

Raychelle Cassada Lohmann, Ph.D.

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EDUCATION

Ph.D.

Educational Leadership, Policy, and Human Development, 2018

Emphasis: Counselor Education and Supervision

North Carolina State University, Raleigh, NC

M.S.

Counseling, 1998

Emphasis: School Counseling

North Carolina State University, Raleigh, NC

B.A.

Psychology, 1995

Emphasis: Family and Child Counseling

North Carolina State University, Raleigh, NC

LICENSES AND CERTIFICATIONS

National Board Certified Counselor (#67729)

North Carolina Licensed Clinical Mental Health Counselor Supervisor (#S3954)

North Carolina Licensed Clinical Mental Health Counselor (#3954)

North Carolina Professional Educator's License - School Counselor (#799328)

South Carolina Licensed Professional Counselor (#4802)

Approved Clinical Supervisor (#3474)

Global Career Development Facilitator (#GCDF11126-US)

AWARDS AND HONORS

2021 Capella University Stephen Shank Outstanding Faculty Recognition

2020 Capella University Stephen Shank Outstanding Faculty Recognition

2019 NC State University Counselor Education Program Dissertation Award

2014 Bullying Prevention Difference Maker Recognition- Crisis Prevention Institute

AWARDS AND HONORS, con't

- 2014 SC Counselors Association Counselor of the Year Award
2013 Top 10 Online Children's Mental Health Influencer's (#8) - ShareCareNow
2012 SC Commission on Higher Education HEART Award Finalist
2011 SC Dept of Education's Office of Career and Technology Counselor of Year
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PROFESSIONAL EXPERIENCE

Academia

Core Faculty Counseling Department, August 2021 - Present

Counseling Department

Mount Olive, NC

Master's Degree School Counseling

COUN 520 Multicultural Counseling

COUN 591 Clinical Mental Health Counseling Practicum

Professional Experiences Coordinator, Practicum and Internship

Core Faculty School Counseling, July 2019 - Present

Counselor Education Program, CACREP-accredited School Counseling Program

Capella University, Minneapolis, MN

Master's Degree School Counseling

COUN 5336 Counseling and Advocacy with Diverse Populations, *Course Lead*

COUN 5420 Child & Adolescent Psychopathology

COUN COUN-R5813 - Advanced Counseling Approaches and Group Techniques:

School Counseling Residency

COUN 6102 School Counseling Practicum

COUN 6132 School Counseling Internship

PhD Mentor and Dissertation Committee Member

Graduate Assistant, July 2017 - July 2018 and October 2018 – December 2018

Counselor Education Program, CACREP and Recruitment and Admissions

North Carolina State University, Raleigh, NC

Master's Degree School and Mental Health Counseling

ECD 510 Orientation to Professional Counseling, Identity, and Ethics

ECD 642 Practicum in Counseling

Clinical

Clinician and Counseling Supervisor, *May 2018 – Present*

Etheridge Psychology

Cary, NC

Professional School Counseling

Lead Middle School Counselor, *July 2014 – May 2017*
Wake Young Men’s Leadership Academy
Wake County Public Schools, Raleigh, NC.

High School Lead Counselor, *August 2010–June 2013*
Beaufort County School District

Professional School Counseling, con’t

Coordinated Programs for Five High Schools
Beaufort County Public Schools, Beaufort, SC
High School Counselor, *August 2008 – June 2014*
Hilton Head Island High School
Beaufort County School District, Beaufort, SC.
Lead Middle School Counselor, *August 2006 – August 2008*
Myrtle Beach Middle School
Horry County Public Schools, Myrtle Beach, SC.

High School Counselor, *August 1999 – June 2006*
Cary High School
Wake County Public Schools, Cary, North Carolina.

High School Counselor, *August 1998 – October 1999*
Clayton High School
Johnston County Public Schools, Smithfield, SC.

ACADEMIA

COUN 5336 Counseling and Advocacy with Diverse Populations, Course Lead
Capella University, *June 2019 – June 2021*

Course Description

This course examines the roles and responsibilities of professional counselors and marriage and family therapists in ethical and effective practice with diverse populations.

COUN 5420 Child and Adolescent Psychopathology
Capella University, *June 2019 – Present*

Course Description

This course, Child and Adolescent Psychopathology, will present characteristics, risk factors, and warning signs of students at risk for mental health, behavioral disorders, and substance abuse concerns.

