

# ANKITA SAHU

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## ACADEMIC POSITIONS

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- 2024 – Present Assistant Professor, School of Counseling and Counseling Psychology, Arizona State University (ASU)
- 2021 – 2024 Assistant Professor, School of Psychological and Behavioral Sciences, Southern Illinois University Carbondale (SIUC)

## EDUCATION

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- PhD** Texas A&M University (A&M), Counseling Psychology May 2021  
Dissertation: Training in interpretation of cultural data: Understanding its effect on multicultural case conceptualizations  
Chair: Charles R. Ridley, PhD  
Graduated with Honors
- MEd** University of Oregon, Counseling, Family and Human Services June 2015  
Capstone: Family conflict and child's depression: Establishing bidirectionality  
Advisors: Elizabeth Skowron, PhD, Benedict McWhirter, PhD
- BA** University of Minnesota – Twin Cities, Psychology May 2014  
Minor, Sociology  
Capstone: Emotional regulation and internalizing problems

## PUBLICATIONS (\*denotes student co-author)

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### Published Manuscripts

10. **Sahu, A.**, Kler, S., & \*Siglar, F. (in press). "All interactions are inherently cultured": Evaluating multicultural case conceptualization skills in clinical supervision. *The Counseling Psychologist*
9. \*Kler, S., **Sahu, A.**, Chwalisz, K., & Arora, S. (2025). The intergenerational trauma experiences and healing (ITEH) model for LGBTQ+ BIPOC individuals. *Journal of Counseling Psychology*.
8. **Sahu, A.**, \*Bell, A-S., Ridley, C. R., & Tran, V. (2024). Multicultural counseling skills evaluation form: A tool for clinical supervision. *The Counseling Psychologist*, 52(6), 842-873. <https://doi.org/10.1177/00110000241248099>
7. **Sahu, A.**, & Ridley, C. R. (2024). Effects of training on multicultural case conceptualization skills. *Training and Education in Professional Psychology*, 18(2), 130–141. <https://doi.org/10.1037/tep0000475>
6. Ridley, C., **Sahu, A.**, Console, K., Surya, S., Tran, V., Xie, S., & Yin, C. (2021). The Process Model of Multicultural Counseling Competence. *The Counseling Psychologist*, 49(4), 534-567. <https://doi.org/10.1177/0011000021992339>
5. **Sahu, A.**, Console, K., Tran, V., Xie, S., Yin, C., He, X., & Ridley, C. (2021). A case using The Process Model of Multicultural Counseling Competence. *The Counseling Psychologist*, 49(4), 568-585. <https://doi.org/10.1177%2F0011000021990762>

4. Ridley, C., Console, K., **Sahu, A.**, Yin., C., & Mollen, D. (2021). A Call to the Profession: Rejuvenating the Multicultural Conversation. *The Counseling Psychologist*, 49(4), 610-618. <https://doi.org/10.1177%2F0011000021991872>
3. Chang, Y., Ali, S., **Sahu, A.**, Dong, S., Thornhill, C. W., Milian, P., & Castillo, L. G. (2021). Chinese international student sexual harassment on U.S. college campuses. *Journal of International Students*, 11(3), 742-748. <https://doi.org/10.32674/jis.v11i3.2678>
2. Rosner, C. M., Armstrong, T. W., Walsh, M. V., Castillo, L. G., **Sahu, A.** (2020). Identity centrality and well-being in lesbian and bisexual women college students. *International Journal of Psychology and Educational Studies*, 7(3), 70-80. <https://doi.org/10.17220/ijpes.2020.03.007>
1. Saenz, J., **Sahu, A.**, Tarlow, K., & Chang., J. (2019). Telepsychology: Training perspectives. *Journal of Clinical Psychology*, 76, 1101-1107. <https://doi.org/10.1002/jclp.22875>

### Manuscripts under review

1. Kler, S., **Sahu, A.**, Siglar, F., Wang, V., & Le, T.P. (2025). "Diversity trainings as band-aids for systemic concerns": A community autoethnography of BIPOC diversity training facilitators' experiences. *Professional Psychology: Research and Practice*.

