DONALD R. NICHOLAS
CURRICULUM VITA

- EDUCATION -
University of Southern Mississippi . Ph.D. in Counseling Psychology August, 1983. APA Approved Program. Specialty in Behavioral Medicine. Dissertation title: Anticipatory nausea in cancer chemotherapy: Cognitive, motoric and physiological components.
Eastern Kentucky University . M.S. in Clinical Psychology. May, 1977.
Indiana University . B.A. in Psychology. Minor in Sociology. May, 1974.

- PROFESSIONAL POSITIONS -
Professor of Psychology-Counseling. Ball State University. Muncie, IN. September, 1992 to present. Department of Counseling Psychology. Teaching graduate level courses in psychopathology, psychopharmacoloy, health psychology, psychosocial oncology, doctoral practicum, and advanced practicum.
Assistant Professor of Psychology - Counseling, Fall, 1983 to 1988
Associate Professor of Psychology - Counseling, Fall, 1989 to 1992
Director, Practicum Clinic (Fall, l987 to Fall, 1999, Summers 2000 to present)).
Coordinator of Research, Institute for Wellness (Fall, 1987 to 1993)

Associate Director of Psycho-Oncology. Ball Cancer Center, Ball Memorial Hospital and Cardinal Health System. Coordinate and supervise all psychoeducational, counseling and psychological services to cancer patients of Cardinal Health System. (September, 1999 to present).

Health Psychologist. Nasser, Smith & Pinkerton Cardiology, Inc. at St. Vincent's Hospital, Indianapolis, IN. Sept., 1991 to May, 1991 (one year sabbatical leave from BSU). Provide psychological services to cardiology patients. Complete psychological evaluation of cardiac rehabilitation patients, provide stress management services, individual/marital/family counseling, consult with cardiologists, exercise physiologists, nurses & dietitians.

Clinical Intern . West Virginia University Medical Center,
Morgantown, WV. Department of Behavioral Medicine and Psychiatry. September, l982 to September, 1983. Rotations in outpatient psychiatry, outpatient health psychology, multidisciplinary pain clinic (departments of anesthesiology and psychiatry), inpatient consultation/liaison, inpatient psychiatry.

- SCHOLARSHIP -
Publications - Since 1990

Nicholas, D. R. (in press). On being a psycho-oncologist: A counseling psychology perspective. *The Counseling Psychologist.* **R**

Nicholas, D.R. & Stern, M. (2011). Counseling psychology in clinical health psychology: The impact of specialty perspective. *Professional Psychology: Research and Practice.* doi: 10.1037/a0024197. **R**

Hanna, L.R., Frist Avila, P. Meteer, J.D., Nicholas, D.R. & Kaminsky, L.A (2008). The effects of a comprehensive exercise program on physical function, fatigue, and mood in

patients with various types of cancer. *Oncology Nursing Forum, 35(3),* 461-470. **R**

Nicholas, D.R., Aegisdottir, S, & Kruczek, T. [2007]. Cultural and family issues. In Burton, A. and Fisch, M (Eds.), *Cancer Pain Management* (pp. 163-176). New York: McGraw-Hill. Schoen, E. & Nicholas, D.R. (2004). Existential Meaning Through Illness: The Case of Breast Cancer Patients. *Journal of Psychosocial Oncology.* **R**

Veach, T., Nicholas, D.R., & Barton, M. (2002). *Cancer and the family life cycle: A practitioner's guide.* New York: Brunner-Routledge. **R**

Lampropoulos, G. K., Spengler, P.M., Dixon, D.M., & Nicholas, D. R. (2002). How psychotherapy integration can complement the scientist-practitioner model. *Journal of Clinical Psychology.* **R**

Lampropoulos, G. K., & Nicholas, D. R. (2002). An expressive-cognitive approach to the resolution of unfinished business. *Journal of Mental Health Counseling* **R**

Nicholas, D. R. (2000). Men, masculinity and cancer: Risk-factor behaviors, early detection, and psychosocial adaptation. *Journal of American College Health,* 49(1), 27-34. **R**

Nicholas, D., & Veach, T. (2000). The psychosocial assessment of the adult cancer patient. *Professional Psychology: Research and Practice, 31,* 206-215. **R**

Nicholas, D. R. (September, 1999). Men, masculinity and psychosocial adjustment to cancer. *SPSMM, Division 51 Newsletter.*

Nicholas, D. R. (July, 1999). Doctoral level training in psycho-oncology: A Counseling psychology perspective. *APA Division 17 Newsletter, 20* (3), 14-15.

