

**G. E. KAWIKA ALLEN, Ph.D.**

Assistant Professor  
 Counseling Psychology and Special Education  
 Brigham Young University

**CONTACT INFORMATION**

Brigham Young University  
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<http://education.byu.edu/kawikaallen>

**EDUCATION**

- Ph.D. 2011      **University of Missouri**, Columbia, MO  
 Counseling Psychology (Top-ranked APA accredited doctorate program)  
 Advisor and Dissertation Chair: P. Paul Heppner, Ph.D.  
 Dissertation Title: *Religiosity, coping, and psychological well-being among LDS Polynesians in the U.S.*
- 2010 - 2011      **Duke University**, Durham, NC  
 Pre-doctoral Psychology Clinical Intern  
 Counseling and Psychological Services (CAPS)  
 Division of Student Affairs  
 APA-Accredited Pre-doctoral Psychology Clinical Internship  
 Clinical Supervisor: Gary Glass, Ph.D., Licensed Psychologist
- M.S. 2005      **University of Utah**, Salt Lake City, UT  
 Educational/Counseling Psychology  
 Advisor and Masters Chair: Carla J. Reyes, Ph.D.  
 Thesis Title: *Biracial identity development: A multivariate profile analysis and theoretical formulation of racial identity among biracial Polynesian/Caucasian individuals*
- B.A. 1999      **University of Utah**, Salt Lake City, UT  
 Speech/Organizational Communication  
 Minor: Spanish (moderately fluent)

**EMPLOYMENT**

- 2013 - present      **Brigham Young University**  
 Assistant Professor  
 Department of Counseling Psychology and Special Education (CPSE)
- Taught masters and doctoral students (high student ratings)
  - Supervised and mentored over 25 masters and doctoral students

- Chaired master's theses and doctoral dissertation committees
- Supervised doctoral students' clinical hours
- Served on department and college committees
- Created and developed a pioneering research area and team of Polynesian Psychology Research
- Founded and created a prospective graduate student conference for Pacific Islander undergraduate students at BYU

2011 - 2013

**Southern Utah University**

Assistant Professor

Counseling and Psychological Services

- Led a research team of undergraduate students
- Taught various undergraduate psychology courses (high student ratings)
- Chaired and served on department committees

2010 - 2011

**Duke University**

Clinical Psychology Intern

Counseling and Psychological Services (CAPS)

APA-accredited Pre-doctoral Psychology Internship

- Conducted individual and couples counseling
- Taught psychoeducational workshops across campus
- Co-facilitated process groups

**AWARDS AND HONORS**

04/2019

**Research Financial Honorarium Award**

Awarded financial honorarium from the Department of Psychology, University of Hawai'i at Manoa as an invited Diversity Colloquium Series Speaker, Honolulu, HI

02/2019

**APA Leadership Position Nomination**

American Psychological Association (APA)

Division 45: Society for the Psychological Study of Culture, Ethnicity, and Race

Secretary-Elect 2020

03/2018

**Faculty Mentor Award**

McKay School of Education, BYU

Financial honorarium for mentoring doctoral student (Jason Lefrandt) research

03/2016

**Faculty Mentor Award**

McKay School of Education, BYU

Financial honorarium for mentoring doctoral student (Davis Kane) research

10/2015

**High Quality Research Recognition**

Featured on YNews, BYU Magazine, Deseret News, and LDSliving for research related to LDS individuals, biracial identity experience, perfectionism, spirituality, and psychological well-being.

- 04/2013      **News Interview**  
Interviewed by PolyOne Media for research related to perfectionism, spirituality, mental health, and well-being
- 08/2012      **Research Media Coverage**  
Paper selected at the 2012 APA Convention to receive news attention  
**Allen, G. E. K.**, Wang, K., Reid, D., Fortenberry, H., Kelly, A., Orton, K., Baruffi, S., & Coker, K. (2012). *Examining aspects of religiosity, perfectionism, scrupulosity, and well-being among Mormons*. Poster presented at the American Psychological Association (APA) Convention, Division: 36 poster session, Orlando, FL.
- 03/2012      **Professor of the Year (nominated)**  
Southern Utah University  
Nominated for a Thunderbird Award by colleagues/students as a worthy candidate for the *Professor of the Year Award* in the **first year** as a faculty member at SUU.
- 04/2011      **Research Recognition Award**  
**Allen, G. E. K.** (2011). *American Polynesians and Psychological Well-being*. Poster Presented in the Georgia Psychology Association Annual Meeting, Atlanta, GA.
- 02/2011      **Research Recognition Award**  
Awarded financial honorarium for *Dissertation Research* from The 28th Annual Teacher College Winter Roundtable on Cultural Psychology and Education, 2011, Columbia University, NY, NY.  
  
Dissertation:  
**Allen, G. E. K.** (2011). *Religiosity, coping, and psychological well-being among LDS Polynesians in the U.S.* University of Missouri, ESCP, Columbia, MO.
- 05/2008      **High Flyer Teaching Award**  
Course Instructor  
University of Missouri, College of Education
- 08/2004      **Outstanding Student Research Award**  
Received a financial honorarium award for *Master's Thesis Research* from 2004 APA Annual Convention, Division 17, Society of Counseling Psychology CCPTP-SAG and Section on Ethnic and Racial Diversity (SERD)  
  
Master's Thesis:  
**Allen, G. E. K.** (2005). *Biracial identity development: A multivariate profile analysis and theoretical formulation of racial identity among biracial Polynesian/Caucasian individuals*. University of Utah, Department of Educational Psychology, Salt Lake City, UT

