

STEPHANIE DORAIS

William & Mary | School of Education
Department of School Psychology and Counselor Education
301 Monticello Ave | Williamsburg, VA 23185 | Office 3088

Email: sdorais@wm.edu
Tel: (757) 932-0421

EDUCATION

2021	Ph.D., Counselor Education and Supervision William & Mary	Williamsburg, VA
2016	M.A., Clinical Mental Health Counseling Regent University	Virginia Beach, VA
2012	B.S., Statistics New York University	New York, NY

ACADEMIC APPOINTMENTS

William & Mary, Department of School Psychology and Counselor Education.	Williamsburg, VA
Fall 2022 – Present, Clinical Assistant Professor	
Kean University, Department of Counselor Education	Hillside, NJ
Fall 2021 – Spring 2022, Assistant Professor (Tenure-Track)	
New York University, Department of Applied Psychology	New York, NY
Spring 2020 – Summer 2022, Adjunct Assistant Professor	

LICENSURE & CERTIFICATIONS

Licensed Mental Health Counselor (New York #012353)	2022
Approved LPC Supervisor (Virginia)	2021
Licensed Professional Counselor (Virginia #0701008331)	2019
Certification of Completion of EMDR Training	2017
Nationally Certified Counselor (NCC #832216)	2016

PROFESSIONAL EXPERIENCE

Clinical Mental Health Counselor	
White Cloud Therapeutic Services Williamsburg, VA	2019 – Present
Stella Maris Counseling & Wellness Virginia Beach, VA	2017 – 2018
Regent University Counseling & Disability Services Virginia Beach, VA	2016 – 2018

RESEARCH GRANTS

Awarded

- 2022 Gutierrez, D., Principal Investigator. Co-Principal Investigator, **Dorais**, S. *Spirituality and Client Outcomes: Investigating the Mechanisms of Religious and Spiritual Competence Training in Mental Health*. Templeton Religious/Spiritual Competencies Grant. \$120,000. Awarded.
- 2021 Gutierrez, D., Principal Investigator. Co-Principal Investigator, **Dorais**, S. *An Intensive Longitudinal Study on a Centering Meditation: Exploring the Temporal Dynamics of Non-dual Awareness and Prosociality*. Mind & Life PEACE Grant. \$100,000. Awarded.
- 2020 Dukes, A., Principal Investigator. Co-Investigators, **Dorais**, S. & Gutierrez, D. *Increasing Female Inmates' Hope and Resilience*. International Association of Addictions and Offender Counselors. \$500. Awarded.
- 2020 **Dorais**, S., Principal Investigator. Co-Investigator, Gutierrez, D. *A Longitudinal Randomized Control Study of Wellbeing Following Trauma Among College Students*. American College Counseling Association. \$1,000. Awarded.
- 2020 **Dorais**, S., Principal Investigator. Co-Investigator, Gutierrez, D. *A Brief, Trauma-Informed Workshop Intervention to Reduce Stress and Promote Wellbeing Among Virginia College Students*. Virginia Association for Counselor Education and Supervision. \$500. Awarded.

PEER REVIEWED PUBLICATIONS

9. **Dorais**, S., Niles, J. K., Dukes, A. T., Colon, M. L., & Gutierrez, D. (2022). Does contemplative pedagogy increase relational well-being? A time series analysis. *Counselor Education & Supervision*. <https://doi.org/10.1002/ceas.12244>
8. **Dorais**, S., & Gutierrez, D. (2021). The effectiveness of a centering meditation on college stress and mindfulness: A randomized controlled trial. *Frontiers in Psychology*, 12:720824 <https://doi.org/10.3389/fpsyg.2021.720824>
7. Gutierrez, D., Goshorn, J., & **Dorais**, S. (2021). Thriving in recovery: An exploration of thriving over a course of time in recovery. *Journal of Substance Abuse Treatment*. Advanced online publication. <https://doi.org/10.1016/j.jsat.2021.108612>
6. **Dorais**, S., & Gutierrez, D. (2021). The influence of spiritual transcendence on a centering meditation: A growth curve analysis of resilience. *Religions*, 12(8), 573 – 588. <https://doi.org/10.3390/rel12080573>
5. Wood, A.W., **Dorais**, S., Gutierrez, D., Moore, M., & Schmit, M. (2021). Advancing the counseling profession through contemporary quantitative approaches. *Journal of Counseling & Development*, 99(2), 156-166. <https://doi.org/10.1002/jcad.12363>
4. **Dorais**, S., Gutierrez, D., & Gressard, C. F. (2020). An evaluation of Motivational Interviewing

