BECKY RUDD PHD, MBA, MA

EDUCATION

DOCTOR OF PHILOSOPHY
UNIVERSITY OF NEVADA, RENO (2010)

Degree: Counseling and Educational Psychology
Emphasis: Counselor Education and Supervision
Major Professor: Dr. Livia D'Andrea
Dissertation: A phenomenological study of the professional support requirements and grief interventions to parents bereaved by an unexplained death at different time periods in the grief process.
CACREP accredited
GPA 3.94

MASTER OF ARTS
UNIVERSITY OF NEVADA, RENO (2005)

Degree: Counseling and Educational Psychology
Emphasis in Marriage and Family Therapy

MASTER OF BUSINESS ADMINISTRATION
WESTERN GOVERNORS UNIVERSITY (2020)

BACHELOR OF SCIENCE
EASTERN WASHINGTON UNIVERSITY (2003)

Degree: Applied Developmental Psychology

PROFESSIONAL AFFILITATIONS

American Association for Marriage and Family Therapists – Since 2007
American Counseling Association– Since 2005
Association for Play Therapy – Since 2005
EMDR International – Since 2025

LICENSE AND CERTIFICATIONS

LICENSED MENTAL HEALTH COUNSELOR
Washington Dept. of Health
LH60063971
Since January 2009

LICENSED MARRIAGE AND FAMILY THERAPIST
Washington Dept. of Health
LF60074423
Since March 2009

NATIONAL CERTIFIED COUNSELOR
National Board for Certified Counselors
210240

CLINICAL FELLOW
American Association for Marriage and Family Therapy

REGISTERED PLAY THERAPIST - SUPERVISOR
Association for Play Therapy
S1473

CERTIFIED GOTTMAN COUPLE THERAPIST
The Gottman Insititute
314

AAMFT APPROVED SUPERVISOR
Mentor: Dr. Scott Edwards
2025

EMDR Certification Track
Mentor: Dr. Angela Hanford

TEACHING EXPERIENCE

QUARTERLY FACULTY

Eastern Washington University
Counseling & Educational Psychology, CACREP
Cheney, Washington
April 2021 – December 2022

- In person, and synchronous courses

QUARTERLY FACULTY COURSES

- Counseling Skills 1 (Psych 571), Fall 2022
- Therapeutic Play (Psych 498), Summer 2021
- Professional Issues (Psych 579), Spring 22021

ASSOCIATE PROFESSOR (TENURED)

Eastern Washington University
Counseling & Educational Psychology, CACREP
Cheney, Washington
Associate Professor 2018-2019
Assistant Professor September 2013 – 2018

- Developed and taught undergraduate and graduate courses
- In-person, and synchronous courses
- Elected Associate Chair by colleagues (2018-2019)
- Appointed to the EWU Senate
- Served as Mental Health Advisory Board Chair from 2014-2019
- Conducted research and published 4 articles in peer-reviewed journals and presented at 30 National or State conferences
- Developed and taught 14 undergraduate and graduate courses
- Assisted in development of a Comprehensive Assessment Plan for CACREP accreditation
- Received grant funding totaling $20,000

COURSES TAUGHT

- Family Systems (Psych 569)
- Counseling Theories and Techniques (Psych 544)
- Child and Adolescent Counseling (Psych 548)
- Pre-Practicum in Mental Health (Psych 694)
- Introduction to Play Therapy (Psych 498/539)
- Addictive Behavior Counseling (Psych 587)
- Introduction to the Counseling Profession (Psych 444)
- Internship in Mental Health Counseling (Psych 697)
- Introduction to the Helping Profession (Psych 344)
- Clinical Skills Application (Psych 539)
- Play Therapy Seminar (Psych 498)
- Tactics of Psychological Research (Psych 520)
- Drugs and Behavior (Psych 323)
- Abnormal Psychology (Psych 302)

ADJUNCT FACULTY

Whitworth University
Marriage and Family Therapy Program
January 2025 – May 2025

- In-person

MASTER COURSES TAUGHT

- Therapy with Children, Adolescents and Their Families (EDF527)

Argosy University Online
Doctoral Level
April 2012 – April 2013

- Asynchronous course
- Weekly office hours

DOCTORAL COURSES TAUGHT

- Brief Psychotherapies (C7445) – Doctoral level

GRADUATE TEACHING ASSISTANT

University of Nevada, Reno
2006-2009

GRADUATE TEACHING ASSISTANT

- Comprehensive Exam (CEP 795)
- Introduction to Group Counseling (CEP 741)
- Counseling Theory and Process (CEP 600
- Introduction to Counseling and Guidance (CEP 400/600)

COURSE EVALUATIONS

Scores represent grand mean for all quarters.

