

YUE LYU, Ph.D.

EDUCATION

- 2018–2022 **Doctor of Philosophy in Counseling Psychology** (APA-Accredited)
University of North Dakota
Grand Forks, ND
Dissertation Topic: *The Lived Experiences of Chinese International Students Seeking Internship as Part of The Optional Practical Training (OPT) Period*
Advisor: Rachel L. Navarro, Ph.D., LP
- 2016–2018 **Master of Arts in Counseling**
University of Minnesota – Twin-Cities
Minneapolis, MN
Advisor: Kelli Howard, Ph.D., LP
- 2012–2016 **Bachelor of Science in Psychology**
Beijing Normal University
Beijing, China

HONOURS and AWARDS

- 2020 Dean and Karen Schroder Scholarship
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REGISTRATION

Registered Psychologist

Nova Scotia Board of Examiners in Psychology (R1119)
July 2023 – Present

Registered Psychologist

College of Alberta Psychologists (6760)
May 2023 – Present

CLINICAL EXPERIENCE

College Counselling Experience

University of South Florida Counseling Center, Tampa, FL (APA-Accredited)

August 2021 – July 2022: *Pre-Doctoral Intern*

Supervisor: Lashley Marks, Psy.D., LP

Dani Rosenkrantz, Ph.D., LP

Josephine Chu Kai Shin, Ph.D., LP

- Provided intakes, short-term individual therapy, and crisis walk-in sessions for college students with depression, anxiety, PTSD, trauma, relationship problems, ADHD, psychosis symptoms, eating disorders, personality disorders, and identity development
- Monitored clients with high risks of suicidality and homicidality and took appropriate levels of action, such as developing safety plans and referring to a hospital
- Provided “Let’s Talk” consultation for international students and connected them with appropriate on-campus and off-campus resources
- Evaluated students’ situations and offered assessment when needed, such as risk assessment, OQ-45, BDI, BAI, ACE, EAT-26, and Substance Use Information
- Provided integrated care working with student health regarding medication management
- Co-facilitated drop-in workshops for mindfulness meditations, processing grief, and advocating for marginalized college students to reflect and fight against systemic oppression
- Developed a consultation project in collaboration with the Office of International Services for international students’ cultural adjustment process
- Provided various outreach programs, such as LGBTQ+ population, students with body image issues, international students, campus suicide prevention, student memorial services, stress management skills, etc.
- Attended training on counselling topics including evidence-based interventions, working with clients from diverse backgrounds, assessment in therapy, consultation, group work, crisis intervention, and working with undocumented immigrant students and refugees

January 2022 – May 2022: *Supervisor Trainee*

Supervisor: Michael Rogers, Ph.D., LP.

- Provided ongoing individual supervision to Graduate Student Clinician in the counselling centre
- Reviewed supervisees’ therapy sessions and helped supervisees process the sessions
- Helped supervisees develop foundational counselling skills, case conceptualization, theoretical orientations and introduced them to appropriate

interventions with solution-focused supervision model and feminist supervision model

January 2022 – May 2022: ***Group Therapy Counselor***

Supervisor: Kathleen DiMattia, Psy.D., LP

- Co-facilitated the Total Nourishment group and helped group members improve their awareness of eating disorders and body image issues
- Helped group members connected with each other
- Provided coping strategies for group members in terms of self-compassion and connecting with their body

August 2021 – December 2021: ***Group Therapy Counselor***

Supervisor: Lashley Marks, Psy.D., LP

- Co-facilitated the Understand Self and Others group for graduate students and improved group members' self-awareness and social connections

May 2022 – July 2022: ***Neuropsychology External Rotation Intern***

Supervisor: Adam Zimmer, Psy.D., LP

- Provided initial clinical interviews and ADHD testing batteries to college students presenting with ADHD concerns
- Collaborated with primary care providers and psychiatrists regarding medication management

North Dakota State University Counseling Center, Fargo, ND

August 2020 – May 2021: ***Advanced Practicum Counselor***

Supervisor: Ronni Arensberg, Ph.D., LP

- Provided intakes, ongoing therapy, and crisis walk-in sessions for college students with depression, anxiety, personality disorders, and identity development
- Monitored clients with high risks of suicidality and homicidality and took appropriate levels of action, such as developing safety plans and referring to a hospital
- Evaluated students' situations and offer assessment when needed, such as C-SSRS, BDI, BURNS, Y-BOCS, MOD, EAT-26, EHHQ, and Substance Use Information
- Developed a COVID-process group
- Provided integrated care working with student health regarding medication management
- Served as on-call primary and secondary staff for the after-work hours for students having high suicide risk