based treatment in a university addiction counseling training clinic. *Counseling Outcome Research and Evaluation*, 11(1), 1 – 12. <https://doi.org/10.1080/21501378.2019.1704175>

3. Gutierrez, D., **Dorais**, S., & Goshorn, J. (2020). Recovery as life transformation: Examining the relationships between recovery, hope, and relapse. *Substance Use & Misuse*, 55(12), 1949 – 1957. <https://doi.org/10.1080/10826084.2020.1781181>
2. Gutierrez, D., Mason, W. N., **Dorais**, S., & Fox, J. (2020). Gradually sudden: Vital spiritual experiences and recovery. *Spirituality in Clinical Practice*, 8(1), 16–29. <https://doi.org/10.1037/scp0000218>
1. Gutierrez, D., **Dorais**, S., Smith, J., & Mutanguha, F. (2019). Humanity Education as a school-based intervention for healing. *Journal of School-Based Counseling Policy and Evaluation*, 1(3), 62 – 70. <https://doi.org/10.25774/6rgw-bn52>

Under Review or Revision

Mullen, P. R., Niles, J., Hinchey, K., Leger, R., & **Dorais**, S. (Revise-Resubmit). School counselors' career-sustaining behavior preferences. *Journal of Professional Counseling: Practice, Theory & Research*.

Dorais, S., Gutierrez, D., Dukes, A. T., Niles, J. K., & Colon, M. L. (Under Review). Hope as a mechanism: A process-based view of mindfulness and resilience. *Mindfulness*.

Dorais, S., Gutierrez, D., & Fox, J. (Under Review). Following the daily hope of meditators: An ARIMA model. *Journal of Positive Psychology*.

Niles, J., **Dorais**, S., & Cashwell, C. (Under Review). School counselor mindfulness and self-efficacy: The importance of hope. *The Professional Counselor*.

BOOK CHAPTERS

Gutierrez, D., Colón, M. L., & **Dorais**, S. (2022). Addiction and grief in the Latinx community. In S. R. Furr & K. Hunsucker (Eds.), *Grief Work in Addictions Counseling* (pp. 123 -135). Routledge.

Dorais, S., Dukes, A. T., & Gutierrez, D. (In Press). Single subject design. In S. Gibson (Ed.), *Research Reimagined: Engaging Research, Data, and Program Evaluation in Counseling Practice*. Routledge.

Dorais, S. Burgin, E. E., & Gutierrez, D. (Under Review). Spirituality and health. In B. Halpern-Felsher (Ed.), *Encyclopedia of Child and Adolescent Health*. Elsevier.

CONFERENCE PRESENTATIONS

National Conferences

Dorais, S. & Gutierrez, D. (September, 2022). *Be in the Moment: Developing Brief State Scales for Micro-Longitudinal Research*. Education session accepted at the Association of Assessment and Research in Counseling (AARC) Conference. St. Louis, MO.

Gutierrez, D. & **Dorais, S.** (September, 2022). *Expanding Traditional Frameworks of Hope: The Research and Development of a Radical Hope Measure*. Education session accepted at the Association of Assessment and Research in Counseling (AARC) Conference. St. Louis, MO.

Gutierrez, D. & **Dorais, S.** (June, 2022). *Contemplation and Social Transformation: An Introduction to the Benefits of the Contemplative Way of Life*. Session presented at the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) Retreat. DeLand, FL.

