

# 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

- 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>
- 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>
- 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>
- 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>
- 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>

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>

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>

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

\*Kler, S., **Sahu, A.**, Chwalisz, K., & Arora, S. (2024). The intergenerational trauma experiences and healing (ITEH) model for LGBTQ+ BIPOC individuals. *Journal of Counseling Psychology*.

Kler, S., **Sahu, A.**, Siglar, F., Wang, V., & Le, T.P. (2024). "Diversity trainings as band-aids for systemic concerns": A community autoethnography of BIPOC diversity training facilitators' experiences. *Cultural Diversity and Ethnic Minority Psychology*.

### Manuscripts in Preparation

**Sahu, A.**, Kler, S., & Siglar, F. (in preparation). "All interactions are inherently cultured": Evaluating multicultural case conceptualization skills in clinical supervision.

### 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)

### RESEARCH EXPERIENCE

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1. Graduate Assistant Research, College of Education and Human Development Strategic Research Award, Texas A&M University, College Station, TX (August 2018 – August 2019)  
Supervisor: Charles R. Ridley, PhD
2. Research Team Leader, Multicultural Counseling Competence, Texas A&M University, College Station, TX (Spring 2017- May 2021)  
Supervisor: Charles R. Ridley, PhD
3. Research Team, Sexual Harassment and Chinese International Women, Texas A&M University, College Station, TX (Spring 2018 - May 2021)  
Supervisor: Linda G. Castillo
4. Graduate Assistant Research, Institutional Effectiveness & Evaluation, Texas A&M University, College Station, TX (August 2016 – August 2018; August 2020 – May 2021)  
Supervisors: Dongling Zhan, PhD; Alicia Dorsey PhD
5. Research Team, Telehealth Counseling Clinic, Texas A&M University, College Station, TX (Fall 2015 – Fall 2016)  
Supervisor: Carly McCord, PhD
6. Research Assistant, Prevention Science Institute, University of Oregon, Eugene, OR (January 2015 – June 2015)  
Supervisor: Leslie Leve, PhD

## TEACHING EXPERIENCE

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### Courses Taught

#### Assistant Professor, Arizona State University

Multicultural Counseling (Graduate course, Fall 2024)

#### 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

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

#### Dissertation Thesis in progress, Co-Chair/Chair

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

#### Undergraduate Honor's Thesis, Chair

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

#### Master Thesis Committee Member

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

#### Dissertation Committee Member, Completed

5. Jaidelynn Rogers. *Fat and queer: A qualitative exploration of womens' experiences of fatphobia*, June 2022.
6. Simone Roby. *Narratives of agency: LGBTQ+ African American students thriving at a predominantly White institution*, April 2022.
7. 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.

8. Monica Kruse. *Help-seeking for children's behavioral health concerns*, June 2023.
9. Ian Mosier. *Exploring mobile crisis team training: A delphi study*, June 2023.
10. Caleb Fogle. *Exploring subclinical delusional ideation within the psychological flexibility model*, April 2024.
11. Christina M. Engelken. *Victim's emotions in context: An investigation of the emotional victim effect in different sexual assault scenarios*, March 2024.
12. Ashley M. Harrison. *Predictors of cyberbullying and help-seeking behaviors in rural midwestern schools: A multilevel modeling analysis*, April 2024.
13. Morgan Battle (Franklin). *A preliminary investigation of diffusion and self as context ACT processes in persons with traumatic experience*, May 2024.

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

14. Lauren Bandel. *Trainee perceptions of multicultural neuropsychology supervision*.
15. Ruchi Brahmachari. *Predicting adherence to COVID-appropriate behaviors among college students in India during the COVID-19 pandemic: Applying the integrated behavioral model*.
16. Jessica Mattera. *The impact of treatment modality, security, and risk level matching on treatment change among juveniles with sex offenses*.
17. Forrest Parker. *Time-series network analysis of the psychological flexibility model using weekly progress monitoring in a clinical sample*.

### **PROFESSIONAL PRESENTATIONS**

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**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.

**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.

**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.

**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.

**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.

**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.

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.

**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.

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.

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.

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.

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.

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.

## **CLINICAL EXPERIENCE**

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

## **SERVICE**

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### **Department**

- 2022 – 2024 Diversity, Equity, Inclusion & Accessibility Committee, Chair  
School of Psychological and Behavioral Science, SIUC
- 2022 - 2023 Undergraduate Curriculum Committee, Committee Member  
School of Psychological and Behavioral Sciences, SIUC
- 2022 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

### **Editorial Board**

- 2023 – Present Editorial Board, *The Counseling Psychologist*

### **Guest Review**

2021            *Journal of Clinical Psychology*  
2022            *The Counseling Psychologist*  
2023, 2024    *Counselling and Psychotherapy Research*

### **Professional Affiliations**

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

### **HONORS AND AWARDS**

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1. Outstanding Paper Award, The Counseling Psychologist, 2022
2. 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
4. Department of Educational Psychology Scholarship Award, College of Education, Texas A&M University, 2017- 2018
5. CEHD Scholars Award, College of Education, Texas A&M University, 2016