

Dixie Meyer, PhD

Assistant Professor
Regent University

EDUCATION

- 2008 Ph.D., Counseling, University of Missouri- Saint Louis, Saint Louis, MO. December
- 2005 M.Ed. Community Counseling, University of Missouri- Saint Louis
- 2000 B.S. Communications, Missouri State University
B.S. Performing Arts Advocacy, Missouri State University

PROFESSIONAL EXPERIENCE

Counselor, Regent University Counseling Center, (current)

Providing counseling services to individuals. Cognitive Behavioral, Attachment Therapy, and Person Centered Orientations utilized.

Drama Therapist/Counselor, Ocean Lakes High School (Winter 2009- 2010 & 2010-2011)

Working with the theatre studio class and theatre troupe exploring adolescent issues through drama therapy.

Counselor, Concordia Seminary, (Fall Semester 2007- Spring Semester 2008)

Providing counseling to individuals, couples, families, and groups. Cognitive Behavioral, Person Centered, and Sound Marital House Theory orientations utilized.

Group Counselor, School and Family Counseling Center, University of Missouri Saint Louis (Fall Semester 2007- Spring Semester 2008)

Conducting personal and professional growth groups to graduate students in counseling. Person Centered orientation utilized.

Group Counselor, Group Procedures in Counseling, University of Missouri Saint Louis, (Spring Semester 2008)

Conducting personal development group for group counseling course. Through group facilitation demonstrating theory application in groups, group interventions, specialized techniques, and special issues in groups.

Group Counselor, Haven of Grace, (Fall Semester 2006 - Spring Semester 2007)

Performing group therapy in the form of personal growth groups to homeless, pregnant young women. Cognitive Behavioral orientation utilized.

Counselor, Cole Elementary School, (Spring Semester 2007)

Providing counseling services to elementary school students in an inner city urban area. Person Centered orientation utilized.

Counselor, Saint Louis University Hospital (Spring Semester 2005)

Performed art and recreational therapy on the adult and geriatric psychiatric ward with both group and individual counseling.

Drama Therapist, Fox High School Theatre Troupe, (Spring 2004 - Spring 2006)

Performing group, drama therapy for Special Issue Plays featuring such therapeutic topics as grief, school violence, and eating disorders.

Drama Therapist, Kansas State University, (Summer 2004)

Daily volunteer for drama therapy camp for children with physical and cognitive disabilities ranging in age from early elementary to high school.

Counselor, Concordia Seminary, (Fall Semester 2004 – Spring Semester 2005)

Providing counseling to individuals, couples, and families. Solution Focused, Cognitive Behavioral, and Sound Marital House Theory orientations utilized.

Counselor, University of Missouri-Saint Louis, (Fall Semester 2003)

Community Counseling Practicum. Provided individual counseling services for students. Person Centered orientation utilized.

Marriage Preparation Facilitator, Archdiocese of Saint Louis (February 2003 - March 2006) Facilitating psychoeducational groups for engaged couples covering such topics as communication, sexuality, forgiveness, and family of origin issues.

CERTIFICATIONS/PROVISIONAL LICENSE

National Certified Counselor (2007) – National Board of Certified Counselors, Inc.
Certificate Number-235915

Provisional Licensed Professional Counselor (2007), Missouri, United States.
License Number- 2008007215

HIPAA Certified (2007)- Washington University Medical Center

Magnetic Resonance Imaging (MRI) (2007) - Safety training
Washington University Medical Center

PUBLICATIONS

Dissertation

Meyer, D. (2008). *The Relationship between Selective Serotonin Reuptake Inhibitors and Romantic Relationship Quality*. Doctoral Dissertation, University of Missouri- Saint

Louis.

Publications- International Marriage Preparation Program

Martin, J., McDonough, G., Hannibal, S., Edwards, S., Daly, K., & **Meyer, D.** (2002). *Today and All the Days of Your Life: A Program of Marriage Preparation- Couples Workbook*. Liguori Publishing: Saint Louis, MO.

Martin, J., McDonough, G., Hannibal, S., Edwards, S., Daly, K., & **Meyer, D.** (2002). *Today and All the Days of Your Life: A Program of Marriage Preparation- Facilitator Guide*. Liguori Publishing: Saint Louis, MO.

Martin, J., McDonough, G., Hannibal, S., Edwards, S., Daly, K., & **Meyer, D.** (2002). *Today and All the Days of Your Life: A Program of Marriage Preparation- Video Series*. Liguori Publishing: Saint Louis, MO.