ACADEMIA, con't

COUN R5813 Advanced Counseling Approaches and Group Techniques: School Counseling Residency

Capella University, *June 2019 – Present*

This second residency course includes an online courseroom and a face-to-face residency experience. Learners engage in online courseroom activities to prepare themselves for the face-to-face experiential component and residency experience that guides them as they integrate school counseling theories and methods with counseling practice. This residency provides 10 hours of group experience.

COUN 6102 School Counseling Practicum

Capella University *June 2019 – Present*

Course Description

This course is a supervised site-based experience during which you will practice specific counseling skills, including interviewing, assessment, intervention, documentation, and consultation in a school counseling field setting. This course includes 100 hours of on-site field experience, including no less than 12 hours of face-to-face supervision with site supervisors. In addition to the 100 hours required, learners participate in 15 hours of group supervision.

COUN 6131-32 School Counseling Internship

Capella University, *June 2019 – Present*

Course Description

This course is a supervised site-based experience in which students apply counseling skills, prevention strategies, and crisis intervention strategies in a supervised field setting. This internship requires 600 additional hours of field experience. To complete internship you are required to collect 600 hours—240 hours of direct contact with at least 10 hours facilitating group counseling, 24 hours of supervision at the site (at least 12 hours per quarter), and the remaining 336 hours, that can be indirect. Typically, this is done over two quarters.

ECD 642 Practicum in Counseling

North Carolina State University, *January 2016 – May 2016*

Course Description

This course is the third component of the Department's clinical experience sequence in the application of counseling theory. The course is a supervised practicum experience offered in several individual seminar sections which focus on case conceptualization, client assessment

ACADEMIA, con't

and evaluation, oral and written case reporting, and the overall evaluation of counseling performance in individual and group interventions. The purpose of this course is to provide participants with the opportunity to further develop their skills in individual counseling, group work, and consultation while under direct supervision.

ECD 510 Orientation to Counseling Profession

North Carolina State University, *May 2016 – June 2016*

Course Description

The course integrates the use of face-to-face instructions and online instructions, which includes narrated presentations, digital film demonstrations, student-teacher interactions through face-to-face meetings, and assignments, both online and during on campus instruction. This course is demanding given the hybrid nature (i.e., face-to-face and online components) and 5-week duration of the course.

Counselor Education Program Graduate Assistant

Counseling and Counselor Education Department

North Carolina State University, *July 2017 – July 2018*

October 2018 – December 2018

Roles

The roles of the Counseling and Counselor Education Department Graduate Assistant included: (a) directly participating in the extension, outreach and engagement mission of the unit, or an on-campus or off-campus organization that is affiliated with the unit, in the design of projects, data collection, analysis, application, or reporting of results in the field of study; (b) supporting the extension, outreach and engagement mission of the program, including substantive interaction with individuals or groups beyond the university; and (c) assist department head with CACREP self-study.

CLINICAL AND SUPERVISION EXPERIENCE

Clinical Experience

Clinician, Etheridge Psychology *May 2018 – Present*

- Perform intake assessments, develop treatment plans, and conduct individual, family, and group counseling
- Participate in monthly staff meetings, group supervision, and individual consultation
- BCBS and TriCare credentialed

CLINICAL AND SUPERVISION EXPERIENCE, con't

Clinical Supervision

Site Supervisor, Etheridge Psychology *May 2019 – Present*

- Provide weekly clinical supervision to LCMHCAs

University Supervision Experience

North Carolina State University *August 2015 – May 2016*

- Fall 2015: Conducted group and individual supervision to master's students enrolled in Counseling Techniques
- Spring 2016: Conducted weekly group and individual supervision to master's students enrolled in Practicum

PUBLICATIONS

Thesis

Lohmann, R.C. (1998). *Assessing career decision status: How and why do college career counselors use the career decision profile in practice*. North Carolina State University, Raleigh, NC.

Dissertation

Lohmann, R.C. (2018). *The effects of a customized school-based anger regulation and aggression reduction intervention*. North Carolina State University, Raleigh, NC.

Peer-Reviewed Journal Articles

Jones, L. K., & Lohmann, R. C. (1998). The career decision profile: Using a measure of career decision status in counseling. *Journal of Career Assessment*, 6, 209-229.

