oregon

**Service**

***National Service***

|  |  |
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| 2024 | Grant Review Panelist, National Science Foundation, Discovery Research PreK-12 Grant Competition |
| 2023 | Alternate Grant Review Panelist, National Institute on Disability, Independent Living, and Rehabilitation Research, Field Initiated Projects Program Grant Competition |
|  |  |
| 2022-Present | Consulting Reviewer, *TEACHING Exceptional Children* |
| 2022-Present | Member, Research Committee, CEC Division on Career Development and Transition |
| 2022-Present | Member, Human Rights and Diversity Committee, CEC Division on Career Development and Transition |
| 2014-2017 | Consulting Reviewer, *Advances in School Mental Health* |
| 2014-2017 | Co-Editor, Motivational Interviewing: Training, Research, Integration, and Practice, Motivational Interviewing Network of Trainers |
| 2013-2016 | Chair, Motivational Interviewing Across Cultures, Motivational Interviewing Network of Trainers |
| 2009-2013 | Professional Issues Committee, Motivational Interviewing Network of Trainers |

***State and Local Service***

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| 2021-Present | Candidate Forum Committee, Moscow League of Women Voters |
| 2019-2020 | Trauma Informed Care and Cultural Humility Training Team, Palouse River Counseling |
| 2018-2020 | Mental Health and Substance Use Services Integration Workgroup, Palouse River Counseling |
| 2018-2020 | Adverse Childhood Experiences (ACEs) Workgroup, Moscow League of Women Voters |
| 2017-Present | Board of Directors (currently Vice President), Latah Alliance on Mental Illness |

***University Service***

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| 2024-Present | College of Education Equity and Inclusion Committee, Washington State University |
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| 2022-Present | Member, Special Education Program Team, College of Education, Washington State University |
| 2022-Present | Annual Applicant Interviewer, Teacher Education Program, College of Education, Washington State University |
| 2016 | Member, Faculty Search Committee, Counseling and Psychological Services, Washington State University |
| 2013-2016 | Member, Doctoral Intern Selection Group, Counseling and Psychological Services, Washington State University |
| 2009-2012 | Member, Admissions Committee, Family and Human Services Program, University of Oregon |
| 2008-2011 | Graduate Teaching Fellow Representative, Family and Human Services Program, University of Oregon |
| 2008-2009 | Member, Curriculum Design Committee, Family and Human Services Program, University of Oregon |
| 2008-2010 | Member, Social Justice Committee, Counseling Psychology Program, University of Oregon |
| 2008-2010 | Leadership Team, Ethnic Diversity Affairs Committee, College of Education, University of Oregon |

**Honors and Awards**

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| Clare Wilkins Chamberlin Memorial Research Award and Scholarship, University of Oregon (UO) | 2009, 2012, 2013 |
| Graduate Teaching Fellow, UO | 2008 – 2013 |
| University General Scholarship, UO | 2009 – 2012 |
| Graduate School Research Award, UO | 2012 |
| Betty Foster McCue Scholarship, Graduate School, UO | 2012 |
| Thomas W. Vollmer Scholarship, College of Education, UO | 2009, 2011 |
| Counseling and Human Service (CPHS) Research Travel Award, UO | 2009 |
| Promising Scholar Award, Graduate School, UO | 2008 |
| Laufer Prize for Best Oral Presentation, North American Society for  Pediatric and Adolescent Gynecology | 2007 |

**Professional Affiliations**

Council for Exceptional Children 2022 – present

CEC Teacher Education Division 2023 – present

CEC Division for Culturally and Linguistically Diverse Learners 2023 – present

CEC Division on Career Development and Transition 2022 – present

American Psychological Association 2008 – present

APA Division 17 (Counseling Psychology) 2008 – present

APA Division 33 (Intellectual and Development Disabilities/ 2022 – present

Autism Spectrum)

Motivational Interviewing Network of Trainers 2008 – present