Note: 1 = very poor, 3 = average, and 5 – excellent	Course Content	Course as a Whole	Instructor Contribution	Instructor Effectiveness
Abnormal Psychology (2 quarters)	4.66	4.56	4.76	4.71
Drugs and Behavior (1 quarter)	5	5	5	5
Introduction to the Helping Profession (5 quarters)	4.78	4.66	4.89	4.91
Psychological Research (1 quarter)	4.21	4	4.84	4.95
Counseling Theories and Techniques (5 quarters)	4.77	4.67	4.88	4.90
Counseling Children and Adolescents (4 quarters)	4.80	4.80	4.94	4.93
Addictive Behavior Counseling (4 quarters)	4.49	4.53	4.76	4.74
Pre-Practicum (4 quarters)	4.87	4.87	4.97	4.95
Practicum (3 quarters)	4.90	4.75	5	4.94
Internship in Mental Health Counseling (6 quarters)	4.5	4.39	4.72	4.68

UNIVERSITY, COLLEGE AND DEPARTMENT COMMITTEES

Academic Senate: Senator 2018 – April 2019
Eastern Washington University

Course and Program Approval Committee 1: Member 2018- 2019
Eastern Washington University

Graduate Affairs Council: Member 2017- June 2019
Eastern Washington University

Department Diversity Committee: Chair 2016 – January 2019
Psychology Department
Eastern Washington University

Mental Health Advisory Board: Chair 2013 - June 2019
Eastern Washington University

Chi Sigma Iota: Co-Chapter Leader 2013-June 2019
Eastern Washington University

MS Mental Health/School Counseling Committee, 2013June 2019
Department of Psychology, Counselor Education
Eastern Washington University

MS In Counselor Education Graduate Admissions Committee, 2013 – June 2019
Department of Psychology, Counselor Education
Eastern Washington University

Professional Development Review Committee: Member 2017- 2018
Eastern Washington University

Undergraduate Applied Developmental BS Committee, 2015-2018
Department of Psychology, Applied Developmental Psychology
Eastern Washington University

Academic Appeals Board 2017- 2018
Eastern Washington University

Lecturer Line Search Committee Member, MS Mental Health/School Counseling Committee, 2017 – 2018
Eastern Washington University

Tenure Track Assistant Professor (Applied Developmental Psychology) Search Committee Member, 2016
Eastern Washington University

Northwest Institute for Children, Youth and Families: Member, 2014 – 2017
College of Social & Behavioral Sciences
Eastern Washington University

Search Committee for 2016 Tenure-Track Faculty with emphasis in school counseling: Member, 2014-2015
Eastern Washington University

National Conference on Undergraduate Research (NCUR) 2015 Abstract Review Committee, Member, 2015
Eastern Washington University

MS In Counselor Education Graduate Admissions Committee, 2013 – 2015
Department of Psychology, Counselor Education
Eastern Washington University

Lecturer Search Committee Member, 2014
Department of Psychology, Counselor Education
Eastern Washington University

CLINICAL & SUPERVISORY EXPERIENCE

OWNER, PRIVATE PRACTICE

Reflective Wellness and Consulting PLLC
Spokane Washington
January 2025-present

Provided individual, family and couple therapy using evidence-based practices. Worked with ages 3 throughout the lifespan for various presenting concerns.

CHIEF EXECUTIVE OFFICER, CLINICAL DIRECTOR & OWNER

Center for Solace
Spokane Washington
July 2019 – December 2024

Clinical and program oversight to 25 providers and 6 graduate interns, 2 clinical supervisors. We serve over 1,400 clients with more than 24,000 appointments offered per year. Provide clinical supervision to staff, run business and clinical meetings, budget and financial planning, develop and achieve strategic initiatives, ensure legal and ethical practice Center wide.

