

ANYA SHEFTEL, PH.D.
Curriculum Vitae

Research Assistant Professor (Career Track), Special Education
Washington State University, College of Education
335 Cleveland Hall, Pullman, Washington 99164
(509) 335-8575
anya.sheftel@wsu.edu

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
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Faculty Positions

2022 – present	Research Assistant Professor (Career Track), Special Education College of Education, Washington State University
2014 – 2016	Faculty, Counseling and Psychological Services Cougar Health Services, Washington State University

Other Relevant Employment

2016 – 2022	Psychologist, Adult Outpatient Team/Testing Services Palouse River Counseling, Pullman, WA
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SCHOLARSHIP

My research is broadly focused on supporting career development and post-school transition for youth and young adults with disabilities. Specifically, it is focused on developing and implementing a career development intervention (Motivational Enhancement Group Intervention; MEGI) in Oregon and Washington. MEGI is focused on increasing self-advocacy and self-determination skills for young adults with disabilities. Additionally, I facilitate interagency collaboration (e.g., schools, vocational rehabilitation services), and professional development and training for providers who serve youth and young adults with disabilities.

Peer Reviewed Articles

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.

Other Published Materials

Sheftel, A. (2005). Bullying and cyberbullying. In M.A. Gold, R.A. Hatcher, M. Horwitz, A. Greene, A. Taleb, *Teen to teen: plain talk from teens about sex, self-esteem, and everything in between* (pp. 21-25). Bridging the Gap Communications, Inc.

Sheftel, A. (2002). Trust: An economic perspective. In D.B. Yerger (Ed.), *Proceeding of the Pennsylvania Economic Association 2002 Conference* (pp. 156-165). Edinboro University, Pennsylvania. Retrieved from <http://aux.edinboro.edu/pea/pub/Proceed2002/pea2002-21%20-%20sheftel%20paper.pdf>

Invited Keynote Addresses and Presentations

Motivational interviewing with young people: Research and practice. (February, 2015). Presented at Asia-Pacific Symposium on Motivational Interviewing, Singapore.

Motivational interviewing with young people: Research and practice. (January, 2015). Presented at Asia-Pacific Symposium on Motivational Interviewing, Hong Kong.

Motivational interviewing across cultures: Incorporating self-reflection on power and privilege within clinical practice. (October, 2014). Presented at the annual forum of the international Motivational Interviewing Network of Trainers, Atlanta, GA.

Down the rabbit hole: Evidence-based practices in real world settings. (May, 2013). Presented at the International Symposium on Motivational Interviewing, Melbourne, Australia.

National and International Conference Presentations

Sheftel, A., Lynch, H., & Webb, C.J. (January, 2022). *The journey together: Engaging students flexibly in conversations about work and career*. Presented at the University of Wisconsin-Stout Vocational Rehabilitation Institute's Innovation Inspiration Expo.

Lynch, H., Sheftel, A. (November 2021). *Virtual Engagement Strategies: Zooming into a new era*. Presented at the annual meeting of the East Texas Transition Conference.

Sheftel, A. (September 2021). *Change Talk*. Presented as part of the Motivational Enhancement Group Intervention – Oregon Train the Trainer.

Johnson, B, Schweiger, A., Sheftel, A. (June 2021). *Motivational Enhancement Group Intervention: Adventures in Washington*. Presented at the Voices of Change Transition Forum.

Lynch, H., Sheftel, A. (March 2021). *Virtual Engagement Strategies: Zooming into a new era*. Presented at the annual meeting of the Oregon Statewide Transition Conference.

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., Lynch, H. (March 2019). *How to engage students in conversations about disability, work, and success*. Presented at the annual meeting of the Oregon Statewide Transition Conference, Eugene OR.

Sheftel, A., Lynch, H. (March 2017). *How to engage students in conversations about disability, work, and success*. Presented at the annual meeting of the Oregon Statewide Transition Conference, Portland OR.