**PEER-REVIEWED JOURNAL ARTICLES**

\*Student-led or co-authored

17. **Allen, G. E. K.**, Wang, K., Richards, P. S., \*Ming, M. & \*Suh, H. N. (2018). Religious discrimination scale: Development and initial psychometric evaluation. *Journal of Religion and Health*.
16. Wang, K. T., **Allen, G. E. K.**, \*Stokes, H., & \*Suh, H. N. (2017). Perfectionism in religion: Perceived Perfectionism from God Scale. *Journal of Religion and Health*.
15. **Allen, G. E. K.**, Conklin, H., & \*Kane, D. (2017). Racial discrimination and psychological health among Polynesians in the U.S. *Cultural Diversity and Ethnic Minority Psychology*, 23 (3), 416-424.
14. \*Li, Z., Heath, M. A., Jackson, A. P., **Allen, G. E. K.**, Fischer, L., & Chan, P. (2017). Acculturation experiences of Chinese international students who attend American universities. *Professional Psychology: Research and Practice*, 48(1), 11.
13. **Allen, G. E. K.**, Cox, J., Smith, T. B., Griner, D., Beecher, M., \*Hafoka, O. (2016). Psychotherapy utilization and presenting concerns among Polynesian American college students. *The Counseling Psychologist*, 44 (1), 28-49.
12. **Allen, G. E. K.**, Kim, B. S. K., Smith, T. B., \*Hafoka, O. (2016). Counseling attitudes and stigma among Polynesian Americans. *The Counseling Psychologist*, 44 (1), 6-27.
11. \*Lea, T., Richards, P. S., \*Sanders, P. W., \*McBride, J. A., & **Allen, G. E. K.** (2015). Spiritual pathways to healing and recovery: An intensive single-N study of an eating disorder patient. *Spirituality in Clinical Practice*, 2(3), 191.
10. Richards, P. S., \*Sanders, P. W., \*Lea, T., \*McBride, J. A., & **Allen, G. E. K.** (2015). Bringing spiritually oriented psychotherapies into the health care mainstream: A call for worldwide collaboration. *Spirituality in Clinical Practice*, 2(3), 169.
9. \*Sanders, P. W., **Allen, G. E. K.**, Fischer, L., Richards, P. S., \*Morgan, D. T., & \*Potts, R. W. (2015). Intrinsic religiousness and spirituality as predictors of mental health and positive psychological functioning in Latter-day Saint adolescents and young adults. *Journal of Religion and Health*, 54(3), 871-887.
8. **Allen, G. E. K.**, Wang, K., & \*Stokes, H. (2015). Examining legalism, scrupulosity, family perfectionism and psychological adjustment among LDS individuals. *Mental Health, Religion & Culture*.
7. **Allen, G. E. K.**, & Smith, T. (2015). Collectivistic coping strategies for distress among Polynesian Americans. *Psychological Services*, 12, 3, 322–329.
6. **Allen, G. E. K.** & Hill, C. (2014). Exploring perceived attitudes of counseling between LDS religious leaders and mental health therapists. *Issues in Religion and Psychotherapy*, 36, 1, 71-82.

5. **Allen, G. E. K.** & Wang, K. (2014). Examining aspects of religiosity, perfectionism, scrupulosity, and well-being among LDS individuals. *Psychology of Religion and Spirituality*, 6, 3, 257-264.
4. **Allen, G. E. K.**, \*Garriott, P. O., Reyes, C. J. & \*Hsieh, C. (2014). Racial identity, phenotype, and self-esteem among biracial Polynesian/White individuals. *Family Relations*, 62, 82-91.
3. \***Allen, G. E. K.** & Heppner, P. P. (2011). Religiosity, coping, and psychological well-being among Latter-Day Saint Polynesians in the U.S. *Asian American Journal of Psychology*, 2, 1, 13-24.
2. \*Chaichanasakul, A., \*He, Y., \*Khairallah, T., \*Chen, H, \***Allen, G. E. K.**, & \*Ramos, K. (2011). Journal of Career Development: A citation analysis. *Journal of Career Development*.
1. \*Chaichanasakul, A., \*He, Y., \*Chen, H. A., \***Allen, G. E. K.**, \*Khairallah, T. & \*Ramos, K. (2010). Journal of Career Development: A 36-year content analysis (1972-2007). *Journal of Career Development*.

## BOOK CHAPTERS

\*Student-led or co-authored

2. **Allen, G. E. K.**, Richards, P. S., & \*Lea, T. (2017). *Spiritually oriented psychotherapy for trauma and meaning-making among ethnically diverse individuals in the United States*. Elsevier Publication, Inc.
1. Schramm, D. G., & **Allen, G. E. K.** (2014). Divorce and religion. In L. Ganong, M. Coleman, & G. J. Geoffrey (Eds.), *The Social History of the American Family*. Thousand Oaks, CA: SAGE Publications, Inc.

## Revise and Resubmit

\*Cline, J., Larsen, R., Griner, D., **Allen, G. E. K.**, Lee, Chien-Ti., Worthen, V. (2018). Mood outcomes across ethnoracial groups. *Cultural Diversity and Ethnic Minority Psychology*.

## Under Review

**Allen, G. E. K.**, \*Hyde, S., \*Bozzelli, A., \*Rodgers, G. & \*Sagebin, F. (2018). Religiosity, perceived religious oppression, self-esteem, depression, and life satisfaction among LDS women.

\*Jessica Kirchhoefer, J., Beecher, M. E., Griner, D., Fischer, L., Smith, T.B., **Allen, G. E. K.**, & Cox, J. (2018). Utilization trends among Latino-American and international Latino students in a counseling center. *Cultural Diversity and Ethnic Minority Psychology*.

## Works in Progress

- Allen, G. E. K.** (2019). Investigating intolerance of uncertainty, maladaptive perfectionism, cognitive dissonance, and anxiety among highly religious people.
- Allen, G. E. K.** (2019). Examining maladaptive perfectionism, self-forgiveness, avoidance to God, intrinsic spirituality, and psychological outcomes.
- Allen, G. E. K.** (2019). Psychotherapy expectations among Polynesian Americans.
- \*Lefrandt, J. & **Allen, G. E. K.** (2019). Examining Native Hawaiian and Pacific Islander college student's alcohol use across racial groups.
- Allen, G. E. K.** (2019). Measuring the efficacy of culturally-specific psychotherapeutic interventions for Polynesian Americans.
- \*Kane, D. & **Allen, G. E. K.** (2019). Examining religious commitment, ethnic identity, forgiveness, gratitude, and satisfaction with life among LDS Polynesian Americans.
- \*Gancinia, A. & **Allen, G. E. K.** (2019). Humor as an intervention strategy in psychotherapy with Polynesian Americans.
- \*Aiono, M., **Allen, G. E. K.**, Nelson, L., & Heath, M. (2019). Psychological Well-Being Among Latter-day Saint Polynesian American Emerging Adults.