August 2019 – March 2020: ***Practicum Counselor***

Supervisor: Jaryn Allen, Ph.D., LP

- Provided intakes, ongoing therapy, and crisis walk-in sessions for college students with depression, anxiety, body image issues, family of origin issues, academic concerns, and trauma-related experiences
- Provided brief solution-focused one-time consultation services
- Utilized Relational-cultural approach for case conceptualization and techniques from Mindfulness, Solution-Focused Brief Therapy and Cognitive-Behavioural Therapy
- Designed a 10-week cultural adjustments group for international students aiming at improving their connections and cultural adaptation
- Provided cross-campus referrals to the International Center and Student Health Center
- Attend training on counselling topics including eating disorders, crisis intervention, and working with undocumented immigrant students and refugees

August 2019 – March 2020: ***Practicum Group Therapy Counselor***

Supervisor: Jaryn Allen, Ph.D., LP

- Co-facilitated the Understand Self and Others group and improved group members' self-awareness and social connections

Minneapolis Community & Technology College Student Counseling Center, Minneapolis, MN

August 2017 – May 2018: ***Practicum Counselor***

Supervisor: Melissa Schultz, M.A., LPC

- Collaborated closely with full-time counsellors to counsel students with depression, anxiety, and alcohol addiction; documented clients' information, including treatment plans and progress notes
- Conducted the outreach and advocacy for students with mental health issues (depression, anxiety, substance use etc.) through designing brochures, providing presentations, and educating college staff to improve awareness and crisis-responding skills
- Initiated the personal story project through interviewing students about their experiences with resources in community college; improved students' awareness of the available resources; suggested improvements for current services provided
- Communicated with various resources departments; advocated for students with financial difficulties and connected them to appropriate resources—including housing and shelters, the food pantry, transportation, psychiatrists, etc.

Minneapolis Community & Technology College Accessibility Resource Center, Minneapolis, MN

August 2017 – May 2018: ***Practicum Student***

Supervisor: Caidin Riley, M.A.

- Offered academic support to students with disabilities in the academic probation program with Solution-Focused Brief Therapy, Strength-Centered Therapy, and Behavioural Therapy
- Promoted students' self-esteem, time-management skills, academic performance, and developed future plans
- Advocated for students to receive more appropriate resources, such as the Student Counseling Center, the Student Resource Center, and academic accommodations
- Provided education in positive psychology and mindfulness to part-time student workers and encouraged them to try positive psychology tools and mindfulness meditation

University of Minnesota Boynton Mental Health Clinics, Minneapolis, MN

September 2017 – May 2018: *De-Stress Peer Helper*

Supervisor: Jodi Pendroy, Psy.D., LP, and Kate Elwell, MPH, CHES, CPH

- Counseled graduate students with academic concerns, relationship conflicts, health concerns, and financial stresses through Solution-Focused Brief Therapy and Strength-Based Therapy
- Coached students to improve their time management skills and relaxation skills using techniques such as mindfulness meditations, free-writing techniques, and breathing techniques
- Referred students to appropriate professional resources, such as the Student Counseling Center, Career Center, Academic Center, and other resources department

Beijing Normal University Counselling Center, Beijing, China

September 2015 – May 2016: *Practicum Student*

Supervisor: Xiaolu Luo, Ph.D.

- Communicated with over 200 clients by collecting, summarizing, and recording their basic information through telephone and face to face interviews; helped counsellors understand cases better
- Evaluated the suicide attempts of clients; reported emergencies to counsellors
- Provided over 70 hours of non-judgmental confidential support and crisis intervention over the phone for more than 50 people in emotional distress
- Accurately and efficiently documented all clients' interactions

Community Mental Health Counselling Experience

Northern Prairie Community Clinic, Grand Forks, ND

April 2020 – August 2020: *Practicum Counselor*

Supervisor: Melissa Quincer Ph.D., LP.

- Provided ongoing individual therapy for community populations across the developmental lifespan with varying presenting concerns (i.e., depression, anxiety, family of origin issues, substance use, personality disorders, and trauma-related experiences)
- Conducted clinical intakes for couples and individual clients
- Conducted risk assessments and implemented appropriate protocols-based clients' suicidal risk level
- Completed consultation services with other clinicians regarding the conceptualization and intervention implementation

January 2020 – May 2021: ***Practicum Supervisor***

Supervisor: Melissa Quincer Ph.D., LP.