Sheftel, A., Lynch, H., Guimond, B., Ewing, A., Rudy, J., Carter, L., Ganje, S. (February, 2016). *Motivational enhancement career intervention for youth with disabilities*. Presented at the annual meeting of the Oregon Association of Vocational Special Needs Personnel. Hood River OR.

Sheftel, A., Lynch H. (February, 2016). *Superheroes and bank robbers: Engaging young people in meaningful conversations about careers*. Presented at the annual meeting of the Oregon Association of Vocational Special Needs Personnel. Hood River OR.

Sheftel, A., Poppen, M., Lynch, H. (November 2015). *Motivational enhancement career intervention for youth with disabilities*. Presented at the annual meeting of Division of Career Development and Transition International Conference, Portland OR.

Sheftel, A., Lynch, H. (2015-2017). *Motivational Enhancement Group Intervention (MEGI)*. Provided as part of Oregon statewide Motivational Enhancement Group Intervention project.

Sheftel, A. (2012-2013). *Motivational Enhancement Group Intervention (MEGI)*. Provided as part of a research study.

Sheftel, A. (February, 2012). *Self-efficacy: Engaging youth in career exploration*. Presented at the annual meeting of the Oregon Association of Vocational Special Needs Personnel. Hood River, OR.

Sheftel, A. (September, 2011). *Motivational interviewing training: An evaluation*. Presented at the annual meeting of the Motivational Interviewing Network of Trainers. Sheffield, UK.

Sheftel, A., McWhirter, B., McWhirter, E., Eldridge, J., Robinson, R. (August, 2010). *Contributing factors to risky sexual behaviors among high-risk adolescents in Chile*. Poster presented at the annual meeting of the American Psychological Association. San Diego, CA.

Sheftel, A. (February, 2010). *Motivational interviewing in working with students with disabilities*. Presented at the annual meeting of the Oregon Association of Vocational Special Needs Personnel. Hood River, OR.

Sheftel, A., McWhirter, B., Darlington, E. (August, 2009). *Connectedness and risky behaviors among Chilean adolescents*. Poster presented at the annual meeting of the American Psychological Association. Toronto, ON.

Sheftel, A., Zuckoff, A. (June, 2009). *Once upon a time in Pennsylvania: Adolescents and smoking*. Presented at the annual meeting of the Motivational Interviewing Network of Trainers. Barcelona, Spain.

Sheftel, A., Darlington, E., McWhirter, B. (March, 2009). *Connectedness and substance use: A study of Chilean adolescents*. Poster presented at the annual meeting of Western Psychological Association. Portland, OR.

Sheftel, A. (February, 2009). *Motivational interviewing in working with students with disabilities*. Presented at the annual meeting of the Oregon Association of Vocational Special Needs Personnel. Hood River, OR.

Stubbs, M.L., Harris, J., Sheftel, A. (March, 2008). *Attitudes towards menstruation and contraceptive choice among college women*. Poster presented at the annual meeting of the Eastern Psychological Association. Boston, MA.

Sieminsky, S.K., Gold, M.A., Derzic, K.L., Sheftel, A. (March, 2008). *Do they, don't they, why haven't they? Contraceptive use patterns among sexually active female adolescents*. Poster presented at the biennial meeting of the Society for Research on Adolescence. Chicago, IL.

Sheftel, A., Stubbs, M.L., Harris, J., Hershberger, T. (June, 2007). *Self-objectification, self-reported comfort with vaginal touching, menstrual product and contraceptive choice among college women*. Presented at the biennial meeting of the Society for Menstrual Cycle Research. Vancouver, BC.

Stubbs, M.L., Sheftel, A., Harris, J. (June, 2007). *A content analysis of young women's reasons for menstrual product and contraceptive choice*. Presented at the biennial meeting of the Society for Menstrual Cycle Research. Vancouver, BC.

Sheftel, A. Chiappetta, L, Gold, M.A. (April, 2007). *Relationship between religiosity and sexual and contraceptive behaviors*. Presented at the annual meeting of the North American Society for Pediatric and Adolescent Gynecology. Atlanta, GA.

