

Zubin DeVitre, Ph.D.

EDUCATION

Ph.D. Counseling Psychology

08/2023

University of Wisconsin-Madison

Dissertation title: *South Asian American Attitudes Towards Seeking Mental Health Services: An Exploratory Randomly Controlled Trial of Model Minority Myth Internalization, Therapist Culture Matching, and Barriers to Care*

Master of Science

05/2017

Specialization in Clinical/Counseling Psychology

New Mexico Highlands University

Advisor: Dr. David Pan, PhD

Thesis title: *Diagnostic Validity of Minority Cultures: A Look at Prevalence, Diagnostic, and Reported Mental Illness in South Asian American and East Asian American Cultures*

Bachelor of Arts Psychology

05/2015

Minor: Ethnic Studies

Bowling Green State University

LICENSURE AND CREDENTIALS

Licensed Psychologist, New York State (#027361)

2025-Present

HONORS & AWARDS

3rd place manuscript for the Faculty Research Paper Competition (2025)

- Association for Education in Journalism and Mass Communication's Minorities and Communication Division national conference.
- Manuscript title: "#Ayurveda: Examining how South Asian content creators digitally construct well-being on TikTok"

Awarded Sponsorship for NCFDD's Faculty Success Program (2024-2025)

- One of two faculty from SHU's college of Human Development Culture & Media awarded with full sponsorship to partake in the National Center for Faculty Development & Diversity's Faculty Success Program (FSP).

Early Career Teaching Award, presented by Division 17 of the American Psychological Association (2024)

- National award intended to acknowledge the outstanding contributions of an early career counseling psychologists in their role as a teacher in the undergraduate or graduate setting.

University Teaching Fellows (UTF) Program (2023)

- Selected as one of eight faculty for UTF program which was made to facilitate the process of promoting excellence in teaching, learning, and faculty leadership within the university setting. Included within the UTF program is a monthly seminar, assigned readings, and projects focused on advancing student-centered teaching and learning. Awarded \$1000

Nominee for Capstone PhD Campus-Wide Teaching Award (2022)

- Nominated by the University of Wisconsin-Madison's Counseling Psychology Department as TA with an outstanding teaching record over the course of their UW-Madison tenure.

Department of Counseling Psychology 2022 John W. M. Rothney Memorial Research Award

- Awarded \$300 stipend in recognition of exemplary achievement in areas of research as it applies to the advancement of psychotherapy.

Recipient of the 2022 "Graduate Student Commitment to Engagement and Activism Award" for the 2022 Bucky Awards

- Award given to a graduate student whose scholarship and work promotes social justice initiatives within the university setting

Robert Girard Memorial Fund for Scientific Research (2016)

- Research grant funded through New Mexico Highlands University; granted \$360.

Winner of BGSU undergraduate research symposium (2014)

- Recipient of undergraduate research symposium poster for study: *Electrocardiography Measurements of Stress Via Arithmetic*

PRESENT POSITIONS

Teaching Faculty I

08/2025-Present

Department of Counseling Psychology at the University of Wisconsin-Madison

4:3 Teaching load across undergraduate, masters, and doctoral psychology courses

Member of the Counseling Psychology Masters Training Committee

Department Representative for School of Education's Center for Community and Well-Being Committee

Ad hoc reviewer for APA's: Journal of Counseling Psychology, Psychotherapy, Asian American Journal of Psychology, & Stigma and Health.

External Mentor/Primary Doctoral Advisor

08/2023-Present

Primary advisor for four Counseling Psychology doctoral students housed within the Counseling Psychology program at Seton Hall University

PAST POSITIONS

Assistant Professor (Tenure Track)- Counseling Psychology Ph.D. Program

08/2023-05/2025

Department of Professional Psychology and Family Therapy at Seton Hall University

Courses taught/teaching: CPSY 9001: Univariate Experimental Design, CPSY 8564 Practicum in Counseling Psychology II, CPSY 8565 Practicum in Counseling Psychology III, CPSY 8520 Seminar in Psychopathology (in-person and online), CPSY 7383 Internship III/IV, & CPSY 8100 Multicultural Counseling & Psychology.