Manuscript Publications Peer-Reviewed

Meyer, D. (2010). Drama Therapy as a Counseling Intervention for Individuals with Eating Disorders. In Walz, G., Bleuer, J., & Joncas, J (Eds.). *VISTAS 2010*. (pp TBA). Alexandria, VA, US; Ann Arbor, MI: American Counseling Association; Counseling Outfitters.

Coker, A., **Meyer, D.**, Smith, R., & Price, A. (2010). Social Justice Group Work to Empower Pregnant Homeless Women: Perspectives on Developing Multicultural Competencies. *The Journal for Specialists in Group Work*, 35, 220-229.

Meyer, D. (in press). *The Integration of Cognitive Behavioral Therapy and Creative Arts Therapies*. Book chapter. In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling*. New York, New York: Springer Publishing.

Meyer, D. (in press). *Role Play: A Drama Therapy Adaption*. Book chapter In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling*. New York, New York: Springer Publishing.

Meyer, D. (in press). *Acting Out: Paradoxical Intervention*. Book chapter In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling*. New York, New York: Springer Publishing.

Coker, A., **Meyer, D.**, Smith, R., & Price, A. (in press). *Using Social Justice Group Work to Young Mothers Who Experiences Homelessness*. Book chapter In A. Singh & C. Salazar (Eds). *Social Justice in Group Work Practical Interventions for Change*. New York, New York: Routledge/Taylor and Francis.

Meyer, D. (2009). Women, HIV, and Depression: A Review of the Literature. *Tennessee Journal of Counseling*, 3, 12-25.

Szymanski, D. & Meyer, D. (2008). Racism and heterosexism as correlates of psychological distress in African American sexual minority women. *Journal of LGBT Issues in Counseling*, 2, 94-108.

Cooper, J., Meyer, D., & Paul, R. (2008). Marriage and early life stressors as correlates for depression and anxiety: Implications for counselors. In Walz, G., Bleuer, J., Yep, R. (Eds). (2008). *Compelling counseling interventions: Celebrating VISTAS' fifth anniversary*. (pp. 49-58). Alexandria, VA, US; Ann Arbor, MI: American Counseling Association; Counseling Outfitters.

PRESENTATIONS

International Presentations (Peer-Reviewed)

Meyer, D. (2007, June). *Educational Concerns for Beginning Supervisors*. International Interdisciplinary Conference on Clinical Supervision Conference. Buffalo, NY.

Daniels, J., Brown, S., D'Andrea, M., Coker, A., Meyer, D., Schulte, D., Ivey, A., Toperek, R., Tosada, T., & Perez-Viera, P. (2006, April). *Describing Exemplary Practices in Promoting Multicultural Counseling and Advocacy Competence: Research Supported Endeavors*. American Counseling Association (ACA), Canadian Counseling Association (CCA) Annual Convention. Montreal, Quebec, Canada.

National Presentations (Peer-Reviewed)

Meyer, D. (2011, March). *All the World's a Stage: Even Your Counseling Session*. (wait list) American Counseling Association Conference. New Orleans, LA.

Meyer, D. & Cooper, J. (2009, October). *Integrating Neurobiology into Human Growth and Development Courses*. Association for Counselor Education and Supervision (ACES) Conference. San Diego, CA.

Sepulveda, V., Meyer, D., & Moe, J. (2009, October). *Psychopharmacology: What do Counselors Need to Know?* Association for Counselor Education and Supervision (ACES) Conference. San Diego, CA. (accepted, cancellation due to first author attendance).

Reh fuss, M., Meyer, D., Wood, S., Buckingham, C., King, P., Johnson, A., & Burke, L. (2009, September). *Teaching Research Methods: Using Experiential Methods*. National Assessment and Research Conference. Norfolk, VA.

Nash, E., Meyer, D., & Pangelinan, J. (2009, March). *No Counselor Left Behind: A Phenomenological Case Study*. American Counseling Association Annual Convention. Charlotte, NC.

Meyer, D. & Paul, R. (2008, May). *Reduced Fractional Anisotropy in the Corpus Callosum and Emotional Abuse as Predictors of Depression*. Association for Psychological Science Annual Convention. Chicago, IL.

Meyer, D. & Cooper, J. (2008, March). *The Mediating Impact of Marriage on Depression and Anxiety with Adults who have Experienced Early Life Stress or Traumas*. American Counseling Association (ACA) Conference. Honolulu, HI.