THERAPIST II

Spokane Mental Health
Spokane, Washington
August 2009 – August 2013

Provided individual and family therapy to underserved youth and families. Conducted diagnostic assessments and built measurable treatment plans. Completed documentation within 24 hours. Provided

after-hours crisis coverage. Completed risk assessments and facilitated hospitalization when necessary. Worked in an interdisciplinary team. Won $50,000 educational loan repayment grant from NLRP

OWNER, PRIVATE PRACTICE

Child, Adolescent and Adult Counseling Services
Reno, Nevada
June 2007 – June 2009

Successfully opened and maintained a private therapeutic practice specializing in child, individual, couple and family therapy. Contracted with Child Protective Services to provide individual and family therapy to underserved populations. Solely responsible for marketing, contracts, billing, adherence to all state and federal laws and to provide crisis intervention.

CLINICAL SUPERVISOR

Alliance Family Services
Reno, Nevada
June 2006 – June 2007

Pioneered the Reno branch of Alliance Family Services Inc which specialized in psychosocial rehabilitation of underserved children and their families. Medicaid funded psychosocial rehabilitation services had been gravely lacking in the Reno community. During my time as the Clinical Supervisor the company grew to over 100 clients and 30 staff members. I provided clinical supervision and oversight to over 30 staff members. Lead weekly staff meetings and organized in-house continuing education programs. Participated in community outreach and marketing for the company. Performed individual and family therapy in addition to assessments and treatment plans.

EXTERN THERAPIST

Counseling Services
University of Nevada, Reno
July 2006 – November 2006

Provided individual and couples therapy to undergraduate and graduate college students. Participated in university wide outreach to promote the awareness of university counseling services. Conducted emergency walk-in sessions to deescalate emergent crises.

PLAY THERAPIST

Special Opportunity Program
Sparks Middle School, Sparks Nevada
January 2006 – May 2006

Used play therapy with at-risk elementary students who had severe behavioral problems and removed from mainstream classrooms. Therapeutic focus was geared towards addressing behavioral, emotional or cognitive dysfunction to help these children be more successful during school.

GROUP FACILITATOR

Wooster High School
Reno Nevada
August 2005 – December 2005

Lead three activity groups with at-risk minority high school students as part of a research project at the University of Nevada, Reno. The activity groups were found to be significantly helpful in improving moral reasoning of these students.

CRISIS LINE VOLUNTEER

Crisis Call Center
Reno Nevada
January 2004 – June 2005

Counseled callers using crisis intervention skills for suicide, sexual assault, domestic violence, child abuse and neglect, depression, anxiety, drug abuse, addiction and grief and loss. This crisis line serviced two states. I won the volunteer of the month twice for my dedication to our callers and the organization.

COUNSELOR INTERN

Downing Counseling Clinic
University of Nevada, Reno
January 2005 – December 2005

Provided individual, family and couples therapy to community members and university students on a sliding fee or no fee scale. Clinical work focused on cultural competency and family therapy.

SCHOOL COUNSELOR INTERN

North Central High School
Spokane Washington
January 2003 – June 2004

Assisted counselor with student problems that impacted school performance.

ELECTED LEADERSHIP EXPERIENCE

WESTERN REGION CHAIR, AMERICAN COUNSELING ASSOCIATION

- Elected by State Chapter Presidents of the American Counseling Association
- Provided leadership guidance and support to 12 States and the Philippines to advance the counseling profession
- Chaired Regional meeting using Roberts Rules of Order
- Lobbied in Washington DC for clinically related initiatives to include Medicare reimbursement, VA inclusion of counseling and broadening the use of Mental Health counselors in the schools

Past Western Region Chair, Secretary
2018-2019

Western Region Chair 2017-2018
2017-2018

West Region Chair Elect, Treasurer
2016-2017

PRESIDENT, WASHINGTON COUNSELING ASSOCIATION

- Elected by WCA members
- Represented 3,000 licensed mental health counselors
- Organized and ran 3 State Conferences with budget of 20k to include keynote speakers, breakout sessions and advertising and marketing
- Led our State Association in earning the Best Leadership Development Award in 2016
- Facilitated the overhaul of association bylaws to be in accordance with National standards

