

February, 2020

Curriculum Vita of Janet E. Helms

I. Personal Information

A. Departmental Information

1. Name: Janet E. Helms
2. Department: Counseling, Developmental, & Educational Psychology
3. Current Rank: Augustus Long Professor
4. Year of Appointment: 2000

B. Educational Background

PhD	1975	Iowa State University of Science & Technology	Psychology (major: Counseling Psychology)
MA	1972	University of Missouri at Kansas City	Psychology
BA	1968	University of Missouri at Kansas City	Psychology

C. Experience in Higher Education

10/2004- Present	Augustus Long Professor in Measurement and Assessment, Boston College, Chestnut Hill, MA
1/2000 - 10/2004	Professor, Counseling Psychology, Boston College, Chestnut Hill, MA
1/2000- Present	Founding Director of the Institute for the Study and Promotion of Race and Culture (ISPRC) at Boston College, Chestnut Hill, MA 02467
8/97 - 12/99	Co-Director, Counseling Psychology Program, University of Maryland, Psychology Department, College Park, MD 20742
8/91- 12/99	Professor, Psychology, University of Maryland, College Park, MD 20742

- 8/95-12/99 Affiliate Women's Studies Program,
University of Maryland, College Park, MD 20742
- 8/83-7/91 Associate Professor, Psychology, University of Maryland,
College Park, MD 20742
- 8/81-8/83 Assistant Professor, Psychology, University of Maryland,
College Park, MD 20742
- 4/81-8/81 Associate Professor, Psychology, Southern Illinois University,
Carbondale, IL 62901
- 8/79-8/80 Acting Director of Counseling Psychology Program, Department
of Psychology, Southern Illinois University, Carbondale, IL 62901
- 8/77-4/81 Assistant Professor, Psychology Department, Southern Illinois
University, Carbondale, IL 62901
- 1/75-8/77 Assistant Professor, Department of Education, Washington State
University, Pullman, WA 99163 (50% appointment)

D. Experience in Other than Higher Education

- 2/85-9/94 Private practice and consultation, Suite 631, 1511 K Street,
Washington, DC 20010
- 8/84-12/99 Affiliate, Counseling Center, University of Maryland, College
Park, MD 20742
- 8/82-2/85 Part-time therapist, Women's Medical Center, 1711 I Street,
Washington, DC
- 11/79-8/81 Adjunct Faculty, Student Counseling Center, Southern Illinois
University, Carbondale, IL 62901
- 1/75-8/77 Staff Psychologist, Student Counseling Center, Southern Illinois
University, Pullman, WA 99163 (50% Appointment)
- 8/74-1/75 Staff Psychologist, Student Counseling Center, Iowa State
University, Ames, IA 50010
- 8/73-8/74 Internship, Student Counseling Service; Iowa State, Ames, IA
50010

II. Research, Scholarly and Creative Activities

A. Books

1. Authored

Helms, J. E. (1982). *A Practitioners' Guide to the Edwards Personal Preference Schedule*. Springfield, IL: Charles Thomas.

Helms, J. E. (1991). *A Training Manual for Diagnosing Racial Identity in Social Interactions (To accompany Black and White Racial Identity: Theory, Research, and Practice)*. Topeka, KS: Content Communications.

Helms, J. E. (1992). *A Race Is a Nice Thing to Have: A Guide to Being A White Person or Understanding the White Persons in your life*. Topeka, KS: Content Communications.

Helms, J. E., & Cook, D. A. (1999). *Using Race and Culture in Counseling and Psychotherapy: Theory and Process*. Needham, MA: Allyn & Bacon.

Helms, J. E. (2008). *A Race Is a Nice Thing to Have: A Guide to Being A White Person or Understanding the White Persons in your life*. (Second Edition). Alexandria, VA: Alexander Street Press.

Helms, J. E. (2020). *A Race Is a Nice Thing to Have: A Guide to Being A White Person or Understanding the White Persons in your life*. (Third Edition). San Diego, CA: Cognella Academic Publishing.

2. Edited

Helms, J. E. (1990) (Ed.). *Black and White Racial Identity: Theory, Research and Practice*. CT: Greenwood Press (sole author of the following 9 of 14 chapters.)

Chapter 1: Introduction: Review of Racial Identity Theory

Chapter 2: An Overview of Black Racial Identity Theory

Chapter 3: The Measurement of Black Racial Identity Attitudes

Chapter 4: Toward a Model of White Racial Identity Development

Chapter 6: The Beginnings of a Diagnostic Model of Racial Identity

Chapter 9: Counseling Attitudinal and Behavioral Predispositions: The Black/White Interaction Model

Chapter 12: Applying the Interaction Model to Social Dyads

Chapter 13: Generalizing Racial Identity Interaction Theory to Groups

Chapter 14: Interventions for Promoting Better Racial Identity Development

Ford, D.Y. & Helms, J. E. (2012) Guest Editors, Testing and Assessing African Americans: Past, Present, and Future Problems and Promises, *The Journal of Negro Education*, Summer Issue (Vol. 81, No. 3).

B. Chapters in Books

Helms, J. E. (1985). Cultural identity in the treatment process. In P. Pedersen (Ed.), *Handbook of Cross-cultural Counseling and Therapy* (pp. 239-247). Westport, CT: Greenwood Press.

Helms, J. E. (1990). Three perspectives on counseling and psychotherapy with visible racial/ethnic groups. In P.D. Isaac, L.J. Myers, R.K. Russell, A.I. Schwelbel, & F.C. Serafica (Eds.), *Mental Health of Ethnic Minorities*, NY: Praeger

Cross, W. E., Jr., Parham, T. A., & Helms, J. E. (1991). The stages of Black identity development: Nigrescence models. In R. Jones (Ed.), *Black Psychology*. Oakland, CA: Cobb & Henry .

Helms, J. E. (1994). Identity development and classroom dynamics. In J. Carey & P. Pedersen (Eds.), *Multicultural counseling in the schools*. MA: Allyn & Bacon.