Coker, A., **Meyer, D.**, Smith, R., & Price, A. (2007, October). *Group Work with Homeless African American Women*. Association for Counselor Education and Supervision (ACES) Conference. Columbus, OH.

Szymanski, D. & **Meyer, D.** (2007, August). *Relationships between Multiple Oppressions and Black Lesbians' Psychological Distress*. American Psychological Association (APA) Conference. San Francisco, CA.

Regional Presentations (Peer-Reviewed)

Meyer, D. & Cooper, J. (2010, October). *How Does That Make You Feel? Treating Affect Regulation in Counseling*. Southern Association for Counselor Education and Supervision Conference. Williamsburg, VA.

Meyer, D. (2010, October). *Understanding the Impact of Selective Serotonin Reuptake Inhibitors on Counselors*. Southern Association for Counselor Education and Supervision Conference. Williamsburg, VA.

Williams, C. & **Meyer, D.** (2010, November). *The Resilience Factor! First Generation College Students*. Virginia Counseling Association Conference. Williamsburg, VA.

Meyer, D. & Paul R. (2008, October). *Rates of Depression and Reduced Fractional Anisotropy in the Corpus Callosum in Individuals with a History of Emotional Abuse*. Southern Association for Counselor Education and Supervision Conference. Houston, TX.

Butler, K., Pangelinan, J., **Meyer, D.**, & Zeilman, M. (2006, November). *Utilizing Online Technological Methods to Enhance Counseling Supervision*. Focus on Teaching and Technology: A Regional Conference. Saint Louis, MO.

Meyer, D. (2006, October). *A Review of Solution Focused Therapy with Diverse Populations*. North Central Association for Counselor Education and Supervision Conference (NCACES). Kansas City, MO.

Coker, A. & **Meyer, D.** (2006, October). *Examining Counselor Education Research Trends: Advocacy for the Profession*. North Central Association for Counselor Education and Supervision Conference (NCACES). Kansas City, MO.

Meyer, D. (2006, January). *Drama Therapy: Introduction and Overview*. Missouri State Thespian Festival. Missouri Southern State University. Joplin, MO.

Workshops and Presentations made by invitations

Meyer, D. (2010, November). *All the World's a Stage: Utilizing Drama Therapy in Counseling*. Virginia Beach, VA: Sponsored by Chi Sigma Iota.

Meyer, D. (2008, January). *Incorporating Drama Therapy in Counseling Sessions*. Saint Louis, MO: Concordia Seminary.

Meyer, D. (2006, June). *An Introduction to Drama Therapy*. Presentation made at the Missouri Fine Arts Academy. Springfield, MO: Missouri State University.

Butler, S. K., **Meyer, D.**, & Isa, W. (2006, May). *An Introduction to Statistics for Guidance Counselors*. Presentation made for the Normandy School District. Saint Louis, MO.

Meyer, D. & Meyer, S. (2004, November). *Spouses, Let's Have a Good, Clean Fight: Conflict Management in Marital Relationships*. Presentation made at the Marriage Speaker Series. Saint Louis, Missouri.

Meyer, D. & Meyer, S. (2003, October). *The Five Love Languages*. Presentation made at the Marriage Speaker Series. Saint Louis, Missouri.

Conferences Attended

American Counseling Association National Conference 2006, Montreal, Quebec, Canada
North Central Association for Counselor Education and Supervision 2006, Kansas City, MO

Missouri State Thespian Festival 2006, Joplin, MO

Focus on Teaching and Technology 2006, St. Louis, MO

American Counseling Association Legislative Institute 2007, Washington, DC

International Supervision Conference 2007, Buffalo, NY

American Counseling Association National Conference 2007, Detroit, MI

Association for Counselor Education and Supervision National Conference 2007, Columbus, OH

American Counseling Association National Conference 2008, Honolulu, HI

Southern Association for Counselor Education and Supervision Regional Conference 2008, Houston, TX

Virginia Counseling Association State Conference 2008, Roanoke, VA

American Counseling Association National Conference 2009, Charlotte, NC

National Assessment Research Conference 2009, Norfolk, VA

Association for Counselor Education and Supervision National Conference 2009, San Diego, CA

American Counseling Association National Conference 2010, Pittsburgh, PA

Southern Association for Counselor Education and Supervision Regional Conference
2010, Williamsburg, VA
Virginia Counseling Association State Conference 2010, Williamsburg, VA

Editorial Experience

Ad Hoc Reviewer, Counseling Outcome Research and Evaluation (current)
Ad Hoc Reviewer, Faith and Therapy, Regent University (current)