Primary advisor for four Counseling Psychology doctoral students

Co-chair for College of Human Development, Culture, and Media's DEI Committee

Member of College's Educational Policies Committee

Member of Department Academic Grievance Committee

PEER REVIEWED & AUTHORED PUBLICATIONS

1. Keum, B. T., **DeVitre, Z.**, & Poon, M., (2024). Asian Male Body Image in the United States and Across the World. Chen, H., & Tsong Y. *Body Image and the Asian experience: Asians, Asian Americans, and Asian Diasporas Across the Globe (Chapter: Asian Male Body Image in the United States and across the World)*. Elsevier
2. **DeVitre, Z.** & Gloria, A. M., (2024) Indian American undergraduates' attitudes towards seeking mental health services: The mediating role of model minority myth internalization and perception of university environment. *Journal of American College Health*
doi:10.1080/07448481.2024.2334072
3. **DeVitre, Z.**, Castellanos, J., Gloria, A. M., & Dosaj, S. P., (2022). Indian American Undergraduates' Well-Being: A Psychosociocultural Understanding of a Culture-Specific Approach to Congruity of Values. *Journal of Diversity in Higher Education*. 15(3), 288-299. doi: 10.1037/dhe0000302
4. **DeVitre, Z.** & Pan, D. (2020). Asian American values and attitudes towards seeking mental health services. *Journal of Asia Pacific Counseling*. 10(1), 15-26. doi: 10.18401/2020.10.1.

MANUSCRIPTS UNDER REVIEW

1. **DeVitre, Z.**, Gloria, A. M., Janjikhel, M., Victor, S. (under review) *What's out there? Understanding the accessibility of South Asian American psychological literature in the past decade.*
2. **DeVitre, Z.**, & Gloria, A. M., (under review) *Visibility Matters; An exploratory method to understanding the impact of therapist-client matching in South Asian American populations*
3. **DeVitre, Z.**, & Singh, S., (under review) *Fragmented identity: A new framework for understanding mental health with Asian Indian American populations*
4. Choi, A. Y., Keum, B. T., **DeVitre, Z.**, Poon, M. (under review) *Looking for my (Asian Male) body: Toward a decolonial framework for body image research with Asian men.*
5. **DeVitre, Z.**, Cheema, S., Glenn, H., Mantripragada, T. (under review) *#Ayurveda: Examining how South Asian content creators digital construct well-being on TikTok*
6. Alper, M., Cheema, S., **DeVitre Z.**, & Ram S. (under review) *Digitally Constructing Marginalized Neurodivergence: Understanding South Asian Diasporic Autism and ADHD Communities on TikTok*

MANUSCRIPTS IN PROGRESS

1. **DeVitre, Z.**, Carbajal, I., Lee, M., *System, Environment, Individual, Critical Consciousness (SEICC): Seeking a new approach to culturally responsive training in psychotherapy*
2. **DeVitre, Z.**, Gloria, A.M., Singh, S. *Indian American Females' Educational Experiences: An Exploration of Mind-Body Navigation and Coping*
3. Roysircar, G., **DeVitre, Z.**, Goel, N. H., & Russell, K., *Asian Indian American College Students' Cultural Identity and Psychotherapy Preferences: Manuscript completed but not re-submitted: In memoriam to Gargi Roysircar.*