Veach, T.A., Nicholas, D.R. (1998). Understanding the impact of adult cancer on the family: Combining the clinical course of cancer with the stages of family development. *Journal of Counseling & Development.* **R**

Callahan, E. J., Pawlicki, R. A., Nicholas, D. R. & Hamilton, S. A (1993). Psychological aspects of gynecologic cancer. In R.C. Knapp and R. Berkowitz (Eds.), *Gynecologic Oncology*. Second Edition. (pp. 617-640). New York: MacMillan.

Crose, R., Nicholas, D. R., Gobble, D. C., & Frank, B. (1992). Gender and Wellness: A Multidimensional Systems Model for Counseling. *Journal of Counseling and Development,* 71, 149-156. **R** Nicholas VITA 3

Nicholas, D. R., Gobble, D. C., Crose, R. G., & Frank, B. (1992). A systems view of health, wellness and gender: Implications for mental health counseling. *Journal of Mental Health Counseling,* 14(1), 8-19. **R**

Nicholas, D. R. & Gobble, D. C., (1991). World views, systems theory and health promotion. *American Journal of Health Promotion*, 6(1), 30-35. **R**

Nicholas, D. R. & Gobble, D. C. (1990). On the importance of disregulatory processes in models of health. *American Psychologist*, 45, 981-982. **R**

Barke, C. R. & Nicholas, D. R. (1990). Physical activity in older adults: The stages of change. *Journal of Applied Gerontology*. **R**

National and Regional Refereed Paper Presentations (since 1998)

Nicholas, D. R. (August, 2012) Counseling Health Psychology: Competencies, Curriculum and Taxonomy of Terms. In L. A. Petersen, & N. Borges (symposium organizers) Strengthening Health Psychology in a Counseling Psychology Program. Symposium at 120th Annual Convention, American Psychological Association, Orlando, FL

Jenkins, S. & Nicholas, D. R. (April, 2011). The moderating and mediating effects of religious coping on quality of life in long-term survivors of cancer. Society of Behavioral Medicine, Washington, DC.

Nicholas, D.R. & Ward, E. C. (August, 2009). Reducing health disparities: Counseling psychologists working to make the world better. Symposium at 117th Annual Convention, American Psychological Association, Toronto, Ontario, CA.

Nicholas, D. R., Borges, N., Stern, M., & Maltzman, S. (March, 2008). Defining the unique competencies of counseling health psychology. Working Group at ICPC Convention, Chicago, IL

Nicholas, D.R. (Chair). Thoresen, C.E., Hoffman, M.A., & Stern, M. (August, 2007). Establishing Careers in Counseling Health Psychology: Advice from Experts. Symposium at 115th Annual Convention, American Psychological Association, San Francisco, CA.

Nicholas, D.R., Borges, N J (Co-Chairs). (March 30, 2007). Training and Early Career Opportunities in Counseling Health Psychology. Great Lakes Regional Conference, Akron, OH

Nicholas, D.R., Williams, A.L., Bonitz, D.A. &, Holt-Dehner, S. (March 30, 2007). Training and Early Career Opportunities in Counseling Health Psychology: The Ball State Experience. Great Lakes Regional Conference, Akron, OH

Petersen, L.R. & Nicholas, D.R. (2005, August). Psychosocial adjustment to cancer: Agency, communion and the unmitigated constructs. Poster Session at 113th Annual Convention, American Psychological Association, Washington, DC.

Brown, T.D.,. Dhanbhoora, K. A., Holt, S., Schaffner, A., Nicholas, D. (2004, April). Current research issues in Psycho-Oncology. Symposium presented at the Great Lakes Conference 2004, Muncie, IN, USA

Dhanbhoora, K.A., Holt, S., Salsman, J, Williams, A & Nicholas, D.R. (2004, April). Group Interventions. In K.A. Dhanbhoora (Chair), Training in the implementation of psychosocial services to patients with cancer at Ball Memorial Hospital. Symposium at the Great Lakes 2004 Regional Conference, Ball State University, Muncie, IN.

Nicholas, D. R. (March, 2001). Doctoral Level Training in Psycho-Oncology: A Counseling Psychology

Perspective. A Panel Presentation as part of the symposium titled *Counseling Psychology: Are we responding to America's Health Care Needs and Priorities?* 2001 Houston Conference of Counseling Psychology, Houston, TX.