- Provide ongoing individual supervision and live supervision to Masters-level students in the counselling psychology program
- Review supervisees' therapy sessions and helped supervisees process the sessions
- Help supervisees develop foundational counselling skills, case conceptualization, theoretical orientations and introduced them to appropriate interventions with solution-focused supervision model and feminist supervision model

Outpatient Hospital Counselling Experience

Spectra Health organization, Grand Forks, ND

May 2019 – August 2019: ***Practicum Counselor***

Supervisor: Rachel Navarro Ph.D., LP, and Robin Landwehr, M.A., LPCC

- Provided brief one-time individual behavioural health consultations in an integrated care community
- Provided evidence-based interventions regarding physical and mental health with patients presented with depression, anxiety, substance use, and chronic pain
- Collaborated closely with medical providers and social workers to provide holistic care for patients
- Facilitated a 6-week positive psychology group for patients from marginalized backgrounds
- Assisted with training development for future behavioural health consultants by creating evidence-based group interventions

Private Practice Experience

CRUX Psychology, Halifax, NS

April 2024 – Present: ***Registered Psychologist***

Acuity Counselling & Therapy Services, Halifax, NS

August 2023 – February 2024: ***Registered Psychologist***

- Conducted trauma assessments for veterans and produced comprehensive psychological reports
 - Provided trauma-informed treatment for veterans and RCMP officers with varying presenting concerns (i.e., depression, anxiety, trauma-related experience)
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OUTREACH EXPERIENCE

Outreach Program Developing Experiences

University of North Dakota, Grand Forks, ND

May 2020 – August 2020: ***Program Coordinator***

Supervisor: Rachel L. Navarro, Ph.D., LP

- Initiated the “Let’s Talk” consultation program for international students at UND
- Provided consultation for international students in terms of helping them cope with the distress stemming from the COVID-19 pandemic and xenophobia
- Referred students to different resources on campus, such as the student counselling centre, international student office, etc.

Positive Psychology Centre, Tsinghua University, Beijing, China

August 2015 – June 2016: ***Program Developer***

Supervisor: Kaiping Peng, Ph.D.

- Conducted resilience training courses as a part of the first positive education program in China, which was utilized in improving positive development for over 1,500 students and 30 teachers across 5 schools

Spiritual & Mind-body Institute, Beijing, China

September 2014 – June 2015: ***Program Developer***

Supervisor: Tingting Hu, M.A.

- Initiated a “21-day mindfulness” program utilized by over 1000 people; received positive feedback such as improved well-being, as well as reduced anxiety and depression after completing the mindfulness program

Century-Mind Edu. & Tech, Co., Ltd Children Group Department, Beijing, China

September 2014 – June 2015: *Program Coordinator*

Supervisor: Na Zhang, Ph.D.

- Conducted self-growth-oriented group interventions on a weekly basis to discuss topics such as self-esteem, mood regulations, communication, friendship etc.
- Helped youth ages 10 to 16 improve self-awareness, relieve stress and anxiety, as well as improve social-emotional skills
- Received the Best Consultant Award as the result of a vote from supervisors and co-workers

Outreach Presentations

- April 2022 **Presenter**, University of South Florida Counseling Center
*Supporting International Students during School-to-Work Transition
- March 2022 **Presenter**, University of South Florida Counseling Center
*Mindfulness Practice for Students in the Integrative Medicine Program
- February 2022 **Presenter**, University of South Florida Counseling Center
*Cultural Adjustments for Exchange Students from Other Countries
- January 2022 **Co-facilitator**, University of South Florida Counseling Center
*Student Memorial Services – Providing Emotional Support for Students’ Family Members and Friends
- August 2021 **Co-Presenter**, University of South Florida Counseling Center
*Campus Connect – Improving Resident Assistants’ Awareness of Suicide
- May 2020 **Presenter**, University of North Dakota
*Self-Care for International Students During the Pandemic
- January 2020 **Co-Presenter**, North Dakota State University Counseling Center
*NDSU CARES – Improving On-Campus Awareness of Suicide
- August 2019 **Presenter**, North Dakota State University Counseling Center
*Cultural Adjustments for International Students
- March 2018 **Presenter**, Minneapolis Community & Technology College
*How to Respond to Mental Health Crisis for Faculty and Staff
- November 2017 **Presenter**, Minneapolis Community & Technology College
*De-stigmatizing Mental Health Disorders
- October 2017 **Presenter**, Minneapolis Community & Technology College

*On-campus Resources for Student Parents

October 2017 **Presenter**, Minneapolis Community & Technology College
 *Time Management Strategies for Part-time Students

TEACHING EXPERIENCE

Adult Assessment Lab, University of North Dakota, Grand Forks, ND

January 2020 – May 2020: *Teaching Assistant*
 Supervisor: Carissa Malevich, Ph.D., LP.