Helms, J. E. (1994). The conceptualization of racial identity and other "racial" constructs. In E. Trickett, R. J. Watts, & D. Birman (Eds.), *Human Diversity* (pp. 285-311). San Francisco: Jossey-Bass.

Helms, J.E. (1995). An update of Helms's White and People of Color racial identity models. In J. G. Ponterotto, J.M. Casas, L.A. Suzuki, & C.M. Alexander (Eds.), *Handbook of multicultural counseling* (pp. 181-198). Thousand Oaks, CA: Sage.

Helms, J.E. (1996). Toward a methodology for measuring and assessing racial identity as distinguished from ethnic identity. In G. Sodowsky and J. Impara (Eds.), *Multicultural Assessment in Counseling and Clinical*

Psychology (pp. 143-192). Lincoln, NE: Buros Institute of Mental Measurement.

Cross, W.E., Jr., Parham, T. A., & Helms, J.E. (1996). Nigrescence revisited: Theory and research. In R.L. Jones (Ed.), *Advances in Black Psychology*, Oakland, CA: Cobb & Henry.

Helms, J.E. (1997). The triple quandary of race, culture and social class in intelligence testing. In D. Flanagan, J.L. Genshaft, & P.L. Harrison (Eds.), *Beyond traditional intellectual assessment: Contemporary and emerging theories, tests, and issues* (pp. 517-532). New York: Guilford.

Helms, J.E., & Parham, T.A. (1996). The Racial Identity Attitude Scale. In R.L. Jones (Ed.), *Handbook of Tests and Measures for Black Populations* (pp. 167-172). Oakland, CA: Cobb & Henry.

Helms, J.E., & Richardson, T.Q. (1997). How “multiculturalism: obscures race and culture as differential aspects of counseling competency. H. Coleman and D. Pope-Davis (Eds.), *Multicultural Counseling Competencies*. (pp. 60-79). Thousand Oaks: Sage Publications.

Helms, J.E. (2001). Life questions. In J.G. Ponterotto, J.M. Casas, L.A. Suzuki, & C.M. Alexander (Eds.) *Handbook of Multicultural Counseling* (pp. 22-29). Thousand Oaks, CA: Sage Publications.

Helms, J.E., & Ekstrom, R. (2002). Counseling assessment. In R.B. Ekstrom & D.K. Smith (Eds.). *Assessing Individuals with Disabilities, in Educational, Employment, and Counseling Settings* (pp 121-132). Washington DC: American Psychological Association.

Helms, J.E. (2003). Racial identity and racial socialization as aspects of adolescents’ identity development. In R. Lerner, F. Jacobs, & D. Wertlief (Eds.) *Handbook of Applied Developmental Science: Promoting Positive Child, Adolescent, and Family Development Through Research, Policies, and Programs. Vol.1* Thousand Oaks, CA: Sage Publications.

Trimble, J.E., Helms, J.E., & Root, M.P.P. (2003). Social and psychological perspectives in ethnic and racial identity. In G. Bernal, J. Trimble, & F. Leong (Eds.) *Handbook of Racial and Ethnic Minority Psychology, Part III, Social and Developmental Process* (pp. 239-275). Thousand Oaks, CA: Sage Publications.

Helms, J.E. (2003). Racial identity in the social environment. In P.B. Pedersen & J.C. Carey (Eds.) *Multicultural Counseling in Schools: A Practical Handbook* (pp. 44-58). Boston, MA: Allyn and Bacon.

Helms, J.E. (2004). Fair and Valid Use of Educational Tests. In Wall, Janet, & Walz, Garry R. (Eds.) *Measuring Up: Assessment Issues for Teachers, Counselors, and Administrators*. Greensboro, NC: ERIC Counseling and Student Services Clearinghouse.

Helms, J.E., Henze, K.T., Satiani, A., and Mascher, J. (2005), Ethical Issues When White Researchers Study ALANA and Immigrant People and Communities. In J. Trimble and C. Fisher (Eds.) *Handbook of Ethical Research with Ethno Cultural Populations and Communities*. Sage Publications.

Helms, J.E. (2005). Challenging Some Misuses of Reliability in Studying the White Racial Identity Attitude Scale. In R. Carter (Ed.) *Handbook of Racial-cultural Psychology and Counseling*, Vol.1. John Wiley.

Heppner, P. P., Ægisdóttir, S., Leung, S. A., Duan C., Helms, J. E., Gerstein, L. & Pedersen, P. B. (2009). The intersection of multicultural and cross-national movements in the United States: A complementary role to promote culturally sensitive research, training, and practice. In L. H. Gerstein, P. P. Heppner, S. Ægisdóttir, S. A. Leung, & K. L. Norsworthy (Eds.) *International handbook of cross-cultural counseling: Cultural assumptions and practices worldwide* (pp. 33-52). Thousand Oaks, CA: Sage Publications.

Helms, J.E. (2010). Cultural Bias in Psychological Testing. In I.B. Weiner and W.E. Craighead (Eds.) *The Corsini Encyclopedia of Psychology*, 4th Ed, Vol. 1, 443-445, New Jersey: John Wiley & Sons.

Helms, J.E. (2010) Foreword in *Social Networks and the Mental Health of Haitian Immigrants*, Nicolas, DeSilva, & Donnelly, Caribbean Studies Press, Coconut Creek, Florida.

Helms, J. E. (2012). Afterword: On sending a wolf of color out into a socially unjust world. In M. E. Gallardo, C. J. Yeh, J. E. Trimble, & T. A. Parham (Eds.), *Culturally Adapted Counseling Skills: Demonstrations of Evidence-Based Practices* (pp. 337-344). Los Angeles, CA: Sage.

Helms, J. E., & Mereish, E. H. (2013). How racial-group comparisons create misinformation in depression research: Using racial identity theory to conceptualize health disparities. In L. Gomez & N. Lopez (Eds.), *Mapping "Race": Critical Approaches to Health Disparities Research* (pp. 146-162). New Jersey: Rutgers University Press.