Dorais, S. (June, 2022). *Auto-Regressive Integrated Moving Average Modeling: Implications for Behavioral Science*. Poster presentation accepted at the Data Science & Statistics Symposium. Pittsburg, PA.

Dorais, S. & Gutierrez, D. (April, 2022). *Psychospiritual Influence of a Centering Prayer Meditation*. Education session presented at the Columbia University Awakened Campus Virtual Summit.

Dorais, S. (March, 2022). *Uncovering the Mechanisms of Change in Contemplative Practice*. Session presented at the Contemplative Practices for Higher Education (CPHE) Conference. Emmitsburg, Maryland.

Dorais, S., Niles, J., Dukes, A., & Colon, M. (October, 2021). *Dynamics of Student Resilience: An Intensive Longitudinal Meditation Study*. Education session presented at the Association for Counselor Education and Supervision (ACES) Conference. Atlanta, GA.

Dorais, S. & Gutierrez, D. (October, 2021). *Measure the Process: Using Temporal Dynamics in Counseling Research*. ACES INFORM session presented at the Association for Counselor Education and Supervision (ACES) Conference. Atlanta, GA.

Dorais, S. & Dukes, A. (September, 2021). *A How-To Guide on Conducting Daily Diary Studies: An Inside Look on Process and Outcome*. Education session presented at the Association for Assessment and Research in Counseling (AARC). Cincinnati, OH.

Backer, A. & **Dorais, S.** (September, 2021). *The Benefits and Challenges of Intervention Research in Counselor Education*. Education session presented at the Association for Assessment and Research in Counseling (AARC). Cincinnati, OH.

Dorais, S. (September, 2021). *Bridging the Gap Through Culturally Responsive Education Factors to Bolster Asian American Mental Health*. Poster session presented at the National Board of Certified Counselors (NBCC) 2021 Bridging the Gap Symposium. (Held virtually due to COVID-19).

Warraich, L. K., & **Dorais**, S. (April, 2021). *The Experiences of Religious and Spiritual Asian Americans in Counseling*. Clinician education session presented at the American Counseling Association (ACA) Conference. (Held virtually due to COVID-19).

Mullen, P., Niles, J., Hinchey, K., Leger, R., & **Dorais**, S. (April, 2021). *School Counselors' Self-Care Practices*. Poster session presented at the American Educational Research Association (AERA) Conference. (Held virtually due to COVID-19).

Niles, S., Gutierrez, D., & **Dorais**, S. (October, 2019). *Ubumuntu and Peace Education: Teaching Hope, Forgiveness, and Reconciliation in a Rwandan Immersion Counselor Education Course*. Roundtable session presented at the Association for Counselor Education and Supervision (ACES) Conference. Seattle, WA.

Dorais, S. (September, 2019). *Lessons from Rwanda: Challenges of Conducting Cross-Cultural Research in International Settings*. Roundtable session presented at the Association for Assessment and Research in Counseling (AARC). San Antonio, TX.

Dorais, S. (September, 2019). *These Times are a Changing: Introduction to Intensive Longitudinal Methods, Time Series Analysis, Growth Curve Modeling, and Bayesian Statistics*. Content session presented at the Association for Assessment and Research in Counseling (AARC). San Antonio, TX.

Dorais, S. & Gutierrez, D. (July, 2019). *Vital Spiritual Experiences and Recovery from Drugs and Alcohol*. Presentation proposal accepted at the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) Conference. Colorado Springs, CO.

Dorais, S. & Gutierrez, D. (July, 2019). *Trauma Recovery from the Rwandan Genocide: A Research Study on Hope, Forgiveness, and Reconciliation*. Roundtable presentation proposal accepted at the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) Conference. Colorado Springs, CO.

Regional Conferences

Niles, J. & **Dorais**, S. (November, 2022). *Hope Floats: Contemplative Pedagogy to Promote Hope and Well-being for Counseling Student*. Education session accepted at the South Atlantic Region of ACES (SACES) Conference. Baltimore, MD.