Lohmann, R. C., Baker, S.B., & Williams-Devane, C. (*in progress*). Reducing adolescent aggression: Examining the effects of customized interventions using a single case research design.

Books

Lohmann, R. C. (2009). *The anger workbook for teens*. Oakland, CA: New Harbinger Publications.

Books, con't

Lohmann, R. C. (2019). *The anger workbook for teens*. (2nd ed.) Oakland, CA: New Harbinger Publications.

Lohmann, R. C. (2011). *Staying cool when you're steaming mad*. New Bern, NC: Marco Products Publications.

Lohmann, R.C. (2015). *Teen anxiety: A CBT and ACT activity resource book for helping anxious adolescents*. London: Jessica Kingsley Publishers.

Lohmann, R.C., & Raja, S. (2016). *The sexual trauma workbook for teen girls*. Oakland, CA: New Harbinger Publications.

Lohmann, R.C. & Taylor, J.V. (2013). *The bullying workbook for teens*. Oakland, CA: New Harbinger Publications.

International Translation of Books

Lohmann, R. C. (2016). *Hoe krijg ik die boosheid onder controle?* (2nd ed.) Amsterdam-Zuidoost: BV Uitgeverij SWP

Lohmann, R. C. (2011). *Hoe krijg ik die boosheid onder controle?* Amsterdam: Nino

Lohmann, R. C. (2011). *Journal pour gérer ma colère*. Canada: Boîte à livres.

Lohmann, R. C. (2012). 분노 표현하기 교사 청소년 상담사 명상캠프 지도자 부모를 위한 지침서 위기의 청소년을 돕는 워크북 5. Seoul, Korea: Meditation Counseling Institute.

Lohmann, R.C. & Raja, S. (2017). *Dũng Cảm Lên Em - Sách Hướng Dẫn Vượt Qua Sang Chấn Xâm Hại Tình Dục Dành Cho Tuổi Teen*. Vietnam.

Lohmann, R.C. & Raja, S. (2016). *Genç Kızlar İçin Cinsel Travma Çalışma Kitabı: Cinsel Saldırı ve İstismarı Atlamada Bir Kılavuz*. Beyoğlu-İstanbul: Nobel Yaşam

Book Chapters

Espejo, R. (2015). *Sexting*. Farmington Hills, Michigan: Greenhaven Press, a part of Gale, Cengage Learning.

Scherer, L. (2015). *Cyberbullying*. Cyberbullying versus traditional bullying. Farmington Hills, Michigan: Greenhaven Press, a part of Gale, Cengage Learning.

Featured in Journals, Magazines and Newspapers

- Daly, B. (2013, September). Creating a safety 'net' for kids. *Chicago Tribune*. Retrieved from <http://www.chicagotribune.com/lifestyles/sc-fam-0903-internet-sense-20130903-story.html>.
- Fink, J. (2016). Defusing defiance in the classroom. *Scholastic Teacher Magazine*. Retrieved from <https://www.scholastic.com/teachers/articles/teaching-content/defusing-defiance-classroom/>
- Fradkin, C. (2019). Raychelle Cassada Lohmann: The anger workbook for teens (second edition). *Journal of Youth and Adolescence*, 1-4. doi.org/10.1007/s10964-019-01113-z
- Gregoire, C. (2014, February). From Gah! To ahh... How to deal with stress. *Scholastic Choices Magazine*, 29, 5, 10-13.
- Hawkins, R. (2017, September). Hurricane Harvey: How to begin recovery after tragedy. *Blackdoctor.org*. Retrieved from <https://blackdoctor.org/516145/hurricane-harvey-how-to-begin-recovery-after-tragedy/2/>
- Irvine, M. (2013, January). From pets to recess: High school stress relief. *Associated Press*.
- Lamphere, C. (2012, October). Experts: Cyberbullying no laughing matter. *Cadillac News*.
- Lohmann, R.C. (2016). Emotional health: 5 principles that matter for your child. *Roots of Action*. Retrieved from <https://www.rootsofaction.com/emotional-health-children/>.
- Lohmann, R.C. (2015, September). Foster good sibling relationships and they'll reap the rewards later in life. *Family Life Magazine, Belfast Telegraph Ireland*.
- Lohmann, R.C. (2016, July). Practical tips on how to avoid becoming a victim of trolls. *Complete Wellbeing, India*.
- Lohmann, R.C. (2016, September). Slay the first day. *Seventeen Magazine*, 119.
- Lohmann, R.C. (2014, February 17). What about those doing the bullying? They deserve our help, too. *Goodtherapy.org*, Retrieved from <https://www.goodtherapy.org/blog/what-about-those-doing-bullying-they-deserve-our-help-too-0217144>.