Helms, J. E. (2014). A review of the White racial identity theory: The sociopolitical implications of studying white racial identity in psychology. In S. Cooper and K. Ratele (Eds.) *Psychology Serving Humanity: Proceedings of the 30th International Congress of Psychology, Volume II: Western Psychology* (pp.12-27). East Sussex BN3 2FA: Taylor & Francis.

Helms, J. E. (2017). Counseling Black women: Understanding the effects of multilevel invisibility. In M. Kopola and M. Keitel (Eds.), *Handbook of Counseling Women* (pp. 219-233). Sage Publications.

Jernigan, M. M., Green, C. E., & Helms, J. E. (2017). Identity models. In S. Kelly (Ed.), *Diversity in Couple and Family Therapy: Ethnicities, Sexualities, and Socioeconomics* (pp. 363-392). Santa Barbara, CA: Praeger.

C. Articles in Refereed Journals

Helms, J.E., & Willis, C.A. (1975). Factors contributing to the attrition of pre-college minority students prior to freshman year. *Journal of College Student Personnel*, 16, 490-492.

Borgen, F.H., & Helms, J.E. (1975). Validity generalization of the men's form of the Strong Vocational Interest Blank with academically able women. *Journal of Counseling Psychology*, 22, 210-216.

Simons, J.A., & Helms, J.E. (1976). Influence of counselors' marital status, sex and age on college and non-college women's counselor preferences. *Journal of Counseling Psychology*, 23, 380-386.

Helms, J.E. (1976). A comparison of two types of counseling analogues. *Journal of Counseling Psychology*, 23, 422-427.

Helms, J.E., & Simons, J.A. (1977). The influence of counselors' age and sex on college students' counselor preferences. *Journal of College Student Personnel*, 18, 115-123.

Giorgis, T.W., & Helms, J.E. (1978). Training international students from developing nations as psychologists: A challenge for American Psychology. *American Psychologist*, 33, 945-951.

Helms, J.E. (1978). Counselor reactions to female clients: Generalizing from analogue research to a counseling setting. *Journal of Counseling Psychology*, 25, 193-199.

Helms, J.E. (1979). Perceptions of a sex-fair counselor and her client. *Journal of Counseling Psychology*, 26, 504-513.

Giorgis, T.W., & Helms, J.E. (1980). A comparison of the locus of control and anxiety of African, Black American and White American college students. *Journal of College Student Personnel*, November, 503-509.

Bryson, S., Bardo, H., Clark, J., Helms, J., & Henry, P. (1980). Strategies for conducting research/evaluation activities in non-white communities. *Illinois Guidance and Personnel Association Quarterly*, 76, 22-27.

Parham, T.A., & Helms, J.E. (1981). The influence of Black students' racial identity attitudes on preferences for counselor's race. *Journal of Counseling Psychology*, 28, 250-257. (According to Ponterotto & Sabnani, 1989, this was the most frequently cited culture-specific empirical article in counseling psychology journals.)

Helms, J.E., & Giorgis, T.W. (1982). Who trains applied psychologists from developing countries? *Professional Psychology*, 13, 736-743.

Helms, J.E., & Rode, L.T. (1982). Effects of counselors' age and physical attractiveness on evaluations of female counselors. *Journal of College Student Personnel*, 23, 418-424.

Helms, J.E. (1984). Toward a theoretical explanation of the effects of race on counseling: A Black and White model. *The Counseling Psychologist*, 12 (4), 153-165.

Parham, T.A., & Helms, J.E. (1985). Relation of racial identity attitudes to self-actualization and affective states of Black students. *Journal of Counseling Psychology*, 32, 307-322.

Parham, T.A., & Helms, J.E. (1985). Attitudes of racial identity and self-esteem: An exploratory investigation. *Journal of College Student Personnel*, 26, 143-151.

Helms, J.E. (1986). Expanding racial identity theory to cover counseling process. *Journal of Counseling Psychology*, 33, 62-64.

Mallinckrodt, B., & Helms, J.E. (1986). Effect of disabled counselors' self-disclosures on client perceptions of the counselor. *Journal of Counseling Psychology*, 33, 343-348.

Brown, M.T., & Helms, J.E. (1986). The relationship between psychological development issues and anticipated self-disclosure. *Journal of College Student Personnel*, 27, 136-142.

Carter, R.T., & Helms, J.E. (1987). The relationship of Black value-orientations to racial identity attitudes. *Measurement and Evaluation in Counseling and Development*, 19, 185-195.

Gelso, C.J., Betz, N.E., Friedlander, M.L., Helms, J.E., et.al. (1988). Research in counseling psychology: Prospects and recommendations. *Counseling Psychologist*, 16(3), 385-406.

Hill, C.E., Helms, J.E., Tichenor, V., Spiegel, S.B., O'Grady, K.E., & Perry, E. S. (1988). Effects of therapist response modes in brief psychotherapy. *Journal of Counseling Psychology*, 35, 222-223. (Reprinted in G.E. Hill (Ed.), *Helping Skills: The empirical foundation* (pp. 41-60). Washington, DC: APA.)

Hill, C.E., Helms, J.E., Spiegel, S.B., & Tichenor, V. (1988). Development of a system for categorizing client reactions to therapist interventions. *Journal of Counseling Psychology*, 35, 27-36. (Reprinted in G.E. Hill (Ed.), *Helping Skills: The empirical foundation* (pp. 41-60). Washington, DC: APA.)

Carter, R.T., & Helms, J.E. (1988). The relationship between racial identity attitudes and social class. *Journal of Negro Education*, 57 (1), 22-30.

Cook, D.A., & Helms, J.E. (1988). Visible racial/ethnic group supervisees' satisfaction with cross-cultural supervision as predicted by relationship characteristics. *Journal of Counseling Psychology*, 35, 268-274.

Gelso, C.J., Betz, N.E., Friedlander, M.L., Helms, J.E., Hill, C.E., Patton, M.J., Super, D.E., & Wampold, B.E. (1988). Research in counseling psychology: Prospects and recommendations. *The Counseling Psychologist*, 16(3), 385-406.

