

Michelle Orchard Schmidt-Backlund, PhD

Curriculum Vitae

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EDUCATION

The University of Montana, Missoula, Montana, 2014 - 2017

PhD in Education, 2017, Counselor Education & Supervision, 2017

Dissertation: Supervisee Role Induction Training to Address Resistance, Role Ambiguity, Role Conflict, and the Quality of the Supervisory Relationship

Gonzaga University, Spokane, Washington, 2012 – 2014

MA in Clinical Mental Health Counseling, 2014, Marriage and Family Counseling

Brigham Young University-Idaho, Rexburg, Idaho, 2009 - 2012

BS, Psychology, 2012

Minor: Broadcasting

SPECIALIZED TRAINING

Strategies for Teaching Online, June 2018, NMSU

TEACHING POSITIONS

Assistant Professor, Department of Counseling & Educational Psychology, New Mexico State University
2018 – present.

Teaching Assistant, Department of Counselor Education, University of Montana, 2014 – 2017

COURSES TAUGHT

CEP 110 Human Growth and Development (Face-to-face)

Essentials of human growth and development throughout the lifespan

CEP 110 Human Growth and Development (Online)

Essentials of human growth and development throughout the lifespan

COUN 242 Intimate Relations

Students examine intimate relationships from empirical and theoretical perspectives.

Consideration of cultural, biological, social and developmental lenses are applied to topics such as attraction, communication, friendship, sexuality, love, conflict, power and violence, loss, social cognition, and repairing relationships.

COUN 512 Co-instructor, Fundamentals in Counseling

and apply foundational counseling skills.

Conduct live, group, and individual supervision with students.

Utilize supervision technology and assist in grading by rating their skill development throughout the semester.

Areas of emphasis include the counseling process, relationship building, and feedback.

COUN 520 Co-instructor, Group Counseling & Guidance

Students understand basics of group process, development, roles, behaviors, and therapeutic factors; critique of leadership styles, approaches, and theory, discovering commonalities, distinguishing characteristics, and reviewing relevant literature.

Assisted in class design and establishment of objectives. Provided and facilitated creative class demonstrations, experiential group participation, and class discussion.

CEP 524 Professional Issues in Mental Health Counseling

History, roles, organizational structures, settings, ethics, standards, laws, and credentialing related to mental health counseling.

COUN 530 Applied Counseling Skills: Mental Health

Counseling practicum students learn and practice the many responsibilities that encompass the role of mental health counselor, while solidifying a personal theory of counseling in their work with clients.

Provide individual, group, and triadic supervision to practicum students, reviewing sessions to facilitate feedback exchanges that encourage reflective thinking, multicultural consciousness, awareness of personalization issues, the use of theoretically consistent interventions, and attention to personal wellness.

CEP 562 Couples and Family Therapy

This master's level course covers major theories of family therapy and associated intervention and evaluation techniques. Participation in didactic and experiential learning in family therapy theory and practice.

CEP 572 Practicum

Student's basic counseling skills are deepened through individual and group supervision of live client sessions. Students choose a theoretical orientation and work to provide care within that framework while receiving supervision. Ethical, emotional, and multicultural issues are highlighted.

CEP 578 Advanced Practicum

Supervised counseling methods and theories as applied in schools. Review of the principles of counseling as they apply to various settings and client

CEP 580 Internship

Supervised counseling methods and theories as applied in clinical mental health settings. Review of the principles of counseling as they apply to various settings and client issues.

COUN 585 Counseling Method: School & Agency

Counseling interns learn and practice the many responsibilities that encompass the role of mental health counselor, while solidifying a personal theory of counseling in their work with clients. Provide individual and group supervision to counseling interns, reviewing sessions to facilitate feedback exchanges that encourage reflective thinking, multicultural consciousness, awareness of personalization issues, the use of theoretically consistent interventions, and attention to personal wellness. Maintain regular contact with supervisee sites and site supervisors.

CEP 662 Couples and Family Therapy

This doctoral level course covers major theories of family therapy and associated intervention and evaluation techniques. Participation in didactic and experiential learning in family therapy theory and practice.

PUBLICATIONS

Backlund, M. O. & Johnson, V. (Aug, 2018). The beauty of client and supervisee resistance. *Counseling Today*, 61(1), 46.-51.