#### NON-REFEREED PUBLICATIONS

- Allen, G. E. K.** & Wang, K. G. (2015). *LDS Perfectionism: Research Reveals Pros & Cons*. Mormon Church: Members Sharing Beliefs. <http://www.ldsliving.com/LDS-Perfectionism-Research-Reveals-Pros-Cons/s/77977>
- Allen, G. E. K.** & Wang, K. G. (2015). *The Imperfectly Happy Family*. <https://magazine.byu.edu/article/the-imperfectly-happy-family/>
- Allen, G. E. K.** & Wang, K. G. (2015). *The Pros and Cons of LDS Perfectionism*. <https://mormonchurch.com/5077/pros-cons-lds-perfectionism>
- Allen, G. E. K.**, \*Garriott, P. O., Reyes, C. J. & \*Hsieh, C. (2013). *Racial identity, phenotype, and self-esteem among biracial Polynesian/White individuals*. Mixed Race Studies: Scholarly Perspectives on the Mixed Race Experience. <http://www.mixedracestudies.org/?tag=g-e-kawika-allen>
- Allen, G. E. K.**, \*Garriott, P. O., Reyes, C. J. & \*Hsieh, C. (2005). "Biracial Utahns Seeking Identity." Deseret News, Utah. <https://www.deseretnews.com/article/600118067/Biracial-Utahns-seeking-identity.html>

#### GRANTS AWARDED

**\$3,942,648** total in grants awarded to date

2018            **Mentoring Environment Grant (MEG)**  
Principal Investigator

Spiritual, Cultural, Indigenous Ways of Healing in Psychotherapy in  
American Samoa and New Zealand  
**\$20,000**

- 2017 **John Templeton Foundation Grant**  
Co-Principal Investigator and Co-Director with Principal Investigator P. Scott Richards, Ph.D.  
Bringing Spiritually Oriented Psychotherapies into the Healthcare Mainstream.  
**\$3,572,011** between 3/2017-3/2020
- 2016 **Polynesian American Psychological Well-being and Adjustment**  
Principal Investigator  
McKay School of Education Research Grant  
**\$26,272**
- 2016 **Mentoring Environment Grant (MEG)**  
Co-PI with P. Scott Richards, Ph.D.  
Psychology, Religion, and Spirituality  
**\$20,000**
- 2014 **John Templeton Foundation Grant**  
Co-Principal Investigator and Co-Director with Principal Investigator P. Scott Richards, Ph.D.  
Bringing Spiritually Oriented Psychotherapies into the Healthcare Mainstream: A Preparatory Grant Proposal for an International Grant Competition  
**\$207,460**
- 2014 **Religious Commitment and Well-being among Diverse Religious Individuals across the U.S.**  
McKay School of Education Research Grant  
Principal Investigator  
**\$13,153**
- 2014 **Psychological Well-Being among Polynesian Americans**  
McKay School of Education Research Grant  
Principal Investigator  
**\$22,190**
- 2013 **Bridges--A Research-Practice Network for Spiritually Oriented Psychotherapies**  
David O. McKay School of Education: Research Cluster Funding  
Co-Principal Investigator  
**\$60,000**
- 2012 **Faculty Scholarly and Development Support Fund**  
Southern Utah University  
Office of the Provost  
**\$1,562.00**

**REFEREED PRESENTATIONS**

\*Student-led or co-authored

\*Gancinia, A., \*Lefrandt, J., \*Cline, J., B., \*Kane, D., Conklin, H., **Allen, G. E. K.** (2018). *The impact of humor on help seeking, depression, anxiety, and stress among Polynesian Americans*. Poster presented at the 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

Conklin, H., **Allen, G. E. K.**, & \*Hafoka, O. (2018). *Culturally modified approaches considered helpful to Polynesians*. Poster presented at the 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

\*Lefrandt, J., \*Cline, J., B., \*Gancinia, A., \*Kane, D., **Allen, G. E. K.** (2018). *Comparing Native Hawaiian college student's alcohol use*. Poster presented at the 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

\*Kane, D. K., **Allen, G. E. K.**, Griner, D., Beecher, M., Cox, J., \*Cline, J., \*Scott, L., \*Gancinia, A. (2018). *Factor analysis of the Religious Commitment Inventory with a Polynesian American sample*. Poster presented at the 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

\*Cline, J. I., Larsen, R., Griner, D., Beecher, M. E., **Allen, G. E. K.**, \*Lefrandt, J. B., \*Gancinia, A., \*Kane, D. (2018). *Ethnoracial comparisons in anxiety and depression outcomes among Native Hawaiian and Pacific Islander college students*. Poster presented at the 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

\*Cline, J., \*Lefrandt, J., \*Gancinia, A., \*Kane, D., Larsen, R., & **Allen, G. E. K.** (2017). *Anxiety, depression, and the role of spirituality and religiosity among Native Hawaiians and Pacific Islander college students*. Poster presented at the 2017 APA Convention, Washington, DC, Div. 17, CCPTP-SAG for SERD (Section on Ethnic and Racial Diversity).

\*Gancinia, A., \*Kane, D., \*Lefrandt, J., \*Cline, J., Tenney, S. & **Allen, G. E. K.** & (2017). *Humor: A culturally adaptive intervention for Polynesians*. Poster presented at the 2017 APA Convention, Washington, DC, Div. 45.

\*Lefrandt, J., **Allen, G. E. K.**, \*Cline, J., \*Gancinia, A., & \*Kane, D. (2017). *Exploring Native Hawaiian and Pacific Islander college student alcohol use*. Poster presented at the 2017 APA Convention, Washington, DC, Div. 45.

\*Cline, J., \*Lefrandt, J., \*Gancinia, A., \*Kane, D., Larsen, R., **Allen, G. E. K.** (2017). *Anxiety, depression, and the role of spirituality and religiosity among Native Hawaiians and Pacific Islander college students*. Poster presented at the 2017 APA Convention, Washington, DC, Div. 45.