Helms, J.E. (1989). Considering some methodological issues in racial identity counseling research. *The Counseling Psychologist*, 17(2), 227-252. (This was a major methodological paper to which several eminent scholars in cultural psychology reacted.)

Helms, J.E. (1989). At long last—paradigms for cultural psychology research. *The Counseling Psychologist*. 17(1), 98-101.

Helms, J.E. (1989). Eurocentricism strikes in strange places and in unusual ways. *The Counseling Psychologist*, 17(4), 643-647.

Ossana, S., Helms, J.E., & Leonard, M. (1992). Do “womanist” identity attitudes influence college women's self-esteem and perceptions of environmental bias? *Journal of Counseling & Development*, 70(3), 402-408.

Helms, J.E., & Carter, R.T. (1991). Relationships of White and Black racial identity attitudes and demographic similarity to counselor preferences. *Journal of Counseling Psychology*, 38, 446-457.

Helms, J.E. (1992). Why is there no study of cultural equivalence in cognitive ability testing? *American Psychologist*, 47(9), 1083-1101. (Reprinted in N.R. Goldberger, & J.B. Veroff (Eds.), *The Culture and Psychology Reader*, (pp. 674-719) New York: NYU Press).

Carter R.T., & Helms, J.E. (1992). The counseling process as defined by relationship types: A test of Helms' interactional model. *Journal of Multicultural Counseling and Development*, 20(4), 181-201.

Helms, J.E. (1993). I also said White racial identity influences White researchers. *The Counseling Psychologist*, 21, 240-243.

Helms, J.E. (1993). More psychologists discover the wheel: A reaction to views by Penn et al., on ethnic preference. *Journal of Black Psychology*, 19(3), 322-326.

Helms, J.E., & Piper, R.E. (1994). Implications of racial identity for vocational psychology. *Journal of Vocational Behavior*, 44(2) 124-128.

Helms, J.E. (1994). How multiculturalism obscured racial factors in the therapy process. *Journal of Counseling Psychology*, 41, 162-165.

Nickerson, K., Helms, J.E., & Terrell, F. (1994). Cultural mistrust, opinions about mental illness and Black students' attitudes toward seeking psychological help from White counselors. *Journal of Counseling Psychology*, 41, 378-385.

Richardson, T.Q., & Helms, J.E. (1994). The relationship of the racial identity attitudes of Black men to perceptions of parallel counseling dyads. *Journal of Counseling and Development*, 73(2), 172-177.

Helms, J.E. (1994). Racial identity and career assessment. *Journal of Career Assessment*, 2(3), 199-209.

Helms, J.E. (1997). Implications of Behrens for the validity of the White Racial Identity Attitude Scale. *Journal of Counseling Psychology*, 44, 13-16.

Helms, J.E., & Talleyrand, R. (1997). Race is not ethnicity. *American Psychologist*, 52(11), 1246-1247.

Letlaka-Rennert, K., Luswazi, P., Helms, J.E., & Zea, M.C. (1997). Does the womanist identity model predict aspects of psychological functioning in black South African women? *South African Journal of Psychology*, 27, 236-243.

Helms, J.E. (1999). Another meta-analysis of the White Racial Identity Attitude Scale's Cronbach alphas. *Measurement & Evaluation in Counseling and Development*, 32, 122-137.

Alvarez, A., & Helms, J.E. (2001). Racial, identity and reflected appraisals as influences on Asian Americans' racial adjustment. *Cultural Diversity & Ethnic Minority Psychology*. Special Issue: Asian American Acculturation and Ethnic/Racial Identity: Research Innovations in the New Millennium, 7, 217-231.

Helms, J.E. (2002). A remedy for the Black-White test-score disparity. *American Psychologist*, 57, 303-305.

Helms, J.E., Shakes Malone, L., Henze, K., Satiani, A., Perry, J., Warren, A., (2003). First Annual Diversity Challenge: "How to Survive Teaching Courses on Race and Culture." *Journal of Multicultural Counseling and Development*, 31, 3-11.

Helms, J.E., (2003). A pragmatic view of social justice, *The Counseling Psychologist*, 31, 305-313.

Helms, J.E., (2004). The Leona Tyler Address: Making race a matter of individual differences within groups. *The Counseling Psychologist*, 32, 473-483.

Carter, R., Helms, J.E., Juby, H.L.(2004). The relationship between racism and racial identity for White Americans: A profile analysis, *Journal of Multicultural Counseling and Development*, 32, 2-17.

Goodman, L.A., Liang, B., Weintraub, S.R., Helms, J.E.(2004), Warts and All: Personal Reflections on Social Justice in Counseling Psychology, Reply to Kiselice (2004), Polner (2004) Thompson and Skernis (2004) and Watts (2004). *The Counseling Psychologist*, 32, 886-899.

Goodman, L.A., Liang, B., Helms, J.E., Lalta, R.E., Sparks, E., & Weintraub, S. (2004), Major Contribution: Training Counseling Psychologists as Social Justice Agents: Feminist and Multicultural Theories in Action. *The Counseling Psychologist*, 32, 793-837.

Boyd, H.C., & Helms, J.E. (2005). Consumer entitlement theory and measurement. *Psychology & Marketing*, 22, 271-286.

Helms, J.E.,(2005). Stereotype threat might explain the Black-White test-score difference. *American Psychologist*, 60, 269-270.

Helms, J. E., Jernigan, M. M. & Mascher, J. (2005). The Meaning of Race in Psychology and How to Change It. *American Psychologist*, 60, 27-36.

Helms, J. E., Henze, K. T., Sass, T. L., Mifsud, V.A., (2006) Treating Cronbach's Alpha reliability coefficients as data in counseling research. *The Counseling Psychologist*, 34, 330-660. (Received the Society of Counseling Psychology and Sage Publication Outstanding Quantitative Contribution Award for 2006)

Helms, J.E. (2007). Some better practices for measuring racial and ethnic identity constructs. *Journal of Counseling Psychology: Special Issue: Racial and ethnic identity theory, measurement, and research in counseling psychology: Present status and future directions*, 54, 235-246.