Featured in Journals, Magazines and Newspapers, con't

- Lowry, R. (2012, August). Teen rage: Mental disorder or psychological crisis. *Desert News*. Retrieved from <https://www.deseretnews.com/article/765599220/Teen-rage-mental-disorder-or-psychological-crisis.html>.
- Lutz, C. (2017, May 25). Why You Shouldn't Believe Everything You Read About Marijuana, Raychelle Lohmann Unravels Teen Drug Use. *Psyc2go.net*. Retrieved from <https://psych2go.net/shouldnt-believe-everything-read-marijuana-raychelle-lohmann-unravels-teen-drug-use/>
- Shallcross, L. (2011, September). Beyond the books. *Counseling Today*, 54, 3.
- Shallcross, L. (2013, February). Bully pulpit. *Counseling Today*, 26-34.
- Teen Safe (2016, August 15). Parents as digital role models for their children. *Teen Safe*. Retrieved from <https://www.teensafe.com/blog/parents-digital-role-models-children/>
- Tranell, K. (2016, January). How to fight fair. *Scholastic Choices Magazine*.

MEDIA AUDIO INTERVIEWS AND PODCASTS

- Cefalo, J. (2018, April). Too Much Homework. *IHeart Media*. Miami/Ft. Lauderdale, FL.
- Carp, D., & Thrasher, J. (2017). Martinis and Murder. Body in the Swamp. *Oxygen*. Retrieved from <https://player.fm/series/series-1454841/episode-15-body-in-the-swamp>
- Hall, B. (2012, July) "Sexting" trend highlights needs for laws to catch up with technology" *CNN*, online.
- Jones-Fosu, J. (2011, August) Listen Up Show. Teen Sexting. *Maryland's Public Radio Station WEAA 88.9 FM*.
- Kotove, S. (2012, July 31). The Texas Conflict Coach – The dangers of teen sexting. *The Texas Conflict Coach*. Retrieved from <http://www.blogtalkradio.com/texas-conflict-coach/2013/12/25/the-dangers-of-teen-sexting>
- Monaghan, S. (2018, May). Teens and Prom. *KYW Newsradio 1060*. Philadelphia, PA.
- Quarto, C. J. (2017, March 7). *Make a Mental Note. Women Survivors of Childhood Sexual Abuse*. Retrieved from <https://www.youtube.com/watch?v=43e4QBtjxnw>
- Skeen, M. (2012, July 31). Relationships 2.0 – Teen anger. *KCAA AM-1050 Radio*. Retrieved from <http://michelleskeen.com/blog/?p=223>

MEDIA AUDIO INTERVIEWS AND PODCASTS, con't

- Skeen, M. (2015, January 20). Relationships 2.0 – Teen anxiety. *KCAA AM-1050 Radio*. Retrieved from <http://www.michelleskeen.com/media-center/relationships-2-0-2015-q1/>
- Skeen, M. (2013, June 26). Relationships 2.0 – Teen bullying. *KCAA AM-1050 Radio*. Retrieved from https://us.ivoox.com/en/guest-raychelle-cassada-lohmann-and-julia-taylor-authors-audios-mp3_rf_7073774_1.html
- South Carolina Educational Television (2014). Career Aisle – Barriers to Career Decision-Making, Part One and Two. *Know It All SCETV*. Retrieved from Part One: <http://knowitall.scetv.org/careerisle/guidance/programs.cfm?programID=649>
Part Two: <http://knowitall.scetv.org/careerisle/guidance/programs.cfm?programID=699>
- WHHI Television (2010, November). Cyberbullying. Hilton Head Island, SC.
- WHHI Television (2011, January). Anger and Aggression. Hilton Head Island, SC.
- Williams, Z. (2011, June 16). Voice of Reason with Zo Williams – Anger. *Foxxhole Sirius-xm Satellite Radio*. Retrieved from <https://www.youtube.com/watch?v=jDtg6Y5yU3k>
- Wilson, M. (2011, June 16). *The Grass is Greener Bullying Summit*. Retrieved from <http://thegrassgetsgreener.com/bullying-survivors-virtual-summit/>