### Manuscripts in preparation

1. **Sahu, A.**, Kler, S., & Siglar, F. (2025). *Facilitative and impeding processes for multicultural case conceptualization skills development in clinical supervision*.

### PROFESSIONAL PRESENTATIONS (\*denotes student co-presenter)

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19. **Sahu, A.**, & Kler, S. (August, 2025). *Multicultural Skills Development: Complexities in Translating Research into Instructional Strategies*. Critical Conversation session presented at the American Psychological Association Convention, Denver, CO.
18. **Sahu, A.**, Kler, S., & Siglar, F., (January, 2025). *Assessing Multicultural Case Conceptualization Skills in Graduate Training*. Invited to submit virtual poster at the MidWinter Meeting (MWM) of the Council of University Directors of Clinical Psychology (CUDCP), Charleston, SC.
17. **Sahu, A.**, & Truong, N. (August, 2024). *Examining Multicultural Case Conceptualization Skills Development in Clinical Supervision*. Symposium presented at the American Psychological Association Convention, Seattle, WA.
16. **Sahu, A.**, Ridley, R. C., & Bell, A. (August, 2024). *Applying Multicultural Counseling Skills Evaluation Form (MCSEF) in Clinical Supervision*. Poster presented at the American Psychological Association Convention, Seattle, WA.
15. **Sahu, A.** (June, 2024). *Enhancing multicultural case conceptualization skills evaluation in clinical supervision*. Invited to facilitate roundtable discussion at the International Interdisciplinary Conference on Clinical Supervision, Redlands, CA.
14. **Sahu, A.**, & Siglar, F. (April, 2024). *Strengthening working alliance within professional psychology using multicultural skills*. Professional Development Session at the Midwestern Psychological Association Annual Conference, Chicago, IL.
13. \*Siglar, F., & **Sahu, A.** (April, 2024). *BIPOC students' evaluations of multicultural training in clinical psychology programs*. Research Paper Presentation at the Midwestern Psychological Association Annual Conference, Chicago, IL.

12. \*Kler, S., & **Sahu, A.** (July, 2023). Constructivist grounded theory exploration of LGBTQ+ BIPOC individuals' intergenerational trauma. Paper Presentation at the APA Division 45 Biennial Conference, San Diego, CA.
11. **Sahu, A.**, Kler, S., Siglar, F., & Wang, V. (April, 2023). *Application of multicultural case conceptualization skills in clinical supervision*. Professional Development Session at the Midwestern Psychological Association Annual Conference, Chicago, IL.
10. \*Siglar, F., & **Sahu, A.** (April, 2023). *Trainees' characteristics and perceptions of their multicultural training experiences*. Poster Presentation at the Midwestern Psychological Association Annual Conference, Chicago, IL.
9. \*Kler, S., Siglar, F., & **Sahu, A.** (April, 2023). *Cultural transference/countertransference within diversity trainings - A community autoethnography*. Paper Presentation at the Midwestern Psychological Association Annual Conference, Chicago, IL.
8. **Sahu, A.**, Yin, C., Xie, S., & Ridley, C. R. (August, 2022). *Training in interpretation of cultural data & multicultural case conceptualization*. Poster presented at the American Psychological Association Annual Convention, Minneapolis, IL.
7. Chang, Y., Ali, S., **Sahu A.**, Dong, S., & Castillo, L. (August, 2019). *Understanding the perception and impact of sexual harassment on female Chinese international student*. Roundtable Session presented at the American Psychological Association Convention, Chicago, IL.
6. **Sahu, A.**, & Unni, A. (November, 2018). *The culturally encapsulated client: Navigating issues of transference and countertransference for minority clinicians*. Poster presented at the 3<sup>rd</sup> Annual South Asian Mental Health Conference, Fremont, CA.
5. Unni, A., & **Sahu, A.** (November, 2018). *South Asian American identity models: The missing shades of color*. Poster presented at the 3<sup>rd</sup> Annual South Asian Mental Health Conference, Fremont, CA.
4. Ridley, C., **Sahu, A.**, Tran, V., Xie, S., Surya, S. (June, 2018). *Advancing beyond multicultural counseling competence's conceptual and operational impasse*. Symposium facilitated at APA Div. 45 Annual Conference, Austin, TX.
3. Ridley, C., **Sahu, A.**, Console, K., Danquah, R., Lopez, C., Pang, Y.D., Smith, B, Stickle, M.M., Yin, C., & Zhou, J.Z. (November, 2018). *Developing multicultural competencies under the umbrella of multicultural competence*. Workshop facilitated at the Texas Psychological Association, Dallas, TX.
2. Ridley, C., **Sahu, A.**, Surya, S., Tran, V., Xie, S. (November, 2017). *Multicultural counseling competence: Putting theory into practice*. Symposium facilitated at the Texas Psychological Association, Houston, TX.
1. Ridley, C., Green, E., Bulovas, A., Dong, S., Belle, M. C., Long, L., Guitierrez, E., Chang, Y., & **Sahu, A.** (November, 2016). *Multicultural assessment and social justice in psychological practice: Issues and challenges*. Symposium at the Texas Psychological Association, Austin, TX.