Helms, J. E. (2007). Fairness is not validity or cultural bias in racial-group assessment: A quantitative perspective. *American Psychologist*, 61, 845-859.

Helms, J. E. (2007) Implementing fairness in racial-group assessment requires assessment of individuals. *American Psychologist*, 62, 1083-1085.

Perry, J. C., Satiani, A., Henze, K. T., Mascher, J., Helms, J. E. (2008). Why is there still no study of cultural equivalence in standardized cognitive ability tests? *Journal of Multicultural Counseling and Development*, 36, 155-167.

Nicolas, G., Helms, J.E., Jernigan, M.M., Sass, T., Skrzypek, A., DeSilva, A.M., (2008) A conceptual framework for understanding the strengths of Black youths. *Journal of Black Psychology*, 34, 261-280.

Helms, J. E. (2008). Implications for social policy of variability in racial groups. *American Psychologist*, 63, 721-739.

Carter, R.T. & Helms, J.E., (December, 2009). Racism and Race-Based Traumatic Stress: Toward New Legal and Clinical Standards. *Law Enforcement Executive Forum*, Vol. 9, No. 5, 113-129.

Perry, J.C., Vance, K.S., & Helms, J. E. (2009). Using the People of Color Racial Identity Attitude Scale among Asian American College Students: An Exploratory Factor Analysis. *American Journal of Orthopsychiatry*, 2, 252-260.

Helms, J.E.,(2009). Defense of tests prevents objective consideration of validity and fairness. *American Psychologist*, 64, 283-284.

Jernigan, M. M., Green, C. E., Helms, J. E., Gualdrón-Murhib, L.G., & Henze, K. (2010). An Examination of People of Color Supervision Dyads:

Racial Identity Matters as Much as Race. *Training & Education in Professional Psychology*, 4, 62-73.

Green, C.E., Chen, C. Helms, J.E., & Henze, K., (2011). Recent Reliability Reporting Practices in Psychological Assessment: Recognizing the People Behind the Data. *Psychological Assessment*.

Helms, J. E., Nicolas, G., & Green, C.E. (2012). Racism and Ethnoviolence as Trauma: Enhancing Professional and Research Training. *Traumatology*, 18, 65-74.

Helms, J. E. (2012). A Legacy of Eugenics Underlies Racial-Group Comparisons in Intelligence Testing. *Industrial and Organizational Psychology*, 5, 176-179.

Helms, J. E., & Ford, D.Y. (2012). *Testing and Assessing African Americans: "Unbiased" Tests are Still Unfair*. The Journal of Negro Education, Summer Issue, 81, 186-189.

Mereish, E. H., Liu, M. M., & Helms, J. E. (2012). Effects of discrimination on Chinese, Filipino, and Vietnamese Americans mental and physical health. *Asian American Journal of Psychology*, 3(2), 91-103.

Helms, J. E. (2015). An examination of the evidence in culturally adapted evidence-based or empirically supported interventions. *Transcultural Psychiatry*, 52(2), 174-197.

Helms, J. E. (2015). Taking action against racism in a post-racism era: The origins and almost demise of an idea. *The Counseling Psychologist*, 43, 138-145.

Gualdron Perez, L., & Helms, J.E. (in press) A Longitudinal model of school climate, social justice orientation and academic outcomes among Latino/a students. *Teachers College Record*.

Mereish, E. H., N'Cho, H.S., Green, C.E., Jernigan, M. M., & Helms, J. E. (2016). Discrimination and depressive symptoms among Black American men: Moderated mediated effects of ethnicity and self-esteem. *Behavioral Medicine*, 42(3), 190-196.

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Helms, J.E., (2017) The Challenge of Making Whiteness Visible: Reactions to Four Whiteness Articles. *The Counseling Psychologist*, 45(5), 717-726.

Helms, J.E., (2018) White Racial Identity Theory: Why White People Do Not Talk About Race (with Implications for Japanese). *Journal of Intercultural Communication*, No. 21, 2018, 7-13.

Ashby, K.M., Collins, D.L., Helms, J.E., & Manlove, J . (2018, April). Let's Talk About Race: Evaluating a College Interracial Discussion Group on Race. *The Journal of Multicultural Counseling and Development*, Vol. 46 (2) pages 97-114.

Goodman, L.A., Wilson, J. M., **Helms, J. E.**, Greenstein, N., & Medzhitova, J. (2018). Becoming an advocate: Processes and outcomes of a relationship-centered advocacy training model. *The Counseling Psychologist.*, 46, 122-153.

Thrower, S.J., Helms, J.E., & Manosalvas, K. (In press). Exploring the Role of Context on Racially Responsive Supervision: The Racial Identity Social Interaction Model, *Training and Education in Professional Psychology*

D. Monographs, Reports and Extension Publications

Carter, R.T., & Helms, J.E. (1983). The Intercultural Values Inventory (ICV). *Test & microfiche collection*. Princeton, NJ: Educational Testing Service.

Carter, R.T., & Helms, J.E. (1985). The relationship of racial identity attitudes to socioeconomic status. (Published in *Journal of Negro Education*). ERIC Institute of Urban Studies.

Helms, J.E. (1974). Development and interrelationship of the Traux and Carkhuff scales of interpersonal function. *Catalog of Selected Documents in Psychology*, 4, 9.

Helms, J.E., Domke, J.A., & Simons, J.A. (1981). Development of an inventory to measure eating practices of college women. *Catalog of Selected Documents in Psychology*, 11, 28-29.

Helms, J.E. (1983). *The Counseling Reactions inventory*. *Test & microfilm collection*, Princeton, NJ: Educational Testing Service.

Mihlbauer, T.C. & Helms, J.E. (1981). Effect of type of problem on analogue preference for counselor's sex. *Resources in Education*, 1981, 16(42), 34.

E. Book Reviews, other Articles and Notes

Petuchowski, S.R.C. & Helms, J.E. (1988). Effects of sociopolitical characteristics of migration and resettlement on the adjustment of war refugees for El Salvador. *El Boletín de la Asociación Nacional Hispánica de Psicología*, 5(3), 3-6.