Reviewers, Backlund, M. O., & Backlund, G. R. (2014). Research Update November 2014, National Parenting Education Network [Review of research article Effectiveness of solution-focused consultations on parent stress and competence, The Family Journal published online 27 October 2014, Sommers-Flanagan, J., Polanchek, S., Aeleke, W. A., Hood, M. H. E. & Shaw, S.L. (2014) DOI: 10.1177/1066480714555696] Solution-focused consultations: A cost and time effective way to reduce parental stress and promote competence? <http://npen.org/resources-for-parenting-educators/papers-articles/>

Backlund, M. O. (2018). Using supervisee resistance to strengthen the supervisory relationship. Manuscript in progress

PROFESSIONAL CONFERENCE PRESENTATIONS

Backlund, G. R., & Backlund, M. O. (2016). Learning the building blocks of intimate relations through lead-follow skills from ballroom dancing; The use of dance as a couples' therapy technique. Rocky Mountain Association for Counselor Education and Supervision (RMACES), 60-Minute Co-Presenter, Steam Boat Springs, CO.

Backlund, G. R., Backlund, M. O., Llauro, A. & Bennett, E. (2015). Get your clients in

the groove: The use of dance as technique. American Counseling Association
Annual Convention, 90-Minute Co-presenter, Orlando, FL

Backlund, M. O. (2012). Laughter, the best medicine. Washington Counseling Association
(WCA) Annual Conference, Poster Presentation, Spokane, WA.

GUEST LECTURES

Backlund, M. O. (2017, April). Guest Lecture for University of Montana, Curry Mental Health
Center—Supervisor Training, Topic: The beauty of supervisee resistance.

Backlund, M. O., & Backlund, G. R. (2017, March). Guest Lecture for COUN 242: University of
Montana, Intimate Relationships, Topic: Learning the building blocks of intimate
relations through lead-follow skills from ballroom dancing; The use of dance as a
couples' therapy technique.

Backlund, M. O., & Backlund, G. R. (2016, Nov). Guest Lecture for COUN 242: University of
Montana, Intimate Relationships, Topic: Learning the building blocks of intimate
relations through lead-follow skills from ballroom dancing; The use of dance as a
couples' therapy technique.

Backlund, M. O. (2016, October). Guest Lecture for University of Montana, Counselor
Education Site Supervisor Training, Topic: The beauty of supervisee resistance.

Backlund, M. O., & Backlund, G. R. (2015, April). Guest Lecture for COUN 242: University of
Montana, Intimate Relationships, Topic: Learning the building blocks of intimate
relations through lead-follow skills from ballroom dancing; The use of dance as a
couples' therapy technique.

CLINICAL EXPERIENCE

The University of Montana Intimate Relations Doctoral Practicum, 2015, Missoula, Montana

Clinical Mental Health Counseling Practicum Focus: Intimate partner relationships, general
mental health; collaborated on client goals, prepared client treatment plans, and maintained
client records. Supervisor: Sara Polanchek, EdD

Family Support Services of Northern Idaho, 2013 -2014, Coeur D' Alene, Idaho

Clinical Mental Health Counselor Pre-practicum, Practicum and Internships, January 2013-July 2014

Populations: Adults, couples, children, and mothers' of children with mental health diagnosis; collaborated on client goals, prepared client treatment plans, and maintained client records.
Supervisor: Tracey Sutton, MSW

Family Support Services of Northern Idaho, 2014, Coeur D' Alene, Idaho

Case Manager, January-July

Population: Women with severe mental health diagnoses that impeded daily functioning; client advocacy in connection with obtaining community services, connected clients to service providers, provided physical and emotional support to clients, maintained client records.
Supervisor: Tracey Sutton, MSW

Regional Behavioral Health Center Internship, April 2011-July 2011, Idaho Fall, Idaho

Ran exercise group and simple group update and reminder gatherings. Provided general staff and patient support. Supervisor: Robert Meng

RESEARCH TEAM

Supervises a research team comprising undergraduate and graduate students. This team focuses on positive reframing of resistance and its multiple applications to relationships, personal empowerment, and healing.

AFFILIATIONS

Member, American Counseling Association, Fall 2012-present
Member, Rocky Mountain Assoc. of Counselor Educators and Supervisors, Fall 2012-present
Vice President, Phi Kappa Phi, 2016-May 2017
Member, Chi Sigma Iota, 2014-present
University of Montana, Academic Scholarship, 2014-2016
Chancellor's List, Honoring America's Outstanding Graduate Students, 2014-2017
Member, Phyllis J. Washington School of Education Development Board, Graduate Student Representative, 2014-2016
Phi Beta Kappa, volunteer book sales, Missoula, MT, 2016
Gonzaga University, Counselor Education Comprehensive Exam, Honors with Distinction, 2014
Gonzaga University, Counselor Education, Graduated with Honors, 2014