- Introduced and demonstrated the structural assessment to the doctoral students in the counselling psychology program, such as WAIS-IV, WMS, MMPI, and MCMI
- Introduced and demonstrated the projective assessment to the doctoral students, such as TAT, CAT, KFD, HTP, etc.
- Supervised students' demonstration of WAIS and WMS; provided feedback in terms of potential improvements
- Supervised students' clinical interviews and feedback sessions

Children & Adolescents Assessment Lab, University of North Dakota, Grand Forks, ND

August 2019 – Present: *Teaching Assistant*
 Supervisor: Rachel Navarro, Ph.D., LP.

- Introduce and demonstrate the structural assessment to the doctoral students in the counselling psychology program, such as WISC-V, WJ-Cog, WJ-Ach, MMPI-A, MACI, and M-PACI
- Supervise students' demonstration of WISC-V, WJ-Cog, and WJ-Ach; provided feedback in terms of potential improvements
- Supervise students practice clinical interviews and feedback sessions

COUN 532. Multicultural Counseling, University of North Dakota, Grand Forks, ND

August 2020 – Present: *Teaching Assistant*
 August 2019 – December 2019: *Teaching Assistant*
 Supervisor: Keri Frantell, Ph.D., LP.; Katherine Nelson, Ph.D., LP.

- Facilitated online as well as in-class group discussions of the Masters' level students in the counselling psychology program to improve their multicultural competency

- Reviewed students' reflection papers in terms of different topics in multicultural counselling

RESEARCH EXPERIENCE

University of North Dakota, Grand Forks, ND

August 2019 – May 2020: ***Primary Researcher***

Supervisor: Rachel Navarro, Ph.D., LP.

- Initiated research project using the Social-Cognitive Career Theory to explore impacts from personal, contextual, and cognitive factors on international students' academic development
- Designed the research methods and collected data with a team of doctoral students
- Utilized hierarchical regression model to analyze data
- The results were accepted by the American Psychology Association Conference Poster Presentation in 2020

August 2018 – August 2019: ***Graduate Research Assistant***

Supervisor: Rachel Navarro, Ph.D., LP.

- Connected with teachers in school to collect the data on students' attitudes towards the STEM areas from the year 2018 to 2019, as a part of the 5-year longitudinal research project starting in 2016
- Categorized and coded data through excel and SPSS; established the foundation for the investigation on the effects of the STEM mentoring project on students' attitudes and actual achievements in the STEM areas

August 2018 – August 2019: ***Graduate Research Assistant***

Supervisor: Rhea Owens, Ph.D., LP.

- Conducted preliminary research on the proposal to promote students' positive self-identity, cognitive abilities, social relationships, as well as emotional well-being via a STEM mentoring project
- Designed an intervention targeted at improving elementary school students' skills in the STEM areas through receiving mentoring sessions from college students
- Collected data from both mentors as well as mentees; analyzed the data through SPSS; evaluated the changes in mentees' self-efficacy after the mentoring sessions
- The results were accepted by the Counseling Psychology Conference Poster Presentation in 2020

University of Minnesota, Minneapolis, MN

May 2017 – May 2018: *Graduate Research Assistant*

Supervisor: Clayton Cook, Ph.D.

- Studied the moderate effects of parental stresses on children's physiological responses after the frustration task and children's stress regulation with interventions
- Categorized traditional school interventions based on mindfulness and distractions (Virtual Reality); conducted comparative research on the effects of these two approaches on children's physiological stresses regulations; sub-classified the mindfulness intervention into three groups according to different techniques (breath; body awareness; self-soothing kit); differentiated effects on children's stress regulation
- Evaluated children's stress regulation via the joint approach of subjective stresses reports and real-time physiology data

June 2017 – August 2017: *Graduate Research Assistant*

Supervisor: Tom Allen, Ph.D., LP

- Explored the adaptability of general counselling ethical codes in the population of rural psychologists; raised adjustments of rural psychologists' ethical codes based on the differences
- Examined differences of effective characteristics between psychologists and rural psychologists in the context of different work environments and the content of the work; proposed the special competencies to be a good rural psychologist; provided implications for future professional training of rural psychologists
- Differentiated the influence of rural setting and the integrated-care setting on the work of rural psychologists; suggested specific support for rural psychologists based on the influences

March 2017 – May 2018: *Graduate Research Assistant*

Supervisor: Marguerite Ohrtman, Ed.D.