Helms, J.E. (1989). A letter to the Editor on racial identity methodology. *Journal of Black Psychology*, 16(1), VIII.

Helms, J.E. (1990). What's in a name change? *Focus*, 4(2), 1-2.

Helms, J.E. (1991). A review of Pontorotto and Casas' *Handbook of minority Research*, *Journal of Black Psychology*, 17(2), 73-77.

Helms, J.E. (1993). Black and White colleges: Which path leads to academic survival? *Journal of Contemporary Psychology*, 38, 510-511.

Helms, J.E. (1993). Ethnic minority identity: A view from another continent. *Journal of Contemporary Psychology*.

Helms, J.E. (1994). Some impressions of South Africa. *Focus*.

Helms, J.E. (1995). Affirmative action: Separating fact from distortion. Congressional Staff Briefing, September 21, Washington, D.C.

Helms, J.E. (1995). We are due something new: A reaction to the *Bell Curve*, *Focus*, 9(2), 8-10.

Helms, J.E. (1996). Where do we go from here? *Affirmative Action: Who benefits?* Washington, D.C.: American Psychological Association.

Helms, J.E. (1998). Psychological interventions and research with Latino populations. *Cultural Diversity and Mental Health*, 4(1), 71-72

Helms, J.E. (2000). Report from Council of Representatives, Division 17 Newsletter, American Psychological Association.

Helms, J. E. (2016). Racism and ethnoviolence as sources of trauma: Overcoming previous professional training. *The California Psychologist*, 49(1), 16-21.

F. Talks, Abstracts and other Professional Papers Presented

1. Invited Talks

I delivered 33 invited talks prior to January 1, 2000.

Helms, J.E. (August, 2000). Racial Identity Interaction Model: Current Status, Future Directions. *Annual Convention of the American Psychological Association*, Washington, D.C.

Helms, J.E. (August, 2000). Black Women: Invisible and Endangered. Paper presented at the *108th Annual Convention of the American Psychological Association*, Washington, D.C.

Helms, J.E. (August, 2000). Model Minorities: Coping with Racism in Asian American Communities. *Annual Convention of the American Psychological Association*, Washington, D.C.

Helms, J.E. (August, 2000). Using Structural Equation Modeling to Advance Knowledge regarding Understudied Women. *Annual Convention of the American Psychological Association*, Washington, D.C.

Helms, J.E. (February, 2001). How Much Would It Cost To Say Hello? Paper presented at Martin Luther King commemoration at Boston College, Chestnut Hill, MA.

Helms, J.E. (October, 2001). Sometimes I See Elvis. The Challenge of Testing. The 2nd Annual Lynch School Symposium on Educational Excellence and Equity at Boston College, Chestnut Hill, MA.

Helms, J.E. (October, 2001). Impact of Racial Identity on Standardized Test Scores. Independent School Placement Alliance conference, The Testing Trap, Oliver Program, NY, NY.

Helms, J.E. (January 2002) Solving the Mystery of Racial Bias in Testing: How Much Does It Cost to Think About Being Black? Paper presented at RACE 2002, Tempe, AZ.

Helms, J.E. (February, 2002). The Cost of Thinking about Being Black. Paper presented at Afro-American Studies & Research Program's Spring Symposium: Black Identity Formation and Political Economy across the African Diaspora at University of Illinois, Urbana, IL

Helms, J.E. (February, 2002). The Implications of Ethnic Identity in Therapy, Martha Eliot Health Center, Jamaica Plain, MA

Helms, J.E. (February, 2002). Surviving Academia as a Student Interested in Race and Culture. Paper presented at 1st Annual Conference of Boston Students Interested in Race and Culture at Boston College, Chestnut Hill, MA.

Helms, J.E. (March, 2002). White Identity Development. Paper presented at Race and Education: Thinking Out of the Box at Fairfield University, Fairfield, CT.

Helms, J.E. (April, 2002). White Identity Development. Paper presented at Xavier University, Cincinnati, OH.

Helms, J.E. (May, 2002). The Relation of Self-Perceptions to Achievement Among African American Young Children. Paper presented at Early Steps, New York City, NY.

Helms, J.E. (October, 2002). How to End Race-based Affirmative Action in Educational Testing. Paper presented at Diversity Challenge, Boston College, Chestnut Hill, MA.

Helms, J.E. (November, 2002). The Relevance of Racial Identity in Psychiatric Treatment. Applications of Racial Identity Theory to Psychotherapy. Paper presented at Cambridge Hospital, Cambridge, MA

Helms, J.E. (November, 2002). A Model for Understanding Race and Culture. The Brookline Center, Brookline, MA

Helms, J.E.. (February, 2003), Keynote address, "How to Use Racial Identity Theory to Solve the Black-White Test-Score Gap," Winter Roundtable, Teachers College, Columbia University, New York, NY.

Helms, J.E.(March 2003), Black Racial Identity Development as it Relates to Psychotherapy, Cambridge Hospital, Cambridge, MA.

Helms, J.E. (April 2003), Keynote address, "Racial Identity Development and Its Impact in the Classroom," Kennesaw State University Best Practices in Diversity Education Conference, Atlanta, GA.

Helms, J.E. (May 2003), Understanding Race and Culture in Delivering Health Care, Martha Eliot Health Center, Jamaica Plain, MA.

Helms, J.E. (June 2003), White Racial Identity and Multicultural Competence, Lehigh University, Bethlehem, PA.

Helms, J.E. (August 2003), Invited Address, Making Race a Matter of Individual Differences Within Groups, Annual Convention of the American Psychological Association, Toronto, Canada.

Helms, J.E. (August 2003), Surviving Academia as a Student Interested in Researching Race and Culture, Suffolk University, Boston, MA.

Helms, J.E. (March 2004), Racial Disparity in New Haven's Promotional Tests, New Haven Civil Service Commission Meeting, New Haven, CT.

