

Ruth Zuniga
rzuniga@uaa.alaska.edu

EDUCATION

Ph.D. <i>Clinical-Community Psychology with a Rural and Indigenous Emphasis</i> University of Alaska Fairbanks-University of Alaska Anchorage	Expected 2011
M.S. <i>Counseling and Human Services: Community and Rehabilitation Counseling</i> University of Idaho	2006
B.S. <i>Psychology</i> Universidad Latina de Costa Rica	2003

CLINICAL EXPERIENCE

Practicum Psychologist Graduate Student	May 2008-Aug 2009
<i>Providence Family Medicine Center (PFMC), Anchorage, AK.</i>	<i>(Hours=261 direct, 498 indirect)</i>
<ul style="list-style-type: none">• Provided comprehensive and cultural responsive individual psychotherapy, couples counseling, crisis and case management to adults from diverse cultural and economical backgrounds.• Facilitated support group therapy to approximately 10-15 Hmong refugee adults on a weekly basis.• Conducted home visits focused on counseling and case management• Worked in collaboration with family practice physicians in assisting patients in understanding personal or interactive problems, defining goals, and developing realistic and culturally appropriate treatment plans .• Ensured accurate and culturally appropriate case conceptualization, treatment plan, diagnostic formulations, case recording and report writing.• Engaged in doctoral level supervision on weekly basis in individual and group settings.	
Practicum Psychologist Graduate Student	Jan 2008-May 2008
<i>Psychological Services Center, University of Alaska, Anchorage, AK.</i>	<i>(Hours=62 direct, 204 indirect)</i>
<ul style="list-style-type: none">• Provided comprehensive and cultural responsive individual psychotherapy to a caseload of approximately 5 adults per week.• Collected information about individuals using innovative screenings, intake interviews, and other assessment methods.• Administrated and interpreted comprehensive assessment tools such as MMPI II, BDI, etc.• Executed accurate and cultural responsive case conceptualization, diagnostic formulation, treatment plans, case recording and report writing.• Engaged in doctoral level supervision on weekly basis in individual and group settings.	

Master Level Intern Counselor Student

Aug 2004-May 2005

Counseling and Testing Center, University of Idaho, Moscow, ID.

(Hours=138 direct, 377 indirect)

- Provided comprehensive counseling to a caseload of approximately 7 college students per week. Issues included depression, anxiety, relationship problems, career decision-making, alcohol misuse, amongst others.
- Collected information about individuals, using innovative intake interviews, case histories, observational techniques, motivational interviewing and other assessment methods.
- Used biofeedback to help clients with anxiety and stress management.
- Selected, administered and interpreted comprehensive assessment tools such as SII, MBTI and BDI.
- Engaged in case conceptualization, report writing and other record management duties.
- Facilitated outreach activities and presentations.
- Participated in doctoral level supervision on weekly basis in individual and group settings.

Undergraduate-Clinical Practicum Student

Mar-Aug 2002

Fundacion Rescatando Vidas (Rescuing Life Foundation), San Jose, Costa Rica.

(Hours 350 Total)

- Provided assessment and counseling to youth (age 4 to 17) at risk of suicide.
- Developed therapeutic plans with clients and family members.
- Provided crisis interventions to at risk youth.
- Selected, administered, and interpreted projective assessments tools under supervision.
- Conducted seminars for parents and high school teachers on juvenile suicide risks.
- Developed educational materials on self-destructive behaviors.
- Participated in outreach presentations in different communities and educational settings.

RESEARCH EXPERIENCE

Student Research Assistant

Aug 2008-Present

CREAMS (Culture, Race, Ethnicity, and Minority Status) Research Team, University of Alaska-Anchorage, AK.

Advisor: E.J.R. David, Ph.D.