Colon, M. & **Dorais**, S. (November, 2022). *Collective Self-esteem as a Professional Protective Factor of Hispanic and Latinx Counselors*. Poster session accepted at the South Atlantic Region of ACES (SACES) Conference. Baltimore, MD.

Dorais, S., & Colon, M. L. (November, 2020). *Program Evaluation in Counselor Education: An Introduction to Longitudinal Outcome Research*. Session accepted at the North Atlantic Region of ACES (NARACES) Conference. Pittsburgh, PA. (Cancelled due to COVID-19).

Dorais, S., & Colon, M. L. (November, 2020). *Being in the Here and Now: Contemplative Practices in Flipped Online Classrooms*. Session accepted at the North Atlantic Region of ACES (NARACES) Conference. Pittsburgh, PA. (Cancelled due to COVID-19).

State Conferences

Niles, J., **Dorais**, S., & Gutierrez, D. (November, 2022). *Hope is the Thing with Feathers: Harnessing Radical Hope in Contemplative Practices in Counseling*. Education session accepted at the Virginia Counseling Association (VCA) Conference. Williamsburg, VA.

Vinces-Cua, J., **Dorais**, S. Bobbitt, M., & Bobbitt, S. (February, 2022). *Using a Social Justice Advocacy Framework in Promoting Systemic Change from the Counseling Room to the Classroom and Beyond*. Education session presented at the New Jersey Counseling Association (NJCA) Virtual Conference.

Niles, J., Dukes, A., & **Dorais**, S. (February, 2021). *Integrating the Motivation to Thrive in Counselor Education*. Education session presented at the Virginia Association for Counselor Education and Supervision (VACES) Conference. (Held virtually due to COVID-19).

Dorais, S. (November, 2020). *Measure the Process: Longitudinal Analysis of Counselor Education Outcomes*. Session accepted at the Virginia Counselor's Association (VCA) Conference. Williamsburg, VA. (Held virtually due to COVID-19).

Colon, M. L. & **Dorais**, S., & Bauman, A. (November, 2020). *A Preliminary Exploration of the Effects of Emotional Intelligence and Collective Cultural Identity of Hispanics and Latinos on Supervision Experiences in Counselor Training*. Session presented at the Virginia Counselor's Association (VCA) Conference. Williamsburg, VA. (Held virtually due to COVID-19).

Dorais, S. (March, 2020). *Development of a Comprehensive Spiritual Injury Scale*. Education session proposal accepted at the Chi Sigma Iota W&M and VCU Research Symposium. Williamsburg, VA. (Cancelled due to COVID-19)

Dorais, S. & Colon, M. L. (February, 2020). *Preparing Counseling Students to Conduct Quantitative Research*. Education session presented at the Virginia Association for Counselor Education and Supervision (VACES) Conference. Norfolk, VA.

Colon, M. L. & **Dorais**, S. (February, 2020). *Using Experiential Activities in Graduate Level Online Multicultural Courses*. Education session presented at the Virginia Association for Counselor Education and Supervision (VACES) Conference. Norfolk, VA.

Colon, M. L., & **Dorais**, S. (February, 2019). *Benefits of the Cognitive Behavioral Supervision Model in Triadic Supervision*. Education session presented at the Virginia Association for Counselor Education and Supervision (VACES) Conference. Hampton, VA.