\*Kane, D., **Allen, G. E. K.**, \*Gancinia, A., \*Lefrandt, J., \*Cline, J. (2017). *Psychotherapy expectations and intentions among Polynesian Americans*. Poster presented at the 2017



APA Convention, Washington, DC, Div. 45.

- \*Rasmus, M. E., \*Paul, Y., **Allen, G. E. K.**, & Wang, K. (2017). *Perfect believer concepts and psychological well being among Latter-day Saints*. Poster presented at the 2017 APA Convention, Washington, DC, Div. 36.
- \*Kirchhoefer, J., Beecher, M. E., Griner, D., **Allen, G. E. K.**, Fischer, L., Smith, T.B. & Cox, J. (2016). *Psychotherapy Utilization Trends Among Latino Student Subgroups in a University Counseling Center*. Poster presented at the National Latino Psychological Association, Orlando, FL.
- Conklin, H., \*Hafoka, O. \*Kane, D. & **Allen, G. E. K.** (2016). *Counseling stigma and coping styles among Polynesians living in the U.S.* Poster presented at the 2016 AAPA Convention, Denver, CO.
- \*Hafoka, O. & **Allen, G. E. K.** (2016). *Psychological wellbeing among Tongan Americans*. Poster presented at the 2016 APA Convention, Denver, CO.
- \*Mok, K. Y. D., \*Rhees, N., Cox, J. & **Allen, G. E. K.** (2016). *After political violence: Psychological adjustment among adolescents and young adults in Hong Kong*. Poster presented at the 2016 APA Convention, Div. 56, Denver, CO.
- \*Mok, K. Y. D., \*Rhees, N., Cox, J. & **Allen, G. E. K.** (2016). *Modern-day slavery: Employment experience and psychological wellbeing of foreign domestic helpers in Hong Kong*. Poster presented at the 2016 APA Convention, Div. 35, Denver, CO.
- Allen, G. E. K.**, Conklin, H., \*Hafoka, O. & \*Kane, D. (2016). *Polynesian American psychology research: The pitfalls of ethnic lumping in research*. Symposium presented at the 2016 APA Convention, Denver, CO.
- \*Kane, D. K. & **Allen, G. E. K.** (2016). *Gratitude and forgiveness: Relational character strengths as predictors of well-being in Polynesians*. Poster presented at the 2016 APA Convention, Div. 45 poster session, Denver, CO.
- Allen, G. E. K.** & \*Kane, D. K. (2016). *Psychotherapy utilization and presenting concerns among Polynesian American students in a university counseling center*. Poster presented at the 47<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.
- \*Sanders, P., \*McBride, J., Richards, P. S., & **Allen, G. E. K.**, (2016). *Bridging the research-practice gap with a clinically adaptive internet-based outcome system*. Panel presentation at the 47<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.
- Richards, P. S., **Allen, G. E. K.**, \*McBride, J., & \*Sanders, P. (2016). *Bringing spiritually oriented psychotherapies into the health care mainstream: A call for worldwide collaboration*. Panel presentation at the 47<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.
- \*Kane, D. K. & **Allen, G. E. K.** (2016). *Self-stigma associated with seeking*

- psychological help, self-esteem, and the buffering effect of gratitude in Polynesian Americans.* Poster presented at the 28th Annual Association for Psychological Science (APS) Convention in Chicago, IL.
- \*Kane, D. K. & **Allen, G. E. K.** (2016). *Spirituality, gratitude, and forgiveness: Predictors of well-being in Polynesian Americans.* Poster presented at the 2016 APA Division 36 Midyear Conference, Brooklyn, NY.
- Wang, K. T., \*Jacques, K. E., \*Schuberg, M. I., & **Allen, G. E. K.** (2016). *What Does Being Religiously Perfect Mean?* Poster presentation at the Christian Association for Psychological Studies (CAPS) Annual Conference: Los Angeles, CA.
- Allen, G. E. K.** (2015). *Spiritually-oriented psychotherapies for trauma and meaning for ethnically diverse individuals in the U.S.* Panel presentation given at the 2015 World Congress of Families IX, Salt Lake City, UT.
- Wang, K. T., **Allen, G. E. K.**, \*Stokes, H., & \*Suh, H. N. (2015). *Perceived perfectionism from God scale: Development and psychometric evaluation.* Poster presented at 2015 APA Convention, Div. 36 poster session, Toronto, CAN.
- Allen, G. E. K.**, Wang, K. T., & \*Stokes, H. (2015). *Examining legalism, scrupulosity, family perfectionism, and psychological adjustment among LDS individuals.* Poster presented at 2015 APA Convention, Div. 36 poster session, Toronto, CAN.
- \*Mok, K. Y. D., Griner, D., Cox, J., Beecher, M., \*Aiono, M., Conklin, H., \*Hafoka, O., & **Allen, G. E. K.** (2015). *Family concerns, student concerns, and therapy outcome differences of Asian International and European American students.* Poster presented at 2015 APA Convention, Div. 45 poster session, Toronto, CAN.
- \*Mok, K. Y. D., Griner, D., Cox, J., Beecher, M., \*Aiono, M., Conklin, H., \*Hafoka, O., & **Allen, G. E. K.** (2015). *Family concerns, student concerns, and therapy outcome differences of Asian International and European American female students.* Poster presented at 2015 APA Convention, Div. 35 poster session, Toronto, CAN.
- \*Mok, K. Y. D., Griner, D., Cox, J., Beecher, M., \*Aiono, M., Conklin, H., \*Hafoka, O., & **Allen, G. E. K.** (2015). *Family concerns, student concerns, and therapy outcome differences of Asian International and European American female students.* Poster presented at 2015 AAPA Convention, Toronto, CAN.
- Conklin, H., \*Hafoka, O., \*Mok, K. Y. D., \*Aiono, M., \*Wright, D., Griner, D., Cox, J., Beecher, M., & **Allen, G. E. K.** (2015). *Discrimination and well-being among Polynesian Americans: Roles of anger and self-esteem.* Poster presented at 2015 APA Convention, Div. 45 poster session, Toronto, CAN.
- Conklin, H., \*Hafoka, O., \*Mok, K. Y. D., \*Aiono, M., \*Wright, D., Griner, D., Cox, J., Beecher, M., & **Allen, G. E. K.** (2015). *Discrimination and well-being among Polynesian Americans: Roles of anger and self-esteem.* Poster presented at 2015 AAPA Convention, Toronto, CAN.