- Pursue culturally responsible protocol of conducting research with Alaska Native People. Tasks include meeting with multiple community leaders, elders and tribal organizations to advocate, receive guidance and support for conducting research projects with Alaska Native People.
- Perform literature review, develop research method and design, recruit participants, collect and analyze data and conduct research and community presentations about Professional Mental Health Help-Seeking Behaviors and Attitudes amongst Alaska Native People.
- Lead University and Statewide Institutional Review Board (IRB) protocols.
- Develop strategies for student research assistant recruitment.
- Serve as support to various student research on culturally diverse issues.

Student Research Volunteer

Jan 2008

Cuqyun Research Project, University of Alaska Fairbanks, AK.

Advisor: Jim Allen, Ph.D. Research targets to evaluate and improve a prevention program targeting Alaska's villages and promoting a safe and alcohol free communities.

- Traveled to a rural Alaska community and assisted with data collection through recruitment of students and the administration of a computer-generated survey.
- Visited classrooms and discussed research and questions with high school students.
- Acted as a class guest speaker.

Master Thesis

July 2004-Aug 2006

Relationship Between Emotional Intelligence and Attitudes Toward People with Disabilities: A Comparative Study in the U.S.A and Costa Rica, University of Idaho, Moscow, ID.

Thesis Advisor: Jerome Fischer, Ph.D.

- Conducted literature review, developed method and design, followed back translation and cultural equivalent survey methods and recruited college participants from a Northwest University and two Costa Rican Universities.
- Submitted written proposal of the project to University of Idaho's Institutional Review Board and obtained respective research permissions through la Universidad Latina de Costa Rica.
- Entered data into statistical analysis program (SPSS) and analyzed data.
- Presented research results and submitted manuscript to a peer-reviewed journal.

Practicum Graduate Student & Research Assistant

Jul 2004-Feb 2005

ACE-it (Federal Funded project based on Social Norms Model) University of Idaho, Moscow, ID.

Project Coordinator: Michael Grieffel, Ph.D.

- Collected and analyzed data from electronic self-report surveys using SPSS.
- Presented results of the first year to academic and student affairs professionals.
- Used social norms model to help students change misconceptions and become academically successful.
- Educated college students about social norms and about academic success behaviors.
- Leded focus groups.
- Designed, created, and ordered informational posters, brochures, ads, and promotional materials.
- Participated in marketing campaigns and leded a mini-grant competition and poster competition.
- Attended Social Norms Conference.

Bachelor Senior-Thesis

Jan 2002-Aug 2002

Qualitative Analysis of the Psychosocial Function of Religion on Rural Teenagers' Recreational Activities

Senior Thesis Advisor: Mercedes Gomez-Salgado, PhD.

- Conducted literature review, development of method and design, recruited and interviewed teenager participants from a small rural town in Costa Rica.
- Coded and analyzed interviews of 10 teenager participants and presented research results.

COMMUNITY EXPERIENCE

Community Practicum Student

Feb 2009-Present

Providence Family Medicine Center (PFMC), Anchorage, AK.

- Assist agency in developing, implementing, and evaluating a model of interdisciplinary medical group visits related to diabetes management and treatment for individuals from diverse cultural backgrounds (e.g. Anglo-Americans, Spanish speaking, Hmong).
- Work specifically on planning and organizing behavioral and mental health aspects of the group visits.
- Assist in diverse integrated health promotion activities.
- Provide support in grant-writing and research related tasks.
- Presented at a National Conference

Community Projects

Oct 2008-Present

Traditional Foods and Diabetes Prevention Project, Aleut and Pribilof Island Association (APAI), Anchorage, AK.

- Assist on the outcome and process evaluation of a Center for Disease Control and Prevention (CEC) funded program. Tasks include collaborate on the development of culturally appropriate measure instruments, data collection, analyzes, report writing and conference presentation.

Project Ki'l (An Indian Education Academic Support Program for Alaska Native Boys), Anchorage School District (ASD), Anchorage, AK.

- Contributed to capacity enhancement activities during Project Ki'l's first year including the development of ethical evaluation procedures for participants, the development of original quantitative and qualitative data collection instruments, and the pilot testing of such measures. Evaluation capacity enhancement activities also involved the provision of program consultation.