## GRANTS

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May 2022    College of Health and Human Sciences, Southern Illinois University  
                   *A Qualitative Inquiry into Multicultural Case Conceptualization Skills*  
                   Principal Investigator, \$9,388 (funded)

## TEACHING EXPERIENCE

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### Courses Taught

#### **Assistant Professor, Arizona State University**

Multicultural Counseling (Graduate course, Fall 2024, 2025)

Theories of Counseling (Online Graduate course, Spring 2025, Fall 2025)

Supervision Theory (Graduate Course, Spring 2025)

#### **Assistant Professor, Southern Illinois University – Carbondale**

##### Graduate Courses

Practicum in Counseling – Social Justice (Fall 2021)

Cross-Cultural Psychology (Spring 2022; Spring 2023, Spring 2024)

Supervision of Psychotherapy (Fall 2022; Fall 2023)

##### Undergraduate Courses

Psychology of Race and Racism (Fall 2021; Fall 2022; Fall 2023)

Helping Skills (Spring 2021)

#### **Texas A&M University**

##### Teaching Assistant

Multicultural Counseling Psychology (Spring 2018; Spring 2019)

##### Instructional Assistant

Theories of Counseling (Fall 2017; 2018)

### Thesis and Dissertation Projects

#### **Master Thesis, Chair**

2. Freddy Siglar. Trainees' characteristics and their impact on perceptions of multicultural training experiences, November 23.
1. Vanessa Wang. Examining associations among nonattachment to self, self-as-context, and depression, November 23.

#### **Dissertation Thesis, Co-Chair/Chair**

2. Satveer Kler. *A constructivist grounded theory exploration of intergenerational trauma among LGBTQ+ BIPOC individuals*. (Co-Chair), November 23.
1. Cerella Chandra. *Examining Associations Between internalized racism, psychological flexibility, and well being among BIPOC*. (Co-Chair).

#### **Undergraduate Honor's Thesis, Chair**

1. Sterling Blonigen. Understanding the role of U.S. history education on cultural competency, May 2022.

#### **Master Thesis Committee Member**

1. Myles Anderson. *An investigation into the breadth of intrusive and obsessive thought*, October 2023.

#### **Dissertation Committee Member, Completed**

11. Jessica Mattera. The impact of treatment modality, security, and risk level matching on treatment change among juveniles with sex offenses, June 2025.