Past President
2016-2017

President
2015-2016

President Elect
2014-2015

PRESIDENT, WASHINGTON ASSOCIATION FOR PLAY THERAPY

- Elected by WAAPT Members
- Represented 1,000 licensed WAAPT members
- Lead board of 8 members in organizing, developing and facilitating annual conference, networking meetings and continuing education events
- Significantly increased cash flow during term in office
- Led our State Association in earning its first ever Gold Branch Award for membership growth, continuing education opportunities and membership engagement

Past President
2015-2016

President
2014-2015

President Elect
2013-2014

PRESIDENT, NEVADA ASSOCIATION FOR PLAY THERAPY

- Elected by NVAPT Members
- Represented 300 licensed NVAPT members
- First President to elicit board membership from the Southern Part of the State
- Organized, developed and facilitated an annual conference in both Las Vegas and Reno
- Led our State Association in earning its first ever Gold Branch Award for membership growth, continuing education opportunities and membership engagement

Executive Director
2008-2009

President
2007-2008

Secretary
2005-2007

APPOINTMENT TO MEMBERSHIP ON REGIONAL OR NATIONAL PROFESSIONAL BOARDS OR COMMITTEES

Member, Next of Kin Communications Committee, 2013- 2016
Scientific Working Group for Medicolegal Death Investigation

Conference Chair, 2016
Washington Counseling Association: 2016 Annual Conference
Spokane, Washington

Conference Chair, 2015
Washington Counseling Association: 2015 Annual Conference
Spokane, Washington

Ethics & Practices Committee, 2015 – 2017
Association for Play Therapy
Chair: Jane LeVieux PhD, LPC-S, RN, RPT-S

Western Region Branch Development Conference Chair, 2014
Western Region of the American Counseling Association
Seattle, WA

Conference Chair, 2014
Washington Counseling Association: 2016 Annual Conference
Spokane, Washington

Ethics & Practice Committee Association for Play Therapy April 2015-March 2016
International Association for Play Therapy

Conference Planning Committee Chair, Western Region of the American Counseling Association: Branch Development and Leadership Training (November 2014). Seattle Washington located at the Silver Cloud Inn

RESEARCH, PUBLICATIONS & PRESENTATIONS

REVIEWED JOURNAL ARTICLES

Peabody, M. A., & Schaefer, C. E. (2016). *Towards semantic clarity in play therapy*. International Journal of Play Therapy, 25(4), 197-202. http://dx.doi.org/10.1037/pla0000025

Garstang, J., Griffiths, F., & Sidebotham, P. (2014). What do bereaved parents what from professionals after the sudden death of their child: a systematic review of the literature. *MBC Pediatrics*, 14(269). doi: 10.1186/1471-2431-14-269

ABSTRACT REVIEWER

Conference Proposal Reviewer, American Counseling Association Conference and Expo, Atlanta, GA (2017), (16 proposals)

Conference Proposal Reviewer, Association for Play Therapy Annual Conference and Expo Louisville KY (2016)
Association for Play Therapy

Conference Proposal Reviewer, American Association for Marriage and Family Therapists Austin TX (2016)
American Association for Marriage and Family Therapists

Conference Proposal Reviewer, American Counseling Association Conference and Expo Montreal Canada (2016)
American Counseling Association

Conference Proposal Reviewer, American Association for Marriage and Family Therapists Annual Conference
Indianapolis, Indiana (2016).
(10 abstracts)

Abstract Reviewer, National Convention for Undergraduate Research (2015).
Eastern Washington University.
(100 abstracts)

PEER- REVIEWED PUBLICATIONS

Rudd, R., Marain, L, & Crandall, L. (2018). Bereaved Parents Experiences of hospital practices and staff after the sudden unexpected death of a child. *International Journal of Emergency Mental Health and Human Resilience,* 20(1), 1-5.

Rudd, R. A., & D'Andrea, L. (2015). Compassionate detachment: Managing professional stress while providing quality care to bereaved parents. *Journal of Workplace Behavioral Health,* 30(3), 287-305. doi: 10.1080/15555240.2014.999079

Rudd, R. Marain, L, & Crandall, L. (2014). To hold or not to hold: Medicolegal death investigation practices during unexpected child death investigations and the experiences of next of kin. *American Journal for Forensic medicine and pathology*, 35(2), 132-139. doi: 10.1097/PAF.0000000000000089

Rudd, R. & D'Andrea, L. (2013). Professional support requirements and grief interventions for parents bereaved by an unexplained death at different time periods in the grief process. *International Journal of Emergency Mental Health and Human Resilience*, 15(1), 51-68. Retrieved from http://omicsonline.com/open-access/currentissue-international-journal-of-emergency-mental-health-and-human-resilience.pdf

D'Andrea, L., Waters, C. & Rudd, R. (2011). Using computer assisted qualitative software (CAQDAS) to evaluate a novel teaching method for introductory statistics. *International Journal of Technology in Teaching and Learning,* 7(1), 48-60.