NATIONAL CONFERENCE PRESENTATIONS

1. Janjikhel, M., **DeVitre, Z.** (2025, August). Impact of Coloniality on Cultural adaptation of first-generation Asian Indian Women in American. A poster for Division 17 (Society of Counseling Psychology) - American Psychological Association Annual Conference, Denver, Colorado.
2. Mantripragada T., **DeVitre, Z.**, Cheema, S., & Glenn, H., (2024, Oct.) South Asian American wellness accessibility: Understanding TikTok content creators' production of South Asian American wellness practices. A poster presentation at the Asian American Psychological Association National Conference
3. Janjikhel, M., Victor, S., **DeVitre, Z.**, Gloria, A. M., (2024, Aug.) What's out there? A review of South Asian American psychological literature in the past decade. A poster presentation at the APA National Conference.
4. **DeVitre, Z.**, Deole, G., & Keum, B. (2024, Jan.) Visible Invisibility: Asian/Asian American Erasure in Higher Education. A Round Table Discussion for the National Multicultural Conference & Summit
5. Bhatia, A., Swami, S., & **DeVitre, Z.**, (2024, Jan.) Let's talk about race baby, let's talk about you and me. A Round Table Discussion for the National Multicultural Conference & Summit
6. **DeVitre, Z.**, Liu, X., Rizzo, J., & Mobeireek, L. (2023, Feb.). Deconstructing Accessibility: An Understanding of How University Counseling Centers Can Take Actionable Steps to Better Attend to the Needs of their BIPOC Students. A Workshop for the Big 10 Counseling Centers Conference
7. **DeVitre, Z.**, Sharma, H., & Goel, N. (2022, Aug.) The effects of underrepresentation on South Asian/South Asian American graduate students. A Critical Conversation for the American Psychological Association (APA) Annual Conference. (Note: Accepted but not presented due to equity-based considerations stemming from the COVID-19 pandemic)
8. **DeVitre, Z.** & Gloria, A. M. (2022 Aug.) Racial Ethnic Cultural (REC) modeling: A new method of studying therapist/client match. A Poster for the American Psychological Association (APA) Annual Conference
9. **DeVitre, Z.** (2022 Apr.) South Asian American Attitudes Towards Seeking Mental Health Services: An Understanding of Model Minority Myth Internalization, Therapist Culture Matching, and Barriers to Care. An oral presentation for the 2022 Yale Bouchet Conference on Diversity and Graduate Education

10. **DeVitre, Z.** & Gloria, A. M. (2021, Oct.) The Mediating Role of the Model Minority Myth on Indian American Undergraduates' Attitudes Towards Seeking Mental Health Services: A Psychosociocultural Exploration. A Poster at the Asian American Psychological Association (AAPA) Conference.
11. **DeVitre, Z.** & Gloria, A. M. (2021, Mar.) Indian American undergraduates' attitudes towards seeking mental health services: A psychosociocultural exploration of environment, model myth internalization, and enculturation values. A Poster at the 5th Annual South Asian Mental Health Conference.
12. **DeVitre, Z.**, Castellanos, J., Gloria, A. M., Erani, F., Hamlett, S., Kamur, R. (2020, Aug.). Indian American Females' Educational Experiences: An Exploration of Mind-Body Navigation and Coping. A Poster at American Psychological Association Annual Conference, Washington, DC.
13. **DeVitre, Z.**, Patel, S., Castellanos, J., Gloria, A. M. (2019, Aug.). Understanding Indian Americans' well-being: A psychosociocultural approach to congruity of values. A poster of Division 17 (Society of Counseling Psychology) - American Psychological Association Annual Conference, Chicago, Illinois.

REGIONAL CONFERENCE PRESENTATIONS

14. **DeVitre, Z.** & Pan, D. (2017, April). *Diagnostic Validity of Minority Cultures: A Look at Prevalence, Diagnostic, and Reported Mental Illness in South Asian American and East Asian American Cultures*. A poster at the Rocky Mountain Psychological Association Annual Conference, Salt Lake City, Utah.
15. Pan, D. & **DeVitre, Z.** (2017, April). *Values focused behavioral activation: Improvements in value discrepancies, mood, physical health, and happiness*. A poster at the Western Psychological Association Annual Conference, Sacramento, CA.
16. Bustos L., Fernandez S., **DeVitre Z.**, Stepp R., McNary V., & Westrom C. (2017, April). *Not All Nature is Created Equal: Variation in Restorative Qualities in Diverse Natural Environments*. A poster at the Rocky Mountain Psychological Association Annual Conference, Salt Lake City, Utah.

