

Kenneth J. Parnell

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EDUCATION

University of Nebraska-Lincoln

Ph.D. in Counseling Psychology (APA-Accredited), 2015

University of Maryland-College Park

M.S. in Couple & Family Therapy (AAMFT-Accredited), 2009

Brigham Young University- Provo

Bachelor of Science in Psychology, 2007

LICENSE

Licensed Psychologist, Kentucky: # 173526

Licensed Psychologist Colorado: # 4625

ACADEMIC POSITIONS

Applied Psychology and Counselor Education, University of Northern Colorado

Associate Professor in Counseling Psychology 2021 - Present

Applied Psychology and Counselor Education, University of Northern Colorado

Assistant Professor in Counseling Psychology 2017 - 2021

Educational, School, and Counseling Psychology, University of Kentucky

Lecturer & Practicum Coordinator, 2015- 2017

Educational Psychology, University of Nebraska-Lincoln

Clinic Coordinator and Clinical Supervisor, 2013 - 2014

Educational Psychology, University of Nebraska-Lincoln

Research and Teaching Assistant, 2010 – 2014

Family Science, University of Maryland-College Park

Research and Teaching Assistant, 2007-2009

RESEARCH

Doctoral Dissertation

The Influence of a Couple Gratitude Intervention on Positive Emotion, Intimacy, and Satisfaction in the Relationship. Advisor: Michael J. Scheel, Ph.D., ABPP

Thesis

Clinical Couples' Aggressive and Withdrawal Cognitions and Behavior: Their Independent and Combined Associations With the Recipients' Trust and Relationship Commitment

Advisor: Norman B. Epstein, Ph.D.

Peer-Reviewed Publications

Parnell, K.J., Spiker, D.A., Johnson, T.A.K., & May, M.B. (2022). Attitudes toward help-seeking for sexual problems among college women. *The Journal of Sex Research*.

Parnell, K.J., Wood, N.D., & Scheel, M.J. (2020). A couple gratitude exercise. *Journal of Couple and Relationship Therapy*.

Spiker, D.A., Hammer, J.H., & **Parnell, K.J.** (2019). Men in unhappy relationships: Perceptions of couple therapy. *Journal of Social and Personal Relationships*.

Parnell, K.J. & Hammer, J.H. (2018). Deciding on couple therapy: The role of masculinity in relationship help-seeking. *Journal of Men and Masculinity*.

Parnell, K.J., Scheel, M.J., Klentz-Davis, C., & Black, W.W. (2018). An investigation of couples' help-seeking: A multiple case study. *Contemporary Family Therapy*.

Manuscripts Under Review

Wood, N.D., Fife, S.T., **Parnell, K.J.**, & Ross, D.B. (Revise and Resubmit). The mediating role of ethical responsiveness on stress, responsible actions, and relational-connectivity. *Journal of Marital and Family Therapy*.

Manuscripts in Preparation

Parnell, K.J. & Reid Marks, L. (manuscript in preparation). Help-seeking for chronic illness among minority populations. Data gathered and analyzed. *The Journal of Counseling Psychology*.

Parnell, K.J. & Crowell, C. (manuscript in preparation). Masculinity and relationship help-seeking: A qualitative study. Unpublished raw data.

Selected Professional Presentations

Wood, N.D., Fife, S.T., **Parnell, K.J.**, **Ross, D.B.** (2021). *Exploring the Role of Dyadic Coping Through the Lens of the Strong Relationality Model of Couple Relationships*. Presented at the annual conference of the National Council on Family Relations.