TEACHING EXPERIENCES

Teaching Assistant

Fall 2007 and Fall 2009

Psy 372, Community Psychology (3 credits), University of Alaska, Anchorage, AK, Fall 2009

- Co-teach lectures and conduct lecture participations for 25 undergraduate upper level students
- Responsibilities include prepare and grade assignments, tests and students projects. Meet and assist students as needed

Psy 345, Abnormal Psychology (3 credits), University of Alaska, Anchorage, AK-Fall 2007 and Spring 2010

- Co-taught lectures to 40 students
- Promoted students discussions on Abnormal psychology issues in a contemporary and culturally changing world.
- Wrote and graded extra credit assignments.
- Met and assisted students with projects and testing preparation.

Guess Lecturer

Oct 2004

CASPAS 507, Orientation to Counseling (1 credit), University of Idaho, Moscow, ID.

- Taught a session on Multicultural Counseling Theory.
- Promoted discussion and awareness about multicultural issues in the counseling profession.
- Lectured about multicultural counseling and how to deal with clients from different cultural backgrounds.

Instructor

Mar-Aug 2002

"Lideres en la Prevencion del Suicidio", (Leaders Preventing Suicide). Colegio Monterrey (Monterrey High School). San José, Costa Rica.

- Designed and implemented Gatekeeper related training for high school teenager leaders (age 13 to 17).
- Designed and graded assignments.
- Leded discussions and workshop on Emotional Intelligence, suicide prevention and self-destructive behaviors.

OTHER RELEVANT PROFESSIONAL EXPERIENCE

Area Coordinator

July 2005-June 2007

Residence Life, University of Idaho, Moscow, ID.

- Oversaw activities related with student academics and housing for approximately 350 freshmen students.
- Met, counseled and refereed students that were involved in misuse and abuse of alcohol and other behavioral problems.
- Covered emergencies and regular on-call duty for all of University Residences. Including assisted with crisis situations such as alcohol poisoning, suicidal attempts, and other mental health crisis.
- Become a resource and did referrals for students and staff when dealing with mental health issues and psychological concerns.
- Acted as a judicial officer. Counseled, met and/or wrote behavioral change contracts with students that violated the Student Code of Conduct and Residences Hall policies.
- Supervised and evaluated 11 Residents Assistants (RA) and 12 Upper Division Mentors. Indirectly supervised other 44 Resident Assistants. Advised 5 hall presidents.
- Developed and participated in planning, implementation, recruitment, selection, hiring and training of 52 paraprofessional residence hall staff (Resident Assistants, Mentors, House Directors, Graduate Assistants, etc).
- Met with faculty formally and informally to promote students-faculty interaction and students' academic success.
- Assisted with campus recruitment and retention programs.
- Participated on various Professional Staff Search and Selection Committees.
- Responsible for administration, development and implementation of Student Life programs for education, personal and social development of students.

Graduate Assistant Residence Director

Sept 2003-May 2005

Residence Life, University of Idaho, *Moscow, ID.*

- Facilitated an environment conducive to academic success and sensitive to University of Idaho residents' needs.
- Prepared and performed presentations, training and group discussions on relevant topics such as alcohol prevention, diversity, cultural competency, stress management, goal planning, conflict resolution, team building, confidentiality, etc. for resident assistants' and residence hall leaders.
- Supervised and evaluated 10 Residents Assistants during the first year, and 3 house directors and 13 Resident Assistants during the second year and advised 4 hall presidents.
- Oversaw activities related with student housing and academics for approximately 450 students.
- Assisted and mediated conflicts and on-crisis emergencies.
- Covered emergencies and regular on-call duty.
- Promoted and oversaw social and critical programs for residents. Coordinated area programs for about 350 students.
- Facilitated and/or participated in recruitment, selection, training and in-services for resident assistants and resident directors.