TEACHING, CURRICULUM DEVELOPMENT, & CONSULTATION

Seton Hall University: Teaching & Curriculum restructuring

08/2023-05/2025

- Teaching graduate courses for the Counseling Psychology PhD, M.A. in profession counseling, and M.A./Ed.s., in School Psychology programs.
- Course responsibilities include supervision and consultation of externship/practicum experiences for Ph.D. & M.A./Ed.s. students, teaching of foundational counseling skills (e.g., case conceptualization, theoretical orientation, MC-Psych, and psychopathology), and teaching of research methods/statistics.
- Currently assisting in project to restructure PhD research curriculum to better attend to student learning needs.

University of Wisconsin-Madison: Course development & Teaching

07/2020-08/2023

- Curriculum development for UW-Madison's first ever "Asian American Psychology" course.
- Taught as main instructor in the Summer of 2022.
- Course created for an undergraduate and graduate student model.

New Mexico Highlands University (NMHU): Course development **09/2020-12/2020**

- Served as a consultant for NMHU in working with NMHU's Director of Undergraduate Admission to create a course of which place NMHU at an increased capacity to bolster student retention and graduation rates.
- Final product included: Full course outline, course readings, justification for material, syllabus, post-project report, and handout specifying how to best utilize course structure.

University of Wisconsin-Madison: Academic Excellence Seminar **05/2019-06/2021**

- Curriculum development and implementation for UW-Madison's Academic Excellence Seminar.
- Assisted with integration of new policies and procedures to attend more to course learning objectives.

University of Wisconsin-Madison **08/2018-05/2019**

Lead Course Instructor-Academic Enhancement Seminar (AES)

- Starting as TA during Fall2018 semester with promotion to Lead Instructor during Spring2019 Semester.
- Teaching 75-minute psychoeducational seminars while consulting with students to connect them to personal and professional support resources.
- Responsibilities included: Co-creating lectures & lesson plans, grading, and weekly meetings.
- Additional responsibilities include: Administrative management of AES email server, planning and coordination with campus departments, co-management of student enrollment, and providing supervision to other AES instructor(s).
- Curriculum development and implementation for UW-Madison's Academic Enhancement Seminar (AES).
- Built and integrated processes to help streamline enrollment, increase enrollment, and increase retention within AES.
- Assisted with integration of new policies and procedures to attend more to course learning objectives.

New Mexico Highlands University **05/2015-05/2017**

Graduate Teaching Assistant

- Teaching assistant for undergraduate courses: Abnormal Psychology & Behavior Disorders in Children.
- Responsibilities include: Teaching/leading lectures, co-creating exams and quizzes, & grading all exams, quizzes, and papers.

CLINICAL & PROFESSIONAL PRACTICE

Pre-Doctoral Intern (APA Accredited) **08//2022-08/2023**

University of Michigan, Counseling and Psychological Services (CAPS)

- Providing individual psychotherapy in brief treatment model.
- Co-facilitator for Men's progress group (graduate and undergraduate)
- Co-facilitator for "Naan-Stop": South Asian process group
- Conducting Triage and consultation services
- Provision of doctoral student supervision

- Developing and conducting outreach programming for underrepresented student populations

Counseling Psychology Training Clinic

07/2022-06/2023

Division of Diversity, Equity, and Educational Achievement Community Support Specialist

Doctoral Extern

- Provide mental health-related services to UW-Madison students enrolled under the Division of Diversity, Equity & Educational Achievement (DDEEA), averaging 11 clients per week.
- Services intended to offer students culturally competent mental health support that enhances their well-being and academic engagement/performance.
- Services also include coordinate and providing workshops/presentations about mental health related topics to requesting groups/organizations across UW-Madison's campus.
- Weekly staffing, group supervision, and individual supervision provided.