- * **Parnell, K.J.**, Bowling, J., Brass, H., & Razo, J. (2021). *Adherence to traditional norms of masculinity and variation in gratitude and indebtedness*. Presented at the annual conference of the American Psychological Association Convention, Online.
- * Simonson, A.M., Johnson, T.A., & **Parnell, K.J.**, (2021). *The relationship between loneliness and gender constructs among college students during COVID-19*. Presented at the annual conference of the American Psychological Association Convention, Online.
- *Pickenpugh, E. N., Wayne, I., Mitchell, J., May, M., & **Parnell, K.J.** (2020, August). *Graduate Student Perceptions of the Mentor Relationship and Belonging*. Poster presented at the American Psychological Association Convention, Washington, DC.
- *Simonson, A., Johnson, T., **Parnell, K.J.** (2020, April 16–18). *Adherence to Traditional Masculinity Ideology & Levels of Loneliness*. Rocky Mountain Psychological Association, Denver, CO, United States. rockymountainpsych.com (Conference canceled)
- *Johnson, T., **Parnell, K.J.**, Spiker D.A., & May, M. (2019). Theory of Planned Behavior and Help-Seeking for Sexual Functioning Concerns in College Women. Presented at the annual conference of the American Psychological Association Convention, Chicago, IL.
- *Reid Marks, L., Fuss, A.N., **Parnell, K.J.**, & Hamilton, A. (2018). *Microaggressions and Help Seeking in Adults of Color Living with a Chronic Illness*. Presented at the annual conference of the American Psychological Association Convention, San Francisco, CA.
- *Spiker, D. A., Hammer, J.H., & **Parnell, K.J.**, (2018). *Men in Unhappy Relationships: Perceptions of couple therapy*. Presented at the annual conference of the American Psychological Association Convention, San Francisco, CA.
- Parnell, K.J.** (2013). *Emphasizing client strengths across multiple therapeutic contexts*. Symposium presented at the annual conference of the North American Chapter of the Society of Psychotherapy Research, Memphis, TN.
- Parnell, K. J.** (2013). *Finding individual strengths across multiple populations*. Symposium organized and chaired at the Great Lakes Counseling Psychology Conference, Grand Rapids, MI.
- Peterson, R., O'Connor, A., Strawhun, J., Fluke, S. & **Parnell, K.J.** (2013). *Strategies for dropout prevention in schools*. Poster presented at the annual conference of the Midwest Symposium for Leadership in Behavior Disorders, Kansas City, MS.
- Parnell, K.J.**, Clentz-Davis, C., & Scheel, M. (2012). *Exploring couple help-seeking behavior*. Poster presented at the annual conference of the American Psychological Association Convention, Orlando, FL.
- Parnell, K.J.**, Epstein, N., Bramble, H., & Lee, L. (2008). *Anger expression, dyadic trust, and commitment in clinic couples: The moderating role of interpersonal sensitivity*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Waters, D., **Parnell, K.J.**, Mena, L., Stevenson, T., & La Taillade, J. (2008). *Abuse and social support among African American couples*. Poster presented at the annual meeting of the American Association for Marriage and Family Therapy, Memphis, TN.

Parnell, K.J., Epstein, N., Bramble, H., & Lee, L. (2008). *Clinical couples' aggressive and withdrawal cognitions and behavior: Their independent and combined associations with the recipients trust and commitment*. Poster presented at a conference held at the School of Public Health, University of Maryland, College Park, MD.

EDITORIAL REVIEW

- Ad Hoc Reviewer, *Psychology of Men and Masculinity*
- Ad Hoc Reviewer, *The Counseling Psychologist*
- Ad Hoc Reviewer, *Contemporary Family Therapy*
- Ad Hoc Reviewer, *Australian Psychologist*
- Ad Hoc Reviewer, *Violence Against Women*
- Ad Hoc Reviewer, *Race and Social Problems*

TEACHING EXPERIENCE

University of Northern Colorado, College of Education

Diagnosis and Treatment Planning (APCE 558)

Theories of Counseling (APCE 607)

Family Systems (APCE 665)

Sexuality Counseling (APCE 668)

Advanced Methods in Couple and Family Therapy (APCE 669)

Family Therapy Practicum (APCE 694)

Cognitive Assessment (APCE 674)

Internship in Clinical Counseling (APCE 692)

Professional Development Seminary in Counseling Psychology (APCE 701)

Practicum in Counseling (APCE 702)

Advanced Practicum in Individual Counseling (APCE 712)

Seminar in Research Methods in Counseling Psychology (APCE 733)

Practicum in Group Facilitation (APCE 762)

University of Kentucky, College of Education

Introduction to Counseling: Techniques 1 (EDP 605)

Individual Assessment of Cognitive Functioning (EDP 640)

Individual Assessment of Personality Functioning (EDP 642)

Group Counseling (EDP 649)