Stubbs, M.L., Sheftel, A., Harris, J. (March, 2007). *Self-objectification and contraceptive choice*. Poster presented at the annual meeting of the Eastern Psychological Association. Philadelphia, PA.

Evidence-based Curriculum Developed

Sheftel, A., Lynch, H., Lindstrom, L, & McWhirter, B. (2012). *Motivational Enhancement Group Intervention (MEGI)*. Updated: 2016, 2021.

Intervention Manuals

Sheftel, A., Lindstrom, L., Lynch, H. (2017). *MEGI (Motivational Enhancement Group Intervention) Student Workbook*. (12 lesson curriculum).

Sheftel, A., Lindstrom, L., Lynch, H. (2017). *MEGI (Motivational Enhancement Group Intervention) Teacher Manual*. (12 lesson curriculum).

Measures and Questionnaires

Sheftel, A., Lindstrom, L., McWhirter, B. (2012). *MEGI Knowledge Survey (MKS)*. A survey of high school students' with disabilities self-knowledge.

Sheftel, A., Lindstrom, L., McWhirter, B. (2012). *MEGI Fidelity Observation Tool (MFOT)*. Fidelity instrument measure proficiency in motivational interviewing and adherence to MEGI curriculum.

Sheftel, A., Lindstrom, L. (2010). *Motivational Interviewing Knowledge Retention Assessment (MIKRA)*. A measure of knowledge of basic MI concepts and techniques.

Sheftel, A., Lindstrom, L. (2010). *Motivational Interviewing Implementation Survey (MIIS)*. A qualitative measure of professionals' experience with using MI.

International Motivational Interviewing Trainings

Motivational Interviewing Network of Trainers Annual Forum, Tallinn, Estonia	2019
Tung Wah Group of Hospitals, Hong Kong	2014
Shan You Counselling Centre, Singapore	2014
Youth Support and Advocacy Service, Melbourne, Australia	2013
Motivational Interviewing Network of Trainers Annual Forum, Sheffield, UK	2011
Gold Coast Drug Council, Gold Coast, Australia	2011

Taranaki District Health Board, New Plymouth, New Zealand	2011
Inner East Community Health Service, Melbourne, Australia	2011

National Motivational Interviewing Trainings

Washington Division of Vocational Rehabilitation	2020 – present
Washington State University – Pullman, WA	2014 – 2021
Palouse River Counseling, Pullman, WA	2017
Willamette Family, Eugene, OR	2016 – 2017
Oregon Vocational Rehabilitation; Oregon Youth Transition Program	2011 – 2017
Palouse Continuing Education Consortium, Pullman, WA	2016
Washington State University-Vancouver, WA	2015
Washington State University-Spokane, WA	2015
Sponsors Inc., Eugene, OR	2013
Lane Community College, Eugene, OR	2013
Old Mill Child and Family Center, Corvallis, OR	2012
LaneCare, Eugene, OR	2012 – 2013
HealthFuture, Portland, OR	2011
ShelterCare, Eugene, OR	2009, 2012
University of Oregon, Eugene, OR	2009, 2010
Gateway Foundation, Detroit, MI	2010
Child and Family Center, Eugene, OR	2010
Lane County Psychological Association, Eugene, OR	2009
Oregon Youth Transition Program	2009 – 2014
Sacred Heart Hospital, Eugene, OR	2008
Children’s Hospital of Pittsburgh, Pittsburgh, PA	2008
Mayview State Hospital, Pittsburgh, PA	2008

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.

CONTRACTS

The contracts listed below were awarded to support the statewide implementation of Motivational Enhancement Group Intervention and provide motivational interviewing training to community and state agencies.