UW- Madison: Division of Diversity, Equity, & Achievement

05/2019-06/2021

NY-9 Posse Mentor

- Mentor to 9 New York, NY students who were granted a scholarship based off skill and value in diversity and leadership (averaging 30 hours per week).
- Weekly one-on-one meetings including academic success, personal wellness, & campus connection.
- Facilitation/Creation of two-hour weekly seminars regarding student academic success and well-being.
- Serve as a resource to aid students in navigating campus resources and higher education.

Mendota Mental Health Institution

09/2020-05/2021

Doctoral Advanced Practicum Clinician "Psychology Student"

- Working primarily on Medium Security Forensic unit with patients being assessed for competency to stand trial.
- Primary roles include assessment administration, co-conducting competency groups, and holding individual competency restoration with patients.
- Assessments administered: Test of Memory Malingering (TOMM), Dementia Rating Scale-2 (DRS-2), Structured Clinical Interview-Positive and Negative Syndrome Scale (SCI-PANNS), Minnesota Multiphasic Personality Inventory-2 (MMPI-2), Weschler Adult Intelligence Scale -IV (WAIS-IV), California Verbal Learning Test-3 (CVLT-3), & Wide Range Achievement Test-4, Millon Clinical Multiaxial Inventory-IV (MCMI-IV), Personality Assessment Inventory (PAI), Structured Inventory of Malingering Symptomatology (SIMS), & Independent Living Scale (ILS).
- Completion of 7 neuropsychological battery administrations and write ups (ability to conduct more batteries was affected by the COVID-19 pandemic).

Edgewood College: Personal Counseling Services

08/2019-05/2020

Doctoral Foundational Practicum Clinician

- Aiding the Edgewood college student community as a part-time (16hrs/week) practicum counselor.
- Experience with community support, individual, and group therapy.
- Weekly staffing and individual supervision provided.

UW-Madison: Counseling Psychology Training Clinic

08/2018-05/2019

First-year Doctoral Clinical Experience

- Aiding the Madison, WI community as a part-time student counselor.

- Experience with individual counseling, case conceptualization, supervision, direct, and indirect services.
- Weekly staffing, group supervision, and individual supervision provided.

Bowling Green State University Counseling Center

09/2017-07/2018

Post Master's Clinical Fellow

- Average 25 counseling sessions/clients per week.
 - Over 450 direct service hours via individual, couples, and group therapy.
 - Co-facilitator for “Students with Disabilities Support Group” and “Alcohol and Other Drugs” group.
- Aiding the BGSU student community as a full-time senior staff Licensed Professional Counselor (LPC).
- Member of counseling center’s Diversity Committee and Community Intervention Committee.
- Served on two separate search committees.

**New Mexico Behavioral Health Institute (NMBHI):
Adult Division & Adolescent Divisions**

05/2016-05/2017

Master's Student Intern

- On average 10-12 hours a week at NMBHI.
- Worked with a wide range of clients who exhibited various mental illnesses and psychoses
- Experience/work on unit for male adolescents.
 - Unit serves as a center specializing in sexual offender treatment for males (ages 13-18) and who suffer from major mental illness.
 - This is the only program in New Mexico which specializes treatment for this population, with nationally certified juvenile sex offender counsellors directing specific treatment.
- Experience/work on 5 different units within the Adult Psychiatric Division.
 - 2 Units to help serve patients with acute mental illness.
 - 1 Unit to help serve patients that require special psychiatric care due to fragility or other physical disabilities.
 - 2 Units geared towards a psychosocial program for those who suffer from chronic mental illness and needing continued care.
- All units included the facilitation and running group sessions, individual therapy, assisting with treatment planning, providing client progress notes, and administering various assessments including: WAIS-IV, WASI, SIRS-2, NAART-R, MMSE-2, RBANS, PAI, PAS, PHQ-9). Experience with: Social Interaction Anxiety Scale, TOMS, Y-BOCS, BNCE, Test of Non-Verbal Intelligence, MOCA, Dementia Rating Scale.

Self-Management and Recovery Training (SMART) Recovery

10/2016-05/2017

SMART Recovery Facilitator in Las Vegas, New Mexico

- Started Las Vegas, NM’s first SMART Recovery addiction program.
- Duties included recruiting participants for and facilitating SMART Recovery addiction groups.