Nicholas, D. R. & Borges, N. (March, 2001). Health psychology training in counseling psychology. Workshop presented at 2001 Houston Conference of Counseling Psychology. Houston, TX.

Nicholas, D. R. (October, 1999). Psychosocial assessment of the adult cancer patient. An oral presentation at the Pan American Congress of Psychosocial and Behavioral Oncology. New York, NY.

Nicholas, D.R. (October 1999). Predoctoral training of psychologists in psycho-oncology. A poster session at the Pan American Congress of Psychosocial and Behavioral Oncology. New York, NY.

Barton, M., Avila, P. & Nicholas, D. R. (October, 1999). Breast cancer support groups: Does length of treatment make a difference? A poster session at the Pan American Congress of Psychosocial and Behavioral Oncology. New York, NY

Nicholas, D.R. (August, 1999). Men and Cancer: Epidemiology, clinical course and psychosocial adaptation. An Invited Presentation by Division 51 at the 107th Annual Convention, American Psychological Association, Boston, MA

Wryobeck, J.M. & Nicholas, D. R. (August, 1999). Fatigue and emotion in the evaluation of quality of life. Poster Session presented at the 107th Annual Convention, American Psychological Association, Boston, MA

Borman, P.D. & Nicholas, D.R. (August, 1999). Religiosity and the quality of life of oncology patients. Poster Session presented at the 107th Annual Convention, American Psychological Association, Boston, MA

Nicholas, D.R. (August, 1998). Predictors of mental disorders in radiation oncology patients. Poster Session presented at the 106th Annual Convention, American Psychological Association, San Francisco.

Nicholas, D.R., Donaghy, K., Wryobeck, J., Borman, T., & Veach, T. (April, 1998). *Research in psychosocial oncology.* Symposium presented at the 11th Annual Convention, Great Lakes Regional Conference, Bloomington, IN.

Spengler, P., Nicholas, D.R., et al. (April, 1998). Developmental model of the scientist-practitioner. In Spengler, P.M. et al. *Actualization of scientist-practitioner psychotherapists.* Symposium conducted at the 11th Annual Meeting of the Great Lakes Regional Conference for Counseling Psychology, Bloomington, IN.

Invited Presentations: International, Regional, State and Local (since 1995)
Nicholas, D.R., Bonitz, D., Williams, A., & Holt, S. (March, 2007). Training and early career opportunities in counseling health psychology: BSU. Great Lakes Regional Counseling Psychology Conference, Akron, OH.

Nicholas, D.R. (2006, November 7). Men, masculinity and health: A theoretical overview. An Invited Presentation at the National Men's Health Conference, Irish Cancer Society. Dublin, Ireland.

Nicholas, D.R. (2006, October 10). Psychosocial oncology: An introduction. An Invited Presentation. Indiana Rehabilitation Association. Muncie, IN.

Lampropoulos, Nicholas, D.R., G. Hopper, M., Rush, J., Smith, C. & Moagi-Gulubane, S. (November,1999). How counselors develop their theories of therapy. A symposium at the Indiana Psychological Association Fall Convention, Indianapolis, IN.

Nicholas, D.R. (April, 1999). Coping Skills: Grief, Depression and Fatigue. Presented at the Annual Oncology Nurses Conference, Muncie, IN.

Nicholas, D.R., Barton, M., Lett, R. & Veach, T. (April, 1999). Service Learning at the Graduate Level: A Roundtable Discussion. Presented at the First Teaching-Learning Conference, Ball State University.

Nicholas, D.R. (October, 1998). Psychosocial adaptation in radiation oncology. Presented to staff of Radiation Oncology at Ball Memorial Hospital, Muncie, IN

Nicholas, D.R., (May, 1997). Psychological Services in Radiation Oncology. Presented as part of a Panel Symposium *The Psychologist's Role in Management of Cancer Patients* at the Indiana Psychological Association, Spring Conference, French Lick, IN.

Nicholas, D.R. (May, 1996). Psychological Principles of Human Behavior. Presented at the American College of Sports Medicine (ACSM) Health/Fitness Instructor Workshop. Ball State University.

- TEACHING -

Courses Taught Regularly

Integrated Scientist-Professional Practicum in Counseling Psychology. Seminar and practicum required of all first year doctoral students. Emphasis is on integration of psychotherapy outcome literature with ongoing provision of counseling services in our outpatient training clinic. Once per year, 1995 to present.