- Wang, K. T., **Allen, G. E. K.**, \*Stokes, H., & \*Suh, H. N. (2015). *Perfectionism & religion: Different perspectives and scale development*. Paper presentation at the 9th Annual Psychology of Religion Conference: Beijing, China.
- \*Aiono, M., & **Allen, G. E. K.** (2015). *Psychological Well-Being Among Polynesian American Emerging Adults*. Presented at the Spring 2015 27th Annual Association for Psychological Science Conference, New York City, NY.
- \*Mok, K. Y. D., Griner, D., Cox, J., Beecher, M., \*Aiono, M., Conklin, H., \*Hafoka, O., **Allen, G. E. K.** (2015). *Presenting concerns and therapy outcome of Asian International and European American female students*. Poster presented at the 2015 APS Convention, New York, NY.
- \*Mok, K. Y. D., Griner, D., Cox, J., Beecher, M., \*Aiono, M., Conklin, H., \*Hafoka, O., **Allen, G. E. K.** (2015). *Presenting concerns and therapy outcome of Asian International and European American students*. Poster presented at the 2015 APS Convention, New York, NY.
- \*Aiono, M., \*Hafoka, O., \*Mok, K. Y. D., \*Ripplinger, C., \*Scalese, A., **Allen, G. E. K.** (2015). *Examining religiosity and well-being among Polynesian Americans*. Poster presented at the 2015 APA Division 36 Midyear Conference: Psychology of Religion and Spirituality, Provo, UT.
- \*Cançado, R., \*McDonald, A., \*Sanders, P., **Allen, G. E. K.**, Judd, D., Richards, P.S., (2015). *Relationships among spirituality, mental health, and psychosocial functioning: An exploratory investigation in a young adult sample*. Paper presented at the 2015 APA Division 36 Midyear Conference: Psychology of Religion and Spirituality, Provo, UT.
- Griner, D., Conklin, H., \*Hafoka, O., \*Keung, S., \*Wright, D., Beecher, M., Cox, J., & **Allen, G. E. K.**, (2014). *“What ails?” A study of Polynesian American student concerns*. Poster at the American Psychological Association (APA) Convention, Washington, D.C.
- Allen, G. E. K.**, Conklin, H., \*Hafoka, O., Griner, D., \*Wright, D., \*Keung, S., & Beecher, M. (2014). *Collectivistic coping strategies for distress among Polynesian Americans*. Poster at the Asian American Psychological Association (AAPA) Convention, Washington, D.C.
- Allen, G. E. K.**, Hill, C., \*Sauceda, M., \*Hyde, S., \*Kelly, A., \*Rodgers, G., \*McDonald, A., \*Fortenberry, H. & \*Baruffi, S. (2013). *Examining perceptions of counseling between LDS religious leaders and mental health therapists*. Poster at the American Psychological Association (APA) Convention, Division: 36 - poster session, Honolulu, HI.
- Allen, G. E. K.**, Wang, K., \*Reid, D., \*Fortenberry, H., \*Kelly, A., \*Orton, K., \*Baruffi, S., & \*Coker, K. (2012). *Examining aspects of religiosity, perfectionism, scrupulosity, and well-being among Mormons*. Poster presented at the American Psychological Association (APA) Convention, Division: 36 poster session, Orlando, FL.

- Allen, G. E. K.** (2012). *Mormon Pacific Islanders: Religiosity, acculturation, coping, and well-being among immigrant Polynesians*. Paper presented at the Rocky Mountain Psychological Association Convention, Reno, NV.
- Allen, G. E. K., \*Reid, D., \*Fortenberry, H., \*Kelly, A., \*Orton, K., \*Baruffi, S., & \*Coker, K.** (2012). *Examining aspects of religiosity, perfectionism, scrupulosity, and psychological well-being among LDS individuals*. Poster presented at the Rocky Mountain Psychological Association Convention, Reno, NV.
- Allen, G. E. K., \*Reid, D., \*Rodgers, G., \*Hyde, S., & \*Bozelli, A.** (2012). *Exploring the impact of religiosity, religious oppression, self-esteem, and life satisfaction among Mormon women*. Paper presented at the Rocky Mountain Psychological Association Convention, Reno, NV.
- Allen, G. E. K.,** (2012). *Mormon Pacific Islanders: Religiosity, acculturation, coping, and psychological well-being among immigrant Polynesians*. Paper Presented at the Meeting of the Society for Cross-Cultural Research, Las Vegas, NV.
- Allen, G. E. K.** (2012). *Pacific Islander Identity Development: A multivariate profile analysis of Biracial Polynesian/White individuals*. Paper Presented at the Meeting of the Society for Cross-Cultural Research, Las Vegas, NV.
- Allen, G. E. K.,** (2011). *American Polynesians and psychological well-being*. Poster Presented in the Georgia Psychology Association Annual Meeting, Atlanta, GA.
- Allen, G. E. K.,** (2011). *Religiosity, coping, and psychological well-being among LDS Polynesians*. Poster Presented in Division 17 Session on Counseling Process Outcome and Training and Supervision at the American Psychological Association 2011 Annual Convention, Washington, DC.
- Allen, G. E. K.,** (2011). *Psychological well-being among LDS Polynesians in the Midwest*. Poster Presented at the 9<sup>th</sup> Annual Mid-Year Conference on Religion and Spirituality at Loyola Columbia Graduate Center in Columbia, MD.
- Allen, G. E. K.,** (2011). *Religiosity, collectivistic coping, self-acceptance, and purpose in life among Polynesians in the U.S.* Poster Presented at the Winter Roundtable Conference, Teachers College, Columbia University. New York, NY.
- Allen, G. E. K.,** (2010). *Religiosity, coping, and psychological well-being among LDS Polynesians*. Poster Presented at the Asian American Psychological Association 2010 Annual Convention, San Diego, CA.