Children’s Resource Center (CRC)

06/2014-08/2014

Student Intern

- Worked with children diagnosed with behavioral issues such as: ADHD, Bipolar Disorder, Autism Spectrum Disorder, Oppositional Defiant Disorder, and Conduct Disorder
 - Reviewed diagnostic profiles that were used for creating appropriate activities and sessions for the children

- Responsible for creating and overseeing activities and learning outcomes to support the clients in learning how to cope with their disorder(s).

COMMUNITY OUTREACH, INVITED TALKS, & PARTNERSHIPS

Handling Hot Topics

(January 2024)

Invited talk alongside three other faculty at Seton Hall University to present on and panel how current faculty can handle difficult and sensitive topics as they arise in the classroom. Presented at the Center for Faculty Development at Seton Hall University.

Clif Bar Partnership

(05/2019-2023)

To assist with morale and food insecurity, communicated and coordinated with “Clif Bar” to create a sustained relationship and donation of 2,000 Clif Bars to the University of Wisconsin-Madison’s Posse Program on an annual Basis.

Zubin D. (May 2023). “Wish you Knew”. *A video series assisting Washtenaw County Community Mental Health address community concerns around youth mental health and stigma reduction.*

Zubin D., Briana M., Elsie S., & Uzma A., (Dec 2022). Mann Ka Kyal: Understanding the Desi Experience with Mental Health and Care. *A dialogue and panel discussion with mental advocates & community stakeholders.*

Zubin D. & Andrew Choi, PhD (May 2022). American Psychological Association’s Society for the Psychological Study of Culture, Ethnicity, and race (Division 45) *Panel Discussion: Social Justice, Decolonization, and Liberation*

Zoua L. & Zubin D. (2022, February). *This Too Shall Pass: Stress Management and Resilience*. A presentation given to the PEOPLE program’s annual leadership conference.

Zubin D. & Zoua L. (2021, October). Interactive group facilitation to UW-Madison’s “First Wave” program, focusing on self-care, imposter syndrome, psychoeducation, and managing being a marginalized student on a PWI.

Zubin D. (2021, October). *How to Seek Services.* Outreach presentation for Posse Program scholars relating to mental health stigma, how to seek services, and barriers to care that are often faced in marginalized communities.

Zubin D. (2021, September). *Self-Care and Wellness.* An interactive presentation for Second-year Posse Program scholars pertaining to psychoeducation, self-exploration, and attention to self-care and wellness.

Zubin D. & Stephanie B. (2019, October). *Mental health, stress, and Wellness Management.* An interactive presentation for Edgewood College’s nursing students as a representative of Edgewood College’s Personal Counseling Services

Zubin D. & Tiffany J. (2019, March): *Breaking Barriers: Mental Health & Asian Identities.* An interactive presentation for aKDphi as a representative of University of Wisconsin-Madison’s Counseling Psychology Training Clinic.

Zubin D. (2018, March): *Mental Health Awareness, Risk Management, and Starting the Conversation.* A presentation for Delta Zeta as a representative of Bowling Green State University’s Counseling Center.

PROFESSIONAL AFFILIATIONS

American Psychological Association

- Society of Counseling Psychology (Division 17)
- Society for the Psychological Study of Culture, Ethnicity, and race (Division 45)

Asian American Psychological Association

- Division of South Asian Americans (DoSAA)

UW-Madison Counseling Psychology Student Association (CoPSA)

- *Social Committee Lead & Retreat Planning Committee Member* (June 2021-May 2022)
- Role included facilitating and created inclusive social events and activities during the Covid-19 pandemic
- Included monthly meetings with CoPSA members, faculty, and consistent consultation to provide a wholistic approach to supporting student needs.

Member of Psi Chi: National Honor Society in Psychology.

- Psi-Chi Vice President NMHU Chapter 2016-2017 academic year.
- Graduate Student Liaison NMHU 2016-2017 academic year.