TEACHING

Teaching and Curriculum Development

William & Mary

Fall 2022

Advanced Group Work & Theory (Doctoral)

Fall 2022

Advanced Counseling Theories (Doctoral)

Fall 2022 Group Theory & Techniques (Master's)
 Fall 2022 Internship in Clinical Mental Health Counseling (Master's)

Kean University

Spring 2022 Dissertation Proposal Seminar I (Doctoral)
 Spring 2022 Advanced Statistical Methods (Doctoral)
 Spring 2022 Advanced Counseling Skills (Master's)
 Fall 2021 Introduction to Statistical Methods (Doctoral)
 Fall 2021 Theories of Counseling Seminar (Doctoral)
 Fall 2021 Group Process and Practice I (Master's)
 Fall 2021 Group Theory and Dynamics II (Master's)

New York University

Spring 2022 Group Theory (Master's)
 Fall 2021 Lab in Counseling Skills & Techniques (Master's)
 Spring 2021- Summer 2021 Counseling Internship (I, III) (Master's, Online)
 Summer 2021/2022 Research in Counseling (Master's, Online)
 Fall 2020 – Spring 2021 Counseling Practicum (Master's, Online)
 Summer 2020 Advanced Counseling Skills (Master's, Online)

Dissertation Committees

In progress Anna Lee Brown, Committee Member (C. Williams, Chair), Regent University
 *Are Counselors Who Cultivate Spiritual Transcendence More Compassionate? Implications for
 Counselor Education and Client Outcomes*

In progress Allison Dukes, Committee Member (S. Niles, Chair), William & Mary

In progress Roman Petrocelli, Committee Member (C. Moll, Chair), Kean University

Comprehensive Exam Committees

02/2022 Allison Dukes, William & Mary
 03/2022 Kareem McKenzie, Kean University
 03/2022 Jose Lowe, Kean University

FELLOWSHIPS & AWARDS

Outstanding Dissertation Award <i>American Educational Research Association</i>	2022
Adjunct Faculty Professional Development <i>New York University</i> Awarded \$1,250	2022
School of Education Doctoral Award for Excellence	2021

William & Mary
Awarded \$1,000

Minority Fellowship Program | Mental Health Counseling Doctoral Fellow 2020
National Board of Certified Counselors (NBCC)
Awarded \$20,000

Armand J. and Mary Faust Galfo Education Research Fellowship 2020
William & Mary
Awarded \$18,000

School of Education International Scholarship 2019
William & Mary
Awarded \$1,000

Graduate Academic Merit Scholarship 2014 – 2016
Regent University
Awarded \$4,800

PROFESSIONAL SERVICE

Conference Committee Co-Chair 2022 - Present
Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)

Research (ACES Inform) Committee Co-Chair 2022 – Present
Association for Counselor Education and Supervision (ACES)

Ad hoc Reviewer 2022 – Present
Frontiers in Psychology

Board Member 2022 – Present
Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)

Editorial Board Member 2019 – Present
Counselor Education & Supervision Journal

Editorial Board Member 2019 – Present
Counseling and Values Journal

ACA 2023 Conference Proposal Reviewer 2022
American Counseling Association (ACA)

Secretary 2021 – 2022
Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)

Assessment Committee Member 2019 – 2021
Association for Assessment and Research in Counseling (AARC)

Graduate Student Representative <i>Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)</i>	2020 – 2021
Doctoral Student Representative <i>Virginia Counselor's Association (VCA)</i>	2020 – 2021
Sponsorship Committee Member <i>Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)</i>	2019 – 2020

PROFESSIONAL ASSOCIATIONS

American Counseling Association (ACA)	2014 – Present
National Board of Certified Counselors (NBCC)	2016 – Present
Virginia Counselors Association (VCA)	2016 – Present
Association for Counselor Education and Supervision (ACES)	2018 – Present
Southern Association for ACES (SACES)	2018 – Present
Association for Assessment and Research in Counseling (AARC)	2019 – Present
Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)	2019 – Present
American Educational Research Association (AERA)	2021 – Present
American Psychological Association (APA)	2021 – Present
American Statistical Association (ASA)	2022 – Present
New Jersey Counselors Association	2022 – Present
Northern Atlantic Region for ACES (NARACES)	2018 – 2022
International Association of Addiction and Offender Counselors (IAAOC)	2020 – 2021
American College Counseling Association (ACCA)	2019 – 2020
Virginia Association for Counselor Education and Supervision (VACES)	2018 – 2021