10. Forrest Parker. Time-series network analysis of the psychological flexibility model using weekly progress monitoring in a clinical sample, July 2025.
9. Morgan Battle (Franklin). A preliminary investigation of diffusion and self as context ACT processes in persons with traumatic experience, May 2024
8. Ashley M. Harrison. Predictors of cyberbullying and help-seeking behaviors in rural midwestern schools: A multilevel modeling analysis, April 2024.
7. Christina M. Engelken. Victim's emotions in context: An investigation of the emotional victim effect in different sexual assault scenarios, March 2024.
6. Caleb Fogle. Exploring subclinical delusional ideation within the psychological flexibility model, April 2024.
5. Ian Mosier. Exploring mobile crisis team training: A delphi study, June 2023.
4. Monica Kruse. Help-seeking for children's behavioral health concerns, June 2023.
3. Chloe Goldbach. An exploration of the experiences of transgender and nonbinary people who use non-tradition or non-standardized gender affirming hormone therapy, April 2023.
2. Simone Roby. Narratives of agency: LGBTQ+ African American students thriving at a predominantly White institution, April 2022.
1. Jaidelynn Rogers. Fat and queer: A qualitative exploration of womens' experiences of fatphobia, June 2022.

#### **Dissertation Committee Member, In Progress**

2. Ruchi Brahmachari. Predicting adherence to COVID-appropriate behaviors among college students in India during the COVID-19 pandemic: Applying the integrated behavioral model.
1. Lauren Bandel. Trainee perceptions of multicultural neuropsychology supervision.

#### **CLINICAL EXPERIENCE**

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6. Predoctoral Internship, The Ohio State University, Columbus, OH (Fall 2019-Summer 2020)
5. Clinical Peer Supervisor, Texas A&M Counseling & Assessment Clinic, College Station, TX (Fall 2018)
4. Clinical Practicum, Texas A&M Telehealth Counseling Clinic, College Station, TX (Spring 2018; Summer 2018)
3. Assessment Practicum, Texas A&M Counseling and Assessment Clinic, College Station, TX (Fall 2017; Summer 2018)
2. Clinical Practicum, Texas A&M University, Student Counseling Service, College Station, TX (Spring 2017 - Fall 2017)
1. Clinical Practicum, Texas A&M Counseling & Assessment Clinic, College Station, TX, (Spring 2016 - Fall 2016)

#### **SERVICE**

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##### **Department & University Service**

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| 2024 – 2025 | Awards Committee, School of Counseling and Counseling Psychology, Committee Member, ASU   |
| 2025        | Invited Panelist, Empowering Women Across Cultures: Voices, Challenges, and Achievements, International Students and Scholars Center, ASU |
| 2022 – 2024 | Diversity, Equity, Inclusion & Accessibility Committee, Chair<br>School of Psychological and Behavioral Science, SIUC                     |
| 2022 - 2023 | Undergraduate Curriculum Committee, Committee Member  |

2022	School of Psychological and Behavioral Sciences, SIUC Practicum Training Director, Search Committee Member Counseling and Psychological Services, SIUC
2022 & 2023	Faculty Tenure Track – Clinical Psychology, Search Committee Member School of Psychological and Behavioral Science, SIUC

### Professional Service

2023 – Present	Editorial Board, <i>The Counseling Psychologist (TCP)</i>
2025-2026	Mentor, <i>TCP Reviewer Mentorship Program</i>
2021	Guest Reviewer, <i>Journal of Clinical Psychology</i>
2022	Guest Reviewer <i>The Counseling Psychologist</i>
2023, 2024	Guest Reviewer <i>Counselling and Psychotherapy Research</i>

### HONORS AND AWARDS

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5. Outstanding Paper Award, *The Counseling Psychologist*, 2022
4. Professional Psychology Scholarship for Interns Award, College of Education, Texas A&M University, 2019 -2020
3. CEHD Strategic Research Award (Fellowship), College of Education, Texas A&M University, 2018 – 2019
2. Department of Educational Psychology Scholarship Award, College of Education, Texas A&M University, 2017- 2018
1. CEHD Scholars Award, College of Education, Texas A&M University, 2016

### PROFESSIONAL AFFILIATIONS

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2016 – Present	American Psychological Association (APA)
2018 – Present	Asian American Psychological Association (AAPA)
2018 – Present	Division of South Asian American Psychological Association (DoSAA)
2021 – Present	APA Division 17 - Counseling Psychology
2023 – 2024	Midwestern Psychological Association
2016 – 2018	Texas Psychological Association
2018-2019 &	APA Div. 45 - Society for the Psychological Study
2022 - Present	of Culture, Ethnicity, and Race Research