EXTRACURRICULAR ACTIVITIES

Volunteer and Committee Activities

- Student representative. Association of Students of the University of Alaska Anchorage (ASUAA). Member of the student government, acts as a representative of the Graduate Student Association (GSA) of the University of Alaska Anchorage. Committee member of the Academic Student Affairs Committee. Sept 2009-Present.
- Team Member. Nursing Pain Management Project. Alaska Native Medical Center, Anchorage, AK. Provide support on instrument development and data analyses to the ANMC Nursing Pain Management Inpatient Program. May 2009-Nov 2009.
- Student Member for Graduate Student Association-University of Alaska Anchorage. Assist in planning and promoting organization sponsored events such as research summit. Jan 2009-Present.
- Student representative of the Psychology PhD Program Students Admission Committee. Clinical-Community Psychology PhD program. Assisted with interview and selection of PhD students. University of Alaska Fairbanks-Anchorage, Anchorage, AK. Jan -March 2009.
- Student Coordinator of Healing from the Center Conference. Provided support on planning and implementing a first annual conference on health care. University of Alaska, Anchorage, AK. Jan 2008-Jun 2008.
- Advisor of the National Residence Hall Honorary (NRHH) Vandal Chapter. Advised and support a group of 20-30 students that worked on the creation and implementation of community service programs and recognition projects. University of Idaho, ID. 2006-2007.
- Ally member and trainer of the UI Safe Zone. Helped to promote a safe and accepting community and to identify appropriate resources for gay, lesbian, bisexual and transgender individuals. Trained new allies for the program. 2003-2007.

- Advisor for the IACURH (Intermountain Affiliate of College and University Residences) 2006 Regional Conference. Advised the planning and implementation of a student-driven and student-directed regional conference. Jan 2006-Feb-2007.
- Graduate Student Association Senator. Acted as a student campus representing the Adult, Counseling and Technology Education Department. University of Idaho, ID. 2004-2005.
- Advisory Board Member. Academic Champions Experience (ACE-it). Federal Founded project based on social norms theory. Served in the campus Liaison Committee. University of Idaho, ID. March 2006-May 2007.
- Group facilitator. Counseling and Human Services Program. University of Idaho. Required class to select prospective students for the Counseling Program for Spring 2004 and Fall 2005. Tasks included facilitating discussions, evaluating students according to their counseling skills and class performance, facilitating role-plays, and conducting prospective students interviews. July 2004 and October 2004.
- Academic work in San Luis Juvenile Jail. Lead creative arts for therapeutic purposes with male inmates, ages 12-16. San Jose, Costa Rica. April-July 2002.

PUBLICATION AND PRESENTATIONS

- Woods, T., **Zuniga, R.** & David, E.J.R. (Aug 2010). Relationship between Historical Trauma, Collective Self-Esteem, and Wellbeing amongst Alaska Native Peoples: A Preliminary Study. Poster presentation accepted at the 117th Annual Meeting of the APA Division 45, University of Michigan.
- **Zuniga, R.**, Scofield, K., Doty, & B. Pastorino, R. (April 2010). Yes, We Can! Shifting Gears to an Integrative and Collaborative Patient-Centered Health Care Model. Oral presentation accepted at the 43rd Society of Teachers of Family Medicine Annual Spring Conference. Vancouver, Canada.
- Woods, T. & **Zuniga, R.** (Nov, 2009). *Journey of Culturally Responsive Research: Rewards and Challenges of Conducting Research with Alaska Native Communities*. Oral presentation at the Statewide conference: Magnifying Excellence through Evidence Based Practices and Research. Alaska Native Tribal Health Consortium, Anchorage, AK.
- Woods, T. & **Zuniga, R.** (Nov 2009). *Healing and Mental Health Symposia: Mental Health-Seeking amongst Alaska Native People*. Oral Presentation at the Statewide conference: Magnifying Excellence through Evidence Based Practices and Research. Alaska Native Tribal Health Consortium, Anchorage, AK.
- **Zuniga, R.**, Woods, T. & David, E.J.R. (Aug. 2009). *Mental Health Help-Seeking Behaviors and Attitudes amongst Alaska Native Peoples*. Poster presented at the 117th Annual International Meeting of the American Psychological Association, Toronto, Canada.
- Ashford, R., Sena, M., Woods, T. & **Zuniga, R.** (Apr. 2009). *Designing instruments to evaluate a program on increasing Native boys' educational achievement*. Oral presentation at the Annual Graduate Studies and Research Summit 2009. University of Alaska, Anchorage. Anchorage, AK.
- **Zuniga, R.** & Woods, T. (April 2009). *Rewards and Challenges of Conducting Research with Alaska Native Peoples*. Oral presentation at Annual Graduate Studies and Research Summit 2009. University of Alaska, Anchorage. Anchorage, AK.
- **Zuniga, R.** & Fischer, J. *Relationship between emotional intelligence and attitudes toward people with disabilities: two cultures comparison*. Applied Journal of Rehabilitation Counseling. Accepted In press August 13, 2009.