PROFESSIONAL PRESENTATIONS

Conference Presentations

- Lohmann, R.C. (2020, July-August). Learning Through Change: Indiana's Back to School Summit. *Indiana Youth Institute*. Virtual. (Keynote and Breakout sessions).
- Lohmann, R.C. (2020, July). Anger and Aggression Through a Multidimensional Lens. *American School Counseling Association*. Virtual.
- Lohmann, R.C. (2020, March). Teen Stress and Anxiety. *Indiana Youth Institute*. Virtual.
- Lohmann, R.C. (2020, February). Youth Anger Regulation & Aggression Reduction (ARAR). *North Carolina Counseling Association*. Charlotte, NC.
- Lohmann, R.C. (2015, November). Teen Anxiety. *Kentucky Counselors Association*. Louisville, KY.

PROFESSIONAL PRESENTATIONS, con't

- Lohmann, R.C. (2015, November). Teen Sexual Trauma. *Kentucky Counselors Association*. Louisville, KY.
- Lohmann, R.C. (2015, February). *North Carolina Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2014, July). Developing a Comprehensive School Bullying Action Plan. *American School Counselors Association*. Orlando, FL.
- Lohmann, R.C. (2014, March). Teen Suicide and Self-harm. *Kentucky School Counselors Association*. Lexington, KY.
- Lohmann, R.C. (2014, February). Breaking the Silence on Teen Suicide. *South Carolina Counselor Association*. Myrtle Beach, SC.
- Lohmann, R.C. (2013, October). Violence in the Community. *Hilton Head Island Women's Association*. Hilton Head Island, SC.
- Lohmann, R.C. (2013, October). *C3 Career Conference*. Hilton Head Island, SC.
- Lohmann, R.C. (2013, July). Adolescent Anger. *American School Counselors Association*. Philadelphia, PA.
- Lohmann, R.C. (2013, February). *South Carolina Counselors Association*. Hilton Head Island, SC.
- Lohmann, R.C. (2011, June). Understanding and Identifying the Barriers of Career Decision Making. *SC Business Summit*. Greenville, SC.
- Lohmann, R.C. (2011, March). Teen anger: A comprehensive approach to teaching teens to control their anger. Poster Session. *National Youth at Risk Conference*. Savannah, GA.
- Lohmann, R.C. (2011, February). Adolescent Anger. *South Carolina Counselors Association*. Myrtle Beach, SC.
- Lohmann, R.C. (2012, November). *North Carolina School Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2010, December). Working with Angry Youth. *Beaufort County School Counselors*. Beaufort, SC.
- Lohmann, R.C. (2010, March). Teen anger: A comprehensive approach to teaching teens to control their anger. Poster Session. *National Youth at Risk Conference*. Savannah, GA.

PROFESSIONAL PRESENTATIONS, con't

Lohmann, R.C. (2010, February). *South Carolina Counselors Association*. Charleston, SC.

Lohmann, R.C. (2010, November). *South Carolina School Counselors Association*.
Greensboro, NC.

Lohmann, R.C. (2010, November). *North Carolina School Counselors Association*.
Greensboro, NC.

Lohmann, R.C. (2009, November). *South Carolina School Counselors Association*.
Columbia, SC.

Conference Guest Speaker

Lohmann, R.C. (2020, August). Indiana Youth Institute Learning through Change: Indiana's
Back to School Summit August 2020. Virtual. Keynote Speaker.

Lohmann, R.C. (2020, March). Indiana Youth Institute More than Their Scores: Tackling
Test Anxiety with Our Youth. Virtual. Keynote Speaker.

Lohmann, R.C. (2015, November). Helping Clients by Going Back to Basics. *Kentucky
Counselors Association*. Louisville, KY. Keynote Speaker.

Lohmann, R.C. (2015, March). From Stress to Rest. *NC School Social Workers Association*.
Charlotte, NC. Keynote Speaker.

Lohmann, R.C. (2014, March). The World of Bullying. *Kentucky School Counselors
Association*. Lexington, KY. Closing Conference Speaker.