Washington Division of Vocational Rehabilitation (2020 – present)	\$106,782
Motivational Enhancement Group Intervention Statewide Training and Implementation	
Oregon Vocational Rehabilitation (2015 – 2017)	\$87,330
Motivational Enhancement Group Intervention Statewide Training and Implementation	
Counseling and Psychological Services, Washington State University (2018 – 2021)	\$4,800

Motivational Interviewing Training	
Willamette Family, Eugene OR (2015 – 2016)	\$7,684
Motivational Interviewing Training	
Trillium Behavioral Health, Eugene OR (2012 – 2013)	\$7,500
Motivational Interviewing Training	
Center for Brain Injury Research and Training, Eugene OR (2012 – 2013)	\$3,432
Integrated motivational interviewing into training curriculum for families and educators working with students with traumatic brain injury	

TEACHING/CLINICAL SUPERVISION

My teaching experience is focused on preparing undergraduate and graduate students for careers in human services and education settings. My current focus in teaching and clinical supervision is on disseminating motivational interviewing among special education and vocational rehabilitation personnel.

Courses Taught at Washington State University

Alcohol and Other Drug Practicum

Courses Taught at University of Oregon

K-12 Education Seminar
 Civic Engagement and Public Service Seminar
 Motivational Interviewing
 Relapse and Prevention
 Individual and Group Interventions II
 Senior Professional Issues
 Research in Human Services
 Prevention of Youth Violence
 Organizational Issues in Human Services

Clinical Supervision Provided

Washington Division of Vocational Rehabilitation: Regional Transition Consultants.

Oregon Vocational Rehabilitation: Vocational Rehabilitation Counselors; Youth Transition Specialists.

Palouse River Counseling: Postdoctoral Fellow.

Washington State University: Doctoral students; Doctoral Interns.

University of Oregon: Undergraduate Students

SERVICE

My professional service is focused on improving service provision for individuals in underserved communities. Within this area of service, I collaborate with organizations providing supports to youth and adults, such as Latah Alliance on Mental Illness, Palouse River Counseling, and Moscow League of Women Voters.

Moscow League of Women Voters

Candidate Forum Committee	2021
Adverse Childhood Experiences (ACEs) Workgroup	2018 – 2019

Latah Alliance on Mental Illness

Vice President	2019 – present
Treasurer	2018 – 2019
Member At-Large	2017 – 2018

Palouse River Counseling

Trauma Informed Care and Cultural Humility Training Team	2019 – 2020
Mental Health and Substance Use Services Integration Team	2018 – 2020

Washington State University***Counseling and Psychological Services***

Faculty Search Committee	2016
Doctoral Intern Selection	2013-2016

International Motivational Interviewing Network of Trainers

Training for New Trainers (Lead Trainer); Tallin, Estonia	2019
Motivational Interviewing Across Cultures Committee (Chair)	2013 – 2017
Motivational Interviewing: Training, Research, Integration, Practice	2009-2015
Online Publication (Section Co-Editor)	
Training for New Trainers (Support Trainer); Sheffield, UK	2011
Professional Issues – Training New Trainers Committee (Member At-Large)	2009 – 2013

University of Oregon

Admissions Committee, Family and Human Services Program	2009 – 2012
Graduate Teaching Fellow Representative, Family and Human Services Program	2008 – 2011
Curriculum Design Committee, Family and Human Services Program	2008 – 2009
Graduate Student Representative, Counseling Psychology Program	2010 – 2011
Social Justice Committee, Counseling Psychology Program	2008 – 2010
Ethnic Diversity Affairs Committee Leadership Team, Counseling Psychology Program	2008 – 2010
Interview Day Planning Committee, Counseling Psychology Program	2008 – 2009

HONORS AND AWARDS

Clare Wilkins Chamberlin Memorial Research Award and Scholarship,	2009, 2012, 2013
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University of Oregon (UO)	
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
Dr. Brewer Award for Professional Women, Economics Department, IUP	2002
Enhancement Fund Scholarship, Robert E. Cook Honors College, IUP	2001
Pre-Rhodes Fund Scholarship, Robert E. Cook Honors College, IUP	2000 – 2001
The Fund for American Studies Scholarship, Washington DC	2000
Robert E. Cook Scholarship, Indiana University of Pennsylvania (IUP)	1998 – 2002

PROFESSIONAL AFFILIATIONS

American Psychological Association	2008 – present
Motivational Interviewing Network of Trainers	2008 – present
Council for Exceptional Children	Pending
CEC Division on Career Development and Transition	Pending