- Investigated the relationship between the number of school counsellors' caseloads and their burnout; provided preventive suggestions to reduce school counsellors' stresses
- Examined the moderate effects of mindfulness in the relationship between caseloads and counsellors' burnout

Beijing Normal University, Beijing, China

March 2014 – May 2014: *Undergraduate Research Assistant*

Supervisor: Xiangping Liu, Ph.D.

- Provided self-caring interventions throughout 35 cases of counselling interviews, which received multiple positive feedbacks including fostered compassion, emotional relief, and less self-critics

April 2014 – June 2014: *Undergraduate Research Assistant*

Supervisor: Xiangping Liu, Ph.D.

- Designed Go/No-go program for ERP experiment through E-prime software and analyzed 200 ERP data through software Scan
- Achieved proficiency in operating ERP equipment and physiology equipment MP-150
- Proved the effects of mindfulness in regulating attention and emotion from the perspective of neuroscience; contributed to the finding that mindfulness training can enhance left frontal EEG asymmetry

April 2014 – June 2014: *Primary Undergraduate Researcher*

Supervisor: Xiangping Liu, Ph.D.

- Scrutinized the disadvantages of both high optimistic and pessimistic explanatory style; improved multi-culturalism of the explanatory style theory by integrating elements from the eastern culture
- Examined the effects of the security priming intervention on both explanatory styles; proposed manipulated methods to change explanatory styles

SCHOLARLY PRODUCTIVITY

Publications

- Deng, Y., Yan, M., Chen, H., Sun, X., Zhang, P., Zeng, X., ... & **Lye, Y.** (2016). Attachment security balances perspectives: Effects of security priming on highly optimistic and pessimistic explanatory styles. *Frontiers in Psychology*, 7.1269.
- Anders, C., Cranberg, E., **Lyu, Y.**, & Ohrtman, M. (under review) School counselor grit and self-care. Manuscript under review for *Children and Youth Services Review*.
- Owens, R., Motl, T., Oberhelman, D., & **Lyu, Y.** (in progress). The Impact of Mentoring on Children's Science and Math Self-efficacy and Interest: A Pilot Study. Manuscript in progress
- **Lyu, Y.** & Navarro, R. (in progress). The Lived Experiences of Chinese International Students Seeking Internship as Part of The Optional Practical Training (OPT) Period. Manuscript in progress

Professional Refereed Presentations—Posters

- Owens, R., Motl, T., Oberhelman, D., & **Lyu, Y.** (2022, August). Increasing Children's Self-efficacy in Science and Math Through Mentoring: A Pilot Study. Poster presented at the annual convention of the American Psychology Association, Minneapolis, MN
- Garriott, P., Pinedo, A., Perez, C., Barragan, B., **Lyu, Y.** et al. (2021, August). Building the Latinx Engineering Workforce: Insights from Latinx Students. Poster presented at the annual convention of the American Psychology Association (Virtually)
- **Lyu, Y.**, Chakrabarti, M., & Mango, M. (2020, August). Acculturation and Social Cognitive Factors Impacting International Students' Academic Satisfaction in the United States. Poster presented at the annual convention of the American Psychology Association, Washington D.C. (Virtually)
- Owens, R., Motl, T., **Lyu, Y.**, & Oberhelman, D. (2020, April). The Impact of Mentoring on Children's Science and Math Self-efficacy and Interest: A Pilot Study. Poster presented at the annual convention of the Counseling Psychology Conference, New Orleans, LA (Conference cancelled)
- Owens, R. L., Waters, L., Willyard, A., Maslowski, A., **Lyu, Y.**, Oberhelman, D., & Perez, C. (2019, July). Positive psychological interventions with children and adolescents: Best practices and future directions. Poster presented at the 6th World Congress on Positive Psychology, Melbourne, Australia.
- Hansen, T., **Lyu, Y.**, Fiat, A., Thayer, J., & Cook, C. (2018, August). Virtual reality as an acceptable and effective stress regulation intervention for children. Poster presented at the annual convention of the American Psychological Association, San Francisco, CA
- Anders, C., **Lyu, Y.**, Cranberg, E., & Wandschneider, D. (2018, April). Self-care and resiliency for school counselors. Keynote presented at the annual conference of the Minnesota School Counselors Association, Brainerd, MN