- Allen, G. E. K.,** Reyes, C. J., \*Garriott, P.O., \*Hsieh, C. (2009). *Racial identity, phenotype, and self-esteem among biracial Polynesian/White individuals*. Poster presented at the 2009 National Multicultural Conference and Summit, New Orleans, LA.
- \*Garriott, P. O., \*Chaichanasakul, A., \***Allen, G. E. K.**, \*He, Y., Mobley, M., & \*Khairallah, T. (2009). *Racial/ethnic minority and international counseling trainees' experiences in multicultural training: A phenomenological exploration*. Poster presented at the 2009 National Multicultural Conference and Summit, New Orleans, LA.
- \*He, Y., \*Chaichanasakul, A., \*Khairallah, T., \***Allen, G. E. K.**, \*Chen, H., & \*Ramos, K. (2008). *JCD Content and Citation Analysis*. Poster Presented at the 2008 American Psychological Association Annual Convention, Boston, MA.
- \*Chiao, H., \***Allen, G. E. K.**, \*He, Y., \*Kanagui, M., & \*Garriott, P.O. (2008). Benefits of the BCCIP to host students. In P.P. Heppner, & L.-F. Wang (Chairs). *Multiple Benefits of a Bidirectional Cross-Cultural Immersion Program*. Symposium conducted at the 2008 Annual American Psychological Association Convention, Boston, MA.
- \***Allen, G. E. K.** (2004). *Biracial identity development: A multivariate profile analysis and theoretical formulation of racial identity among biracial Polynesian/Caucasian individuals*. Poster presented at the 2004 American Psychological Association Annual Convention: Division 17 Counseling Psychology CCPTP-SAG for SERD (Section on Ethnic and Racial Diversity), Honolulu, Hawaii.
- Huebner, L., \*McAward, S., \*Wong, B., \***Allen, G. E. K.** (2004). *High-severity clients in counseling centers: Treatment course and outcomes*. Research study presented at the 2004 American Psychological Association Annual Convention: Division 17 Counseling Psychology, Honolulu, Hawaii.

## INVITED SCHOLARLY PRESENTATIONS

- Richards, P. S., **Allen, G. E. K.**, Sanders, P. & McBride, J. (2019, March). *Current research on spiritually oriented psychotherapies*. Presentation given at the Psychology and Spirituality: Partners in Healing Conference at Arizona State University, Tempe, AZ
- Allen, G. E. K.** (2019, April). *Overview of Current Polynesian Psychology and Psychotherapy Research*. Presentation given to the Department of Psychology: Diversity Colloquium Series Speaker; to faculty, undergraduate, and graduate students, University of Hawai'i at Manoa, Honolulu, HI.
- Allen, G. E. K.** (2019, April). *Overview of Current Polynesian Psychology and Psychotherapy Research*. Presentation given to the Department of Psychology, Qualitative Course; to faculty and students at Brigham Young University - Hawai'i, Lai'e HI.
- Allen, G. E. K.** (2019, April). *Overview of Current Polynesian Psychology and Psychotherapy Research*. Presentation given to Department of Social Work, Community Mental Health Course; to faculty and students at Brigham Young University - Hawai'i, Lai'e HI.

- Allen, G. E. K. & Allen, C. S.** (2019, February). *Resilience and Psychological Health in the Face of Trials*. Presentation given to community members, parents, and athletes at Brigham Young University, Provo, Utah.
- Allen, G. E. K.** (2016). *Polynesian Mental Health and Psychological Well-being Research in the U.S.* Beyond Culture Conference. University of Utah, Salt Lake City, Utah.
- Allen, G. E. K.** (2013). *Using Prezi on an iPad in Teaching*. “Lunchbytes” Discussions, Southern Utah University, Center for Faculty Excellence, Cedar City, Utah.
- Allen, G. E. K.** (2012). *Examining aspects of religiosity, perfectionism, scrupulosity, and well-being among LDS individuals*. Paper presented to licensed psychologists and psychology interns at Southern Utah University Counseling and Psychological Services (CAPS), Cedar City, Utah.
- Allen, G. E. K.** (2011). *American Polynesians and Psychological Well-being*. Oral Presentation For Psychology Internship Colloquium at Duke University Counseling and Psychological Services (CAPS). Durham, NC.
- Allen, G. E. K.** (2010). *Marriage works: “How do we make our marriages work?”* Large Church Organization, Columbia, Missouri.
- Allen, G. E. K.** (2009). *Defining Addictions: “What is it and how do I know it’s an addiction?”* Religious Women’s Organization, Columbia, Missouri.
- Allen, G. E. K.** (2005). *Biracial identity development: A multivariate profile analysis and theoretical formulation of racial identity among biracial Polynesian/Caucasian individuals*. Research Presenter at Opening Ceremonies of the 2005 University of Utah Pacific Islander Symposium, Salt Lake City, Utah.
- Allen, G.E.K.** (2004, May). *High-severity clients in counseling centers: Treatment course and outcomes*. University of Utah Counseling Center, Salt Lake City, Utah.

## TEACHING EXPERIENCE

- |               |   |
|---------------|---|
| 09/13-present | <p><b>Assistant Professor</b><br/>         Department of Counseling Psychology and Special Education<br/>         Brigham Young University (High Student Ratings)<br/>         CPSE 606: Scientific Foundations of Counseling Psychology<br/>         CPSE 679R: Counseling Psychology (Career) Practicum<br/>         CPSE 751: Counseling Multicultural and Diverse Populations<br/>         EdS 699R: Thesis<br/>         CPSE 750: Research Theory and Methods<br/>         CPSE 650: Advanced Social Psychology<br/>         CPSE 480: Multicultural Issues in Special Education</p> |
| 06/14-07/14   | <p><b>Visiting Assistant Professor</b><br/>         Department of Psychology</p>  |

Brigham Young University – Hawaii  
 Psychology 111: General Psychology (High Student Ratings)

08/11-06/13

**Assistant Professor**

Department of Psychology  
 Southern Utah University (All New Prep; High Student Ratings)  
 PSY 4340: Intro to Counseling and Psychotherapy  
 PSY 3410: Research Design  
 PSY 1110: Lifespan Development  
 PSY 3820: Human Relations in Group Dynamics  
 PSY 1010: General Psychology

08/07-05/08

**Co-Instructor**

Graduate Course: 8943 *Applied Multicultural Interventions*  
 (High Student Ratings)  
 Center for Multicultural Research, Training and Consultation  
 University of Missouri, Columbia, MO.