Helms, J.E. (March 2004), "The Impact of Racial Identity on Service Delivery and Outcomes", Workshop. St. Louis Community College, Diversity Conference, St. Louis, MO.

Helms, J.E. (March 2004) "Racial Dynamics in the Counseling Process," Keynote Address, St. Louis Community College, Diversity Conference, St. Louis, MO.

Helms, J.E. (March 2004), "No Place for Hate", Cultural Identity, Needham Human Rights Committee, Needham, MA.

Helms, J.E. (April, 2004), METCO Students, Brookline High School, Brookline, MA.

Helms, J.E. (April, 2004), Keynote Address, "Black Counseling Psychologists: The Past, Present, and Future." Howard University, Washington, D.C.

Helms, J.E.(July, 2004), Panel Discussion, "Let's Talk: Changing the Talk on Race," OCA Convention, Boston, MA.

Helms, J.E.(September, 2004), Panel Discussion, "Can We Talk?", Black Career Women's National Diversity Forum, Cincinnati, OH.

Helms, J.E.(October, 2004), Panel Discussion, "Diversity in Teaching and Research," Wheelock College, Boston, MA.

Helms, J.E.(November, 2004), "White Racial Identity Then and Now," Grand Valley State University, Allendale, MI.

Helms, J.E. (December, 2004) Seminar, "Racial Identity Development and African American School Achievement: What the Research Tells Us," Northeastern University, Boston, MA.

Helms, J.E. (January, 2005) Panel Discussion, "The Impact of Educational and Cultural Experience on Interpretation of Cognitive Test Scores." National Multicultural Conference and Summit, 2005, Hollywood, CA.

Helms, J.E. (February, 2005) Distinguished Speaker, "The Meaning of Race in Consumer Behavior Research." Society for Consumer Psychology Winter conference, St. Petersburg, FL.

Helms, J.E. (April, 2005) Girard Lecturer, “How Racial Identity and Other Racial Constructs Explain the Test-Score Achievement Gap.” Scripps College, Claremont, CA.

Helms, J.E. (June, 2005) Co-presenter, “Race, Culture, and the Psychology of Working.” NCDA Conference, Orlando, FL.

Helms, J.E. (July, 2005) Keynote Speaker, “The State of Measurement of Race and Culture in Disability Research.” NIDRR Conference, Arlington, VA.

Helms, J.E. (September, 2005) Lecture, “Racial Identity and Hurricane Katrina.” Wells College, Aurora, New York.

Helms, J.E. (November, 2005), Keynote Speaker, “A New Definition of Bias in Testing.” HBCU Counseling Center Conference, Baltimore, MD.

Helms, J.E. (January, 2006), Hearing Officer, Public Forum on No Child Left Behind Act, Boston, MA.

Helms, J.E. (February, 2006), Keynote Speaker, “How Racial Identity and Other Racial Constructs Explain the Test-Score Achievement Gap.” Annual Southeastern Conference on Cross-Cultural Issues in Counseling & Education, Georgia Southern University, Statesboro, GA.

Helms, J.E.(February, 2006), Invited Talk, “Racial Identity Development.” Center for Multicultural Mental Health, Boston University School of Medicine, Boston, MA.

Helms, J.E.(March, 2006), Invited Talk, “Race is a Nice Thing to Have.” White Privilege: Implications for the Catholic University, the Church, and Theology Conference, University of Notre Dame, South Bend, IN.

Helms, J.E.(December, 2006), Invited Talk, “Initiatives in Educational Transformation.” George Mason University, Arlington, VA.

Helms, J.E.(March, 2007), Invited Talk, “Questions of Race,” Architecture – Race – Academe: The Black Architect’s Journey, MIT, Cambridge, MA.

Helms, J.E.(March, 2007), Keynote Speaker, Forum on High Stakes Testing, Tisch College of Citizenship and Public Service at Tufts University, Somerville, MA.

Helms, J.E. (December, 2007), Workshop, "Managing Race and Culture in the Schools," METCO Directors' Association Conference, Norwood, MA.

Helms, J.E. (January, 2008), NCSPP Mid-Winter Conference, "The Meaning of Race in Standardized Assessment," Austin, TX.

Helms, J.E. (February, 2008), "Be the Change Series," Stonehill College, Easton, MA.

Helms, J.E. (February, 2008), "Racial Identity Development in Society," University of South Carolina.

Helms, J.E. (March 2008), "Racial Identity Skills for Life," Cultural Competency Conference, Georgia State University.

Helms, J.E. (September 2008), "Racial Identity Development," Rhodes College.

Helms, J.E. (November 2008), "Diversity in Testing and Assessment: Where are the People?" Regent University.

Helms, J.E. (March, 2009) Endowed Chair Colloquium "Five Minutes with the New President," Boston College.

Helms, J.E. (March, 2009) Keynote Speaker, Great Lakes Counseling Psychology Conference, "Taking Action Against Racism in the Post Racism Era," Ball State.

Helms, J.E. (April, 2009) Keynote Speaker, Southeast Regional Counseling Psychology Conference, "Taking Action Against Racism in the Post Racism Era," University of Georgia.

Helms, J.E. (May, 2009) Panel Discussant, Forum on Understanding the Impact of Racial Identity Development on Counseling and Education, Auburn University.

Helms, J.E. (May, 2009) Invited Speaker, Boston Consortium in Clinical Psychology, "Racial Identity in Assessment," VA Boston and Boston Medical Center.

Helms, J.E. (August 2009) Keynote speaker, 2009 Ethiopian Heritage Camp, African Cradle, Palo Alto, CA.

Helms, J.E. (August, 2009) Presidential Address, “Taking Action Against Racism in the Post-Racism Era,” American Psychological Association Annual Convention, Toronto, Ontario, Canada.

Helms, J.E. (December, 2009) Endowed Chair Colloquium, “Schooling and Social Change: What’s Social Justice Got to Do With It?” Boston College.

Helms, J.E. (August, 2010). Past Presidential Address: Introducing John Westefeld: What a Person. American Psychological Association Annual Convention. San Diego, CA.