Packman, J., Smaby, M., Maddux, C., Farnum, C., Hodges, C., Liles, E., Rudd, R. (2009). The impact of skills-based training on counselor locus of control and emotional intelligence. *Vistas Online*.

BOOKS OR BOOK CHAPTERS

Swan, K. L. & Rudd, R. (2017). Play therapy to support bereaved students. In J. A. Brown & S. R. Jimerson (Eds.), Supporting Bereaved Students at School. Oxford University Press.

NATIONAL AND INTERNATIONAL PRESENTATIONS

Rudd, R. (2025, October). *Playing (The Wrong) Games? How To Protect The Therapeutic Space from High-Conflict Divorce.* Association for Play Therapy international Conference, Houston, Texas.

Rudd, R., Schindler, M. & Voelker, C. (2018, April). *A Unique Approach for a Unique Population: Therapeutic Activities for LGBTQ+ Youth.* American Counseling Association's Annual Conference and Expo, Atlanta, Georgia.

Rudd, R. (2017, July). *Leaders Leading Leaders: Success for Succession Planning.* American Counseling Association's Institute for Leadership Training, Washington, D.C.

Rudd, R., Pierce, C. & Hedges, K. (2017, March). *Navigating ethical issues when working with children of divorced or divorcing parents.* American Counseling Association's Annual Conference and Expo, San Francisco, California.

Rudd, R. (2016, October). *Supervising counselors who work with children: Navigating the ethics of child custody cases*. Western Region Association for Counselor Education and Supervision Conference. Vancouver, British Colombia, Canada.

Hope, K., & Rudd, R. (2016, October). *Compassion fatigue and vicarious trauma in counselor educators*. Western Region Association for Counselor Education and Supervision Conference. Vancouver, British Colombia, Canada.

Dailey, S, Rudd, R. & Tipton, D. (2016, July). *Bylaws.* Institute for Leadership Training, Washington DC.

Rudd, R., Brannon, T., & Schoel, K. (2016, March). Why play therapy? The nuts and bolts of child-centered play therapy. American Counseling Association Conference, Montreal, Canada.

Hope, K., & Rudd, R. (2015, October). *Compassion fatigue and vicarious trauma in counselor educators*. Association for Counselor Education and Supervision Conference. Philadelphia, Pennsylvania.

Rudd, R. (2015, March). *Therapy inside the box: Sandplay and sand tray therapy with children through Adolescents.* American Counseling Association's annual conference & Expo, Orlando, Florida.

Rudd, R. (2014, November). *From the dollhouse to the tigers: Child-centered play therapy explained through a developmental lens.* Western Association for Counselor Education and Supervision, Anaheim California.

Rudd, R. (2014, October). *Sand Tray: Families playing inside the box.* International Association for Play Therapy, Houston TX.

Crandall, L., Marain, L. & Rudd, R. (2012, October). *To hold or not to hold: Creating guidelines for management of unexplained child death*. National Association for Medical Examiners Annual Conference, Baltimore MD.

Smaby, M., Maddux, C., Rudd, R., Liles, E., Farnum, C. & Hodges, C. (2009, March). *Adapting counseling skills for multicultural and diverse clients*. Paper presented at the Annual American Counseling Association Conference and Exposition, Charlotte, NC.

Smaby, M., Maddux, C., Liles, E., Farnum, C. & Rudd, R. (2009, March). *The impact of skills-based training on counselor locus of control and emotional intelligence*. Paper presented at the Annual American Counseling Association Conference and Exposition, Charlotte, NC.