01/08-05/08

**Instructor**

Undergraduate Course: *Experiencing Cultural Diversity in the U.S.* (2  
 Sections; High Student Ratings). Center for Multicultural Research,  
 Training and Consultation  
 University of Missouri, Columbia, MO.

06/99-02/00

**ESL Teacher**

Guadalupe Schools (High Student Ratings)  
 Salt Lake City, Utah

06/05-06/06

**ESL Teacher**

Dixie State College (High Student Ratings)  
 St. George, Utah

03/93-03/95

**ESL Teacher**

Volunteer Service Field  
 Bahia, Salvador, Brazil

**CLINICAL EXPERIENCE**

2011 - 2013

**Southern Utah University**

Psychology Resident  
 Counseling and Psychological Services

- Conducted individual and couples counseling
- Administered psychological assessments and learning/cognition testing

2010 - 2011

**Duke University**

Psychology Intern  
 Counseling and Psychological Services (CAPS)

- APA-accredited Pre-doctoral Psychology Internship
- Conducted individual and couples counseling
  - Taught psychoeducational workshops on campus
  - Co-facilitated process groups
- 2009 - 2010      **University of Missouri**, Columbia, MO  
Student Health Center  
Graduate Assistant – Therapist
- Conducted individual and couples counseling
- 2008 - 2009      **Group Facilitator/Therapist**  
Wellness Resource Center in Student Life  
University of Missouri, Columbia, MO
- Co-facilitated substance abuse workshops/psychoeducational groups
  - Administered substance abuse assessments/interpreted results
- 2008 - 2009      **Clinical Supervisor**  
MU Career Center, Hickman High School, and MU Counseling Center  
Columbia, MO
- 2007 - 2010      **Columbia Counseling**, Columbia, MO  
Part-time Therapist
- Conducted domestic violence counseling groups
- 2006 - 2007      **University of Missouri**, Columbia, MO  
Counseling and Psychological Services  
Graduate Assistant – Therapist
- Conducted domestic violence counseling groups
  - Co-facilitated process groups
- 2005 - 2006      **Sandy Counseling**, Sandy, Utah  
Full-time Therapist
- Conducted individual, family, group therapy
  - Co-facilitated process groups and LGBT support groups
- 2004 - 2005      **Changes Counseling**, Sandy, Utah  
Full-time LPC Intern
- Conducted individual, family, domestic violence, group therapy
  - Co-facilitated process groups and LGBT support groups
  - Co-facilitated addiction recovery groups
- 2002 - 2004      **University of Utah Hospital**  
Psychiatric Unit, 5West  
Psych Tech
- Worked with patients' treatment goals
  - Supported psychiatrists and social workers with patient treatment
  - Conducted recreational activities with patients



**MENTORING OF GRADUATE STUDENTS**

<b>Name</b>	<b>Topic Related to My Research</b>	<b>Degree Program</b>	<b>Years</b>	<b>My Role on Committee</b>
Ofa Hafoka	Yes	Counseling Psych PhD	2013-2018	Chair/Advisor
Melissa Aiono	Yes	EdS, School Psychology	2014-2016	Chair/Advisor
Davis Kane	Yes	Counseling Psych PhD	2015-2020	Chair/Advisor
Pam Dahle	No	EdS, School Psychology	2013-2016	Chair/Advisor
Rod Veas	No	Counseling Psych PhD	2013-2015	Member
Zhen Li	Yes	Counseling Psych PhD	2013-2017	Member
Peter Sanders	Yes	Counseling Psych PhD	2013-2017	Member
Joy Cox	No	Counseling Psych PhD	2013-2014	Member
Jason McBride	Yes	Counseling Psych PhD	2013-2017	Member
Clay Frandsen	Yes	Counseling Psych PhD	2013-2017	Member
Hannah Stokes	Yes	Counseling Psych PhD	2013-2018	Member
Mica McGriggs	Yes	Counseling Psych PhD	2015-2017	Member
Carrie Caoli	No	Counseling Psych PhD	2014-2015	Member
Jessica Kirchhoefer	Yes	Counseling Psych PhD	2015-2020	Member
Bango Gancinia	Yes	Counseling Psych PhD	2016-2020	Chair/Advisor
Rachel Pinkerman	Yes	Counseling Psych PhD	2014-2018	Member
Jared Cline	Yes	Counseling Psych PhD	2016-2020	Chair/Advisor
Jason Lefrandt	Yes	Counseling Psych PhD	2016-2020	Chair/Advisor
Candice Gonzalves	Yes	Counseling Psych PhD	2016-2020	Member
Russel Jackson	Yes	Counseling Psych PhD	2016-2020	Member
Sabree Crowton	No	Counseling Psych PhD	2017-2020	Member
Lyndsai Sylva	Yes	Teacher Education MS	2017-2018	Member
Mari Oto	Yes	Teacher Education MS	2017-2018	Member
Sierra Keung	No	Sports Psychology PhD	2018-2018	Member
Rachel Chapman	Yes	Counseling Psych PhD	2018-2020	Chair/Advisor
Erika Steinwand	Yes	Clinical Psych PhD	2018-2019	Member

## AWARDS OF MENTORED STUDENTS

- 2016-2020      Mentored Bango Gancinia  
Counseling Psychology Doctoral Student, BYU
- Participated in the 3-minute thesis competition. Placed in the top 3 and received an award.
  - Awarded a financial honorarium for diversity research.
- 2016-2020      Mentored Jason Lefrandt  
Counseling Psychology Doctoral Student, BYU
- Awarded the BYU Graduate Research Fellowship Grant (\$15,000) for his dissertation on Native Hawaiians and substance abuse at a university counseling center.
- 2014-2015      Mentored Kan Yan Danise Mok  
Counseling Psychology Doctoral Student, BYU  
She received the following awards:  
BYU President's Leadership Council Mentor Program  
Department partial tuition scholarship  
BYU Graduate Research Fellowship (\$15,000)  
BYU Graduate Mentoring Award  
BYU Research Presentation Award  
BYU-H Alumni International Graduate Scholarship  
Department partial tuition scholarship