Introduction to Counseling: Techniques 2 (EDP 661)

Practicum in Counseling Psychology (EDP 664)

Psychology of Career Counseling (EDP 666)

University of Nebraska-Lincoln, College of Education and Human Services

Counseling Practicum (EDPS 997A)

Professional Practicum (EDPS 297)

University of Maryland-College Park, School of Public Health

Family Theory and Patterns (FMSC 330)
Family Violence (FMSC 460)

CLINICAL POSITIONS

Ken Parnell, LLC

Psychologist in Private Practice 2016—Present

- Provided assessment and counseling to individuals, couples, and families
- Provide outreach presentations to community groups

Arizona State University Counseling Services, Tempe, AZ

Predoctoral Psychology Intern (APA-Accredited), 2014-2015

- Provided individual, couple, and group counseling
- Provided individual supervision to practicum students
- Provided on-call services after office hours and on weekends
- Conducted psychosocial intake interviews, walk-in coverage, and triage appointments
- Provided outreach and consultation services to staff and students
- Participated in weekly didactic training and bi-weekly multicultural seminars
- Served on the Training Committee
- Served Intern selection committee

Nebraska Wesleyan University Career and Counseling Center, Lincoln, NE

Advanced Practicum Counselor, Aug 2013 – May 2014

- Provided individual and couple counseling

UNL Counseling and Psychological Services, Lincoln, NE

Assessment Practicum Counselor, Aug 2012 – May 2013

- Provided cognitive assessments to students including the WAIS-IV and WJ-III

UNL Counseling and Psychological Services, Lincoln, NE

Practicum Counselor, Aug 2011 – May 2012

- Provided short term and long term psychotherapy to students
- Conducted psychosocial intake interviews and composed intake reports
- Participated in weekly case conferences, treatment planning meetings, didactic training seminars, and individual supervision
- Served on the Eating Disorder Treatment Team

Provo Canyon School Residential Treatment Center, Orem, UT

Staff Therapist, Dec 2009 – Aug 2010

- Provided long-term individual and family therapy to residents of the center
- Provided group therapy, including case load group, anger management, and social skills
- Assisted day trip and overnight recreational therapy excursions
- Participated in the interdisciplinary treatment team with educators, social workers, psychiatrists, physicians, nurses, dieticians, and day staff
- Co-coordinated biofeedback lab

UMD Center for Healthy Families, College Park, MD

Practicum Therapist, Aug 2007 – May 2009

- Provided short-term and long-term individual, couple, family, and group therapy
- Conducted intake interviews
- Conducted structured clinical interviews for interpersonal partner violence and substance use

Greenbelt CARES: Youth and Family Services Bureau, Greenbelt, MD

Group Leader for Strengthening Families Program Sept 08 – May 09

Pine Rest Christian Hospital, Grand Rapids, MI

Intern Psychometrist, Jan 2007 – May 2007

- Administered MMPI, WISC, ADHD testing,
- Conducted observational coding

SELECTED OUTREACH PRESENTATIONS

Body Image and Eating Disorders, Workshop presentation for university students. (Fall 2014)
Arizona State University, Tempe, AZ

Finals Week Preparation, Provided Stress Reduction and Relaxation Techniques to Students (Fall 2014 and Spring 2015) Arizona State University, Tempe, AZ

How to Make Mental Health Referrals, Workshop presentation to students and staff. Presented to the Audiology department and to the Speech Pathology department. (Spring 2013)
University of Nebraska-Lincoln, Lincoln, NE

HONORS & AWARDS

Edgren Fellowship, University of Nebraska-Lincoln Aug 2012 – Aug 2015

Chancellor Fellowship, University of Nebraska-Lincoln Aug 2010 – Aug 2012

College of Education & Human Sciences (UNL) Student Travel Grant March 2013
Travel for Counseling Psychology Great Lakes Regional Conference

College of Education & Human Sciences (UNL) Student Travel Grant October 2013
Travel to North American Society for Psychotherapy Conference

College of Public Health (UMD) Student Travel Grant October 2008
Travel to Association for Behavioral and Cognitive Therapies

PROFESSIONAL AFFILIATIONS

American Psychological Association

Division 17: Society of Counseling Psychology

Division 43: Family Psychology