STATE PRESENTATIONS

Rudd, R. (2024, September). *Navigating ethical issues when working with children from divorced or divorcing parents.* 2024 Washington Association for Play Therapy Annual Conference. Invited

Rudd, R. (2021, March). *Navigating ethical issues when working with children from divorced or divorcing parents.* 2021 Washington Association for Play Therapy Annual Conference. Invited

Rudd, R. (2020, October). *Navigating ethical issues when working with children from divorced or divorcing parents.* Washington Association for Play Therapy, Virtual Workshop on the Zoom platform. Invited.

Rudd, R. (2017, March). *Navigating ethical issues when working with children from divorced or divorcing parents.* Washington Association for Play Therapy, Renton WA.

Rudd, R. (2017, March). *Solutions in the sand: Using solution focused therapy with the sandtray.* Washington Association for Play Therapy, Renton WA.

Rudd, R. (2016, March). *Navigating ethical issues in child, play and family therapy.* Washington Association for Play Therapy Annual Conference, Seattle WA.

Rudd, R. (2015, November). *Navigating ethical issues in child, play and family therapy.* Washington Association for Play Therapy Annual Conference, Spokane WA.

Rudd, R. (2015, November). *Play therapy techniques for children and families*. Washington Association for Play Therapy Annual Conference, Spokane WA.

Rudd, R. (2015, March). *Sandplay: Therapy inside the box.* Idaho State University at Meridian.

Rudd, R. (2015, March). *Sandplay: Therapy inside the box*. Washington Association for Play Therapy Annual Conference, Renton WA.

Rudd, R. (2015, March). *Therapeutic Play: An introduction to child-centered play therapy.* Washington Association for Play Therapy Annual Conference, Renton WA.

Rudd, R. (2015, January). *Conference planning in the counseling profession.* Western Region of the American Counseling Association.

Rudd, R. (2014, November). *What is play therapy anyways?: The nuts and bolts of child-centered play therapy.* Washington Counseling Association Annual Conference, Seattle WA.

Rudd, R. (2014, May). *Sandtray: Therapy inside the box*. Washington Association for Play Therapy. Spokane WA.

Rudd, R. (2013, November). *What is play therapy anyways?: The nuts and bolts of child-centered play therapy.* Washington Counseling Association Annual Conference, Spokane WA.

Rudd, R. (2012, October). *Therapeutic play: An introduction to child-centered play therapy*. Washington Counseling Association Annual Conference. Spokane, WA.

GRANTS

OPENTogether Small Business Grant Program: $10,000, September 2020.

Recipient of Internal Equipment Grant: $450, January 2016.

Recipient of a Branch Development Fund Grant of $570, May 2015. Western Region of the American Counseling Association.

Recipient of an Institute for Leadership Training travel grant of $1,100, May 2015. American Counseling Association, Western Region.

Recipient of an Internal Pedagogy Enhancement Program grant of $16,957, November 2014. Eastern Washington University.

Recipient of an Institute for Leadership Training travel grant of $1,000, May 2014. American Counseling Association, Western Region.

AWARDS AND HONORS

Best Storyteller – December 2022, Center for Solace

Motivational Quote Guru – July 2021, Center for Solace

Friendliest Professor – June 2017, Psi Chi chapter at Eastern Washington University

Outstanding Leadership and Service – October 2016, Washington Counseling Association

Best Leadership Development Award – March 2016. Accepted as President on behalf of the Washington Counseling Association for Leadership Development Workshop I created. *American Counseling Association, 2016 Annual Conference and Expo.*

Employee Instant Recognition – December 2009, July 2011, January & November 2012**,** Spokane Mental Health, Spokane Washington

National Health Service Corps Loan Repayment Recipient– 2009-2012, Spokane Mental Health; Spokane Washington

Who's Who Among the Nations College Students – 2009, University of Nevada, Reno

Nevada Women's Fund Scholarship Award – 2006-2007, Reno, Nevada

Volunteer of the Month – September 2004 & February 2005, Crisis Call Center, Reno Nevada

Phi Eta Sigma: National Honors Society – 2001, Eastern Washington University, Cheney Washington

Who's Who Among the Nations College Students – 1999, 2000, 2002, Eastern Washington University, Cheney Washington

Phi Chi: Psychology Honors Society – 2003, Eastern Washington University, Cheney Washington

Daughters of the American Revolution Scholarship Award – 2002, Spokane, Washington

Dean's List – 1999, 2000, 2001, 2002, Eastern Washington University, Cheney Washington