- Sena, M., **Zuniga, R.**, & Woods, T. (Mar. 2008). *Rural Indigenous Ethics: Determination, Spirit and Healing*. Oral Presentation at the Graduate Student Symposium. University of Alaska, Anchorage. Anchorage, AK.
- Hopper, B. & **Zuniga, R.** (Feb. 2007). *Explanations of Problematic Male Behaviors: Implications for an Intervention Program*. Oral Presentation at the 2007 National Association of Student Affairs Administrators in Higher Education (NASPA). Houston, TX.
- Hopper, B. & **Zuniga, R.** (Nov. 2006). *Psychological explanation of College Male Behavior: Implications for student affairs, using emotional intelligence*. Oral presentation at the Intermountain Affiliate of College and University Residences (IACURH) Regional Annual Conference. Moscow, ID.
- Hopper, B. and **Zuniga, R.** (Oct. 2006). *Psychological explanation of College Male Behavior: Implications for Campus Life*. Oral Presentation at the Northwest Student Affairs Professionals (NWASAP) Annual Regional Conference. Seaside, OR.
- Ray, C., **Zuniga, R.** & Taylor, J. (Apr. 2005). *Academic Champions Experience (A federal Funded Project based on Social Norms): First Year Results*. Oral presentation at the Northwest Student Union Conference. Moscow, ID.
- Fisher, J., Taylor, M. & **Zuniga, R.** (Mar. 2005). *Enhancing Positive Emotional Responses to Conflict thought Literature*. Poster Presentation at the American Counseling Association (ACA) National Conference. Atlanta. GA.
- Fischer, J., **Zuniga, R.** & Taylor, M. (Jan. 2005). *Enhancing Positive Emotional Responses to Conflict thought Literature*. Oral Presentation at the Idaho Counseling Association Conference. Coeur D' Alene, ID.

AWARDS AND SCHOLARSHIPS

<i>Graduate Student Association, Travel Grant, University of Alaska-Anchorage</i>	2009
<i>National Advisor of the Year Nominee for IACURH Region (nominated and defended title by students)</i>	2007
<i>University of Idaho Student Organization Advisor of the Year (nominated by students)</i>	2007
<i>Regional Advisor of the Year (nominated and defended title by students). IACURH Region</i>	2006
<i>Advisor of the Month (August OTM). Campus and Regional Winner NRHH Vandal Chapter, University of Idaho</i>	2006
<i>Most Inspirational Staff Member–Alumni Award for Excellence, (nominated by student), University of Idaho</i>	2005
<i>Residence Life Service Award. University of Idaho</i>	2005
<i>National Residence Hall Honorary. Inducted Member of the Vandal Chapter</i>	2005
<i>Advisor of the Month (October OTM), Campus Winner NRHH Vandal Chapter, University of Idaho</i>	2004
<i>Alumni Award for Excellence. High Academic and Community Achievement, University of Idaho</i>	2004
<i>GSAP Grant Award Program, University of Idaho</i>	2003

LANGUAGES

Fluent in Spanish and English, oral and written