## PROFESSIONAL MEMBERSHIPS AND POSITIONS

- 1999-present      **American Psychological Association**
- Professional Member # 9230-8799
  - Division 17, Society of Counseling Psychology (SCP)
    - Section on Ethnic and Racial Diversity (SERD)
  - Division 45, Society for the Psychological Study of Culture, Ethnicity, and Race

## ADMINISTRATIVE POSITIONS

- 2015-present      **Co-Director and Co-Principal Investigator**  
John Templeton Foundation Grant
- Overseeing a research project as co-director and co-principal investigator of a large international John Templeton Foundation Grant (**\$3,572,011** between 3/2017-3/2020) that provides money towards research on spiritual oriented psychotherapies in mental health centers involving 22 research sites across the globe, which include North, Central, and South America, Asia, Europe, and South Pacific to name a few. Each site has a team of researchers, therapists, and clergy collecting data which are available for all 22 sites (including our team) for examination and preparation for conference presentations and publications in top-tier journals. I have been co-facilitating in this

position of director over research operations with Dr. P. Scott Richards since January 2015. This is a prestigious grant from an even more prestigious private foundation that is known throughout the world in the areas of science and religion. Here is a link to our grant website: <http://www.bridgesconsortium.net>. Here is the website to the John Templeton Foundation: <https://www.templeton.org>.

2014-present

**The Kaha Nui Summit: Annual BYU Polynesian Summit**

Founder and Director

Brigham Young University, Provo, UT

- The Summit seeks to provide recruitment and networking opportunities for Polynesian undergraduate students and connect them with graduate programs and relevant resources to succeed in graduate school. Every year we invite a Polynesian professional to be our keynote speaker and graduate program coordinators/recruiters to speak with interested potential Polynesian graduate students. These graduate programs include: Law, Nursing, Business, Education, Psychology, Marriage and Family Therapy, and others.

2013-present

**Polynesian American Psychology Research**

Founder and Director

Brigham Young University, Provo, UT

Department of Counseling Psychology and Special Education

- The Poly Psi Team specializes in conducting, promoting, expanding, and disseminating the uniqueness and specificity of Polynesian American Psychology Research through culturally appropriate, valid and rigorous empirical methods.

08/11-08/13

**SUU Brazil Student Organization Advisor**

Southern Utah University, Cedar City, UT

- Advise and provide guidance to SUU students who are fluent in the Portuguese language through club activities, events, leadership opportunities, fund raising, and charitable events. Assist group members in building unity and reaching out to the community to participate in service.

08/08-07/09

**Program Coordinator**

Wellness Resource Center in Student Life

University of Missouri, Columbia, MO

*Supervisor:* Glenn Good, Ph.D., Licensed Psychologist

- Updated curriculum, researched empirical evidence of alcohol use and affects of alcohol use. Organized weekly workshops and individual sessions. Trained future BASICS coordinators how to implement BASICS program at University of Missouri-St. Louis and trained them on MI interventions and techniques.

08/07-05/08

**Assistant Director**

Center for Multicultural Research, Training and Consultation  
University of Missouri, Columbia, MO

- *Supervisors:* P. Paul Heppner, Ph.D. and Lisa Y. Flores, Ph.D.
- *Responsibilities:* Roles of supervisor, instructor, liaison, manager, trainer, and researcher (over 14 staff members). Assisted in programming and logistical details of the annual Neville Multicultural Speakers Series (NMSS). Assisted in organizing and coordinating the 2007 BCCIP with visiting NTNU faculty and students. Assisted in gaining funding for NMSS, including solicitation, report writing and follow up responses to support sources. Assisted in solicitation of applications for Multicultural Teacher Scholars Program, Winter Roundtable Awards, Thesis and Dissertation Awards, and other Center events. Collected and reported evaluative data of events, practicum and supervision activities to Co-Directors

08/06-05/08

**Student Fellow**

Research Assistant

“Latinx Immigrants Experiences in Missouri Schools”  
Cambio Center, University of Missouri, Columbia, MO

- *Supervisor:* Lisa Y. Flores, Ph.D.
- *Responsibilities:* Conceptualize research projects and initiatives related to promoting awareness of Latinx immigrants experiences in Missouri schools.
- Co-organized the “1st Student Midwest Latino Research Symposium: Los Pioneros del Futuro.” This student research conference was the first of its kind through offering students opportunities to showcase their Latinx-related research.

**UNIVERSITY COMMITTEE ACTIVITY**

**Brigham Young University**

2014 - present	The Kaha Nui Summit Board
2014 - 2016	McKay School of Education Multicultural Council
2013 - present	Counseling Psychology Doctoral Student Admissions Committee
2013 - present	School Psychology Masters Student Admissions Committee

**Southern Utah University**

2012-2013	iPadagogy Committee
2012-2013	Department Review Committee Chair
2012-2013	Department Constitution Committee
2011-2012	Master’s Degree Exploratory Committee

**EXTERNAL COMMITTEE ACTIVITY**

2019-present	Executive Board Member, Division 17, Society of Counseling Psychology, Section on Ethnic and Racial Diversity (SERD)
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2013-present Utah County Pacific Islander Health Coalition Board Member  
 2015-2018 Member of the Scientific Affairs Advisory Board, Division 17, Society of Counseling Psychology, American Psychological Association.

### **EXTERNAL REVIEWER**

2018-present The Counseling Psychologist, Editorial Board Member  
 2017-2018 Journal of Counseling Psychology  
 2016-2017 Open Theology  
 2015-2016 International Journal for the Psychology of Religion  
 2015-2016 Psychology of Religion and Spirituality  
 2014-2015 Asian American Journal of Psychology  
 2013-2014 Mental Health, Religion & Culture  
 2013-2014 Canadian Journal of Behavioural Science  
 2013-2014 Book Reviewer: Invited to review Ivey/Ivey/Zalaquett, Essentials for Intentional Interviewing, 2<sup>nd</sup> Ed.  
 2012-2013 Cultural Diversity and Ethnic Minority Psychology

### **LANGUAGE SKILLS**

Languages (Written and Verbal)

- English (Fluent)
- Portuguese (Mostly fluent)
- Spanish (Moderately fluent)