Helms, J.E. (October, 2011). Evidenced Based Practice and Cultural Competence Conference. University of Michigan, Ann Arbor, MI.

Helms, J.E. (November, 2011). Caribbean Regional Conference of Psychology 2011, “Race, Culture, and Trauma.” Nassau, Bahamas.

Helms, J.E. (August, 2011). Conversation Hour: Roundtable III—Trauma, Coping, and Resilience in Black Women; Racism and ethnoviolence as trauma. Presented at the Annual Convention of the APA, Washington, DC.

Helms, J. E. (2011, August). Discussant for Symposium: Measuring identity development among ethnically diverse children—integrating cultural and developmental considerations (Chair: Guerda Nicolas). Presented at the Annual Convention of the APA, Washington, DC

Green, C. E., Sathasivam-Rueckert, N., Solomon, C., Collins, T., Ollerton, D., & Helms, J. E. (2011, August). Poster: Race and culture in teaching, training, and supervision. Presented at the 2011 Annual Convention of the Annual Convention of the APA, Washington, DC

Helms, J.E. (April, 2012). Invited Speaker, “Racial Identity in Everyday Life,” Psychology Colloquium, Salem State University, Salem, MA.

Helms, J.E. (August, 2012). Plenary: Up Close and Personal, APA Convention, Orlando, FL.

Helms, J.E. (August, 2012). Symposium: Multicultural Counseling Competence Through the Eyes of Beginners- Prepracticum and Predoc Trainees, APA Convention, Orlando, FL.

Helms, J.E. (January, 2013). Symposium: “Exploring Recent Publication Trends in Ethnic Minority and Cross-Cultural Psychology,” National Multicultural Summit, Houston, TX.

Helms, J.E. (June, 2013) Diversity Mentoring Workshop, Brown University Alpert Medical School, Providence, RI.

Helms, J.E. (July, 2013) Commencement Keynote Address: "Race Matters in a Post Racial Society," Chicago School of Professional Psychology, Chicago, IL.

Helms, J.E. (June, 2014) Invited Talk, "Identity and Racial Trauma," Merle Jordan Conference, Daniels Institute, Boston University, Boston, MA.

Helms, J.E., (December, 2014) Invited Talk, "Using Racial Identity in Everyday Life," Diversity and Cultural Competency Training, Richmond Area Multi-Services, Inc., San Francisco, CA.

Helms, J.E., (December, 2014) Workshop, "Using Racial Identity Theory in Everyday Life," Lynch School of Education, Boston College.

Helms, J.E. (February, 2015) Workshop, "Mental Health Matters: Using Race and Culture in Testing and Assessment," NASP Conference, Orlando, FL.

Helms, J.E. (March, 2015) Endowed Chair Colloquium, "Race, Class and the Achievement Gap," Lynch School of Education, Boston College

Helms, J.E. (June, 2015). Invited Talk, "Challenging Myths When Working in Other Cultures," Conference on Multicultural and Global Mental Health, William James College, Newton, MA.

Helms, J.E. (August, 2015) Symposium, "International Students' and Immigrants' Acculturation, Identity and Mental Health," presented at APA, Toronto, ON

Helms, J.E. (August, 2015) Paper, "Data Blitz – Prejudice and Stigma" presented at APA, Toronto, ON.

Helms, J.E. (August, 2015) Symposium, "Social Identities and Intersectionality-Social Justice Perspectives," presented at APA, Toronto, ON.

Ashby, K. M., Wilson, E. S., Joyner, E. D., Weber, A., & Helms, J. E. (2016). Poster: Undervalued, disregarded, and stereotyped: The invisibility of Black girls. Presented at the 2016 Annual Convention of the American Psychological Association, Denver, CO.

Helms, J. E. (2015, September). Invited Talk, "Race is a Nice Thing to Have: Update on Helms' Racial Identity Model," Lesley University, Cambridge, MA.

Helms, J. E. (2016, February) Invited Talk, "Having a Conversation about Racial Trauma," Lunch and Learn Lecture Series, Boston College, Chestnut Hill, MA.

Helms, J. E. (2016, April). Master Lecture: "Using White Racial Identity Theory to Avoid Re-Victimizing Survivors of Racial Trauma," California Psychological Association Convention, Irvine, CA.

Helms, J. E. (2016, May) Keynote speaker, "White Racial Identity," Annual Pastoral Care Conference. Metro Health Medical Center, Cleveland, OH.

Helms, J. E. (2016, May) Invited Talk, "Inclusion, Diversity, and Cultural Sensitivity in Our Schools," Middlesex Partnership for Youth Conference, Nashoba Valley Technical High School, Westford, MA

Helms, J. E. (2016, June) Invited Talk, "Building and Leveraging Partnerships across Campus," 2016 Diversity and Inclusion Summit, Boston College, Chestnut Hill, MA.

Helms, J. E. (2016, June) Visiting Scholar Lecture: Marie Fielder Center for Democracy, Leadership and Education at Fielding Graduate University, Summer Session, Public Forum, "Current Issues of Diversity and Inclusion on American College Campuses: Implications and Opportunities for Fielding." Fielding Graduate University, Chicago, IL.

Helms, J. E. (2016, August). Invited Address (Division): "Black women and girls: Police violence and invisibility." Presented at the 2016 Annual Convention of the American Psychological Association, Denver, CO.

Helms, J.E. (2017, February) Keynote Address, "The Invisibility of Dead Black Women Killed by Police." Winter Roundtable on Cultural Psychology and Education, Teachers College, New York, NY.

Helms, J.E. (2017, April) Invited Talk, "Higher Education's Ethical Responsibilities for Promoting Diversity Inclusion in an Anti-Inclusion Environment." Conference on University Ethics, Jesuit Institute at Boston College, Chestnut Hill, MA.

Helms, J.E., (2017, April) Endowed Chair Colloquium, "How an Urban Public School Coped with Community Violence." Boston College, Chestnut Hill, MA.

Helms, J.E., (2018, January) Invited Talk, “Charles Murray and the ALT Right