Lohmann, R.C. (2011, June). Identifying and Understanding the Importance of Career
Decision Making. *SC Business Summit*. Greenville, SC. Division Designee Speaker.

Webinars

Lohmann, R.C. (2019, January). Bullying in the Digital Age. *Allianz Global Investor's
Parenting Group*.

Lohmann, R.C. (2018, May). Overcoming stress and anxiety: How social and emotional
resilience helps students' long-term success. *Indiana Youth Institute*. Retrieved
from [https://www.iyi.org/professional-development/webinars/webinar-overcoming-
stress-and-anxiety-how-social-and-emotional-resilience-helps-students-long-term-
success](https://www.iyi.org/professional-development/webinars/webinar-overcoming-stress-and-anxiety-how-social-and-emotional-resilience-helps-students-long-term-success)

Lohmann, R.C. (2014, March). What about those doing the bullying? They deserve our help, too. *Goodtherapy.org*, Retrieved from <https://www.goodtherapy.org/blog/what-about-those-doing-bullying-they-deserve-our-help-too-0217144>

Workshops

Lohmann, R.C. (2018, April). Adolescent Anxiety. *North Carolina School Counselor Association Regional Conference*, Raleigh, NC. Two-hour training.

Lohmann, R.C. (2018, February). Teen Anxiety and Stress. *Wake County Public School System*. Raleigh, NC. Two-hour training.

Lohmann, R.C. (2015, November). Inside the World of Bullying. *Kentucky Counselors Association*. Lexington, KY. Pre-conference workshop full-day workshop.

Lohmann, R.C. (2015, June). Teen Suicide Part II. *NC and SC Naval ROTC Instructors*. Shaw Air Force Base, Sumner, S.C. Half day training.

Lohmann, R.C. (2014, June). Teen Suicide Part I. *NC and SC Naval ROTC Instructors*. Shaw Air Force Base, Sumner, S.C. Half day training.

Lohmann, R.C. (2014, February). Bullying Prevention in Schools. *South Carolina Counselor Association*. Myrtle Beach, SC; Half day training.

Lohmann, R.C. (2013, August). Anti-bullying School Action Plan Development. *Dorchester Two School District*. Summerville, SC. Half day training.

Lohmann, R.C. (2013, July). Adolescent Anger Management Training. *Erie School District*. Erie, PA. Full-day training.

Lohmann, R.C. (2013, March). Pre-conference *South Carolina Counselors Association*. Hilton Head Island, SC.

Lohmann, R.C. (2012, March). Understanding Your Teen. *Parent University* Hilton Head Island High School, SC.

Lohmann, R.C. (2012, January). Anti-Bullying Strategic Planning Student Summit. *Beaufort County School District*. Beaufort, SC; Full-day training.

Lohmann, R.C. (2011, November). Working with Angry Students. *SC Counselors Regional Counselors Conference*, Greenwood, S.C.

UPCOMING EVENTS

In press

Lohmann, R.C. (in press). 15-Minute Focus: Anger, Rage, and Aggression. *National Center for Youth Issues*. Chattanooga, TN.

Conferences

Lohmann, R.C. (2021, November). Anger and Culture. Charlotte, NC.

Lohmann, R.C. (2021, October). Youth Resilience. Augusta, GA.

Lohmann, R.C. (2021, September). Meeting Your Child's Social and Emotional Needs: Building Resilience During Stressful Times

Lohmann, R.C. (2021, November). Working with Angry Students. *SC Counselors Regional Counselors Conference*, Greenwood, S.C.

Lohmann, R.C. (2021, November). Working with Angry Students. *SC Counselors Regional Counselors Conference*, Greenwood, S.C.

PROFESSIONAL MEMBERSHIPS

American Counseling Association

American School Counselor Association

Association for Counselor Education and Supervision

Chi Sigma Iota, Nu Sigma Chi Chapter

National Career Development Association

North Carolina Counselor Association

North Carolina School Counselor Association

RESEARCH INTERESTS

Adolescent Anger and Aggression

Child and Adolescent Technological Use

Child Sexual Trauma

Decision-Making Processes

Efficacy of Education Practices on Student Well-being

Mindfulness and Anxiety

Schemas, Memories and Cognitive Processes