Psychopathology Lecture course focused on abnormal behavior and the DSM IV diagnostic manual. Emphases include descriptions of categorical, DSM diagnoses; etiology of mental disorders; and treatment. One to two times per year, 1983 to present.

Introduction to Psychopharmacology

Practicum. Supervised experience of counseling by departmental graduate students.
One to two times per year, 1983 to present.

Innovative Curriculum Development

Introduction to Behavioral Medicine. Introduction to health psychology interventions Once per year. 1988 to present.
Wellness Management Degree Program 1986 to 1988. Co-Chaired university-wide task force developing the degree, masters in wellness management.
Specialized Techniques in Counseling Psychology: Psychosocial Oncology
Specialized Practicum in Counseling Psychology: Psychosocial Oncology.
Introduction to Psychopharmacology

Dissertation Supervision

Have served as doctoral chair and dissertation supervisor for approximately 2 doctoral students in each doctoral class since 1983. Total of approximately 54.

Grant Writing

- External Grants Funded -

Nicholas, D.R. Psychosocial Oncology Services at Ball Memorial Hospital: A service learning project. Selected as a 1998-99 Faculty Fellow, Indiana Campus Compact, Indianapolis, IN. One-year project funded for $7100.
Schmottlach, R.N., Nicholas, D. R. & Gobble, D. Middletown Wellnes Cooperative. Funded by Indiana State Board of Health, $35,000. Starting date: October 1, l988.

Second Year Funded, $17,500, July, l989.
Third Year Funded, $8250, Sept. l990.
Schmottlach, R. N, Nicholas, D. R. et al. Middletown Wellness Cooperative. Funded by Community Foundation, $10,000. October 1, l988.
Nicholas, D. R. & Lindsay, G. ISBH Cardiovascular risk factor survey. Funded by Indiana State Board of Health, $7303, Completed May, l989.

PROFESSIONAL SERVICE

Editorial Activity

Editorial Board, The Counseling Psychologist, January 2009 to present.
Guest Editor, "Cancer and Its Aftermath", 2011 to present

Editorial Board, Palliative and Supportive Care Editorial Board, PDQ, National Cancer International Cancer Information Center, National Institutes of Health,
Bethesda, MD (currently serving 3rd, 2-year appointment) July, 1998 to present.

Editor, *Counseling for Health***.** The Newsletter of the Counseling Health Psychology Section of Division 17 (Counseling Psychology) of the American Psychological Association (APA). 1997 to 2002

Book Reviewer. Allyn and Bacon Publishers, 1997.

Reviewer, Exercise Psychology Content, American College of Sports Medicine (ACSM), Certificate of Enhanced Qualification. August, 1995., August 2004

Editorial Board Member, *Journal of Mental Health Counseling* 1988-1991

Co-Guest Editor, Behavioral medicine and the mental health counselor. Special Issue of *Journal of Mental Health Counseling* . January, l987 - April, l988.

Ad Hoc Reviewer
Psycho-Oncology, 2011
Death Studies, 2011
Journal of Symptom Control in Cancer, 2012
Journal of Behavioral Medicine , l986, l987.
Journal of Mental Health Counseling , l987.
Journal of Counseling Psychology, 1994, 1996, 1997, 1999

Membership in Professional Organizations

American Psychological Association, member
Divisions 17 (Counseling), 38 (Health)
Society of Behavioral Medicine, member
American Psychosocial Oncology Society, member 2003 to present

National Participation in Professional Organizations

APA, Society of Counseling Psychology (Division 17). Section on Health Psychology.
Interdivisional Health Care Task Force, Division 17 Representative (2009 to present)
Past-Chair (2010 – 2012)
Chair (2008 – 2010)

Founding member
Editor, Newsletter (1997-2002)
At-Large-Member, 2004 to present

Association for Directors of Psychology Training Clinics, (ADPTC)
Secretary/Treasurer, 3/95 to 8/99.

Participant at Third National Working Conference for Counseling Psychology (Division 17), April 3-5, l987, Atlanta, GA.

Professional Certification/Licensure
Psychologist, Indiana State Board of Examiners in Psychology,
Spring, l986. Certificate # 20040120.
Health Service Provider in Psychology, Spring, 1991

Local Professional Service
Board Member, Delaware County Cancer Services (Little Red Door). 198 to 2000
Chair, Medical Associates/Psychologists. Ball Memorial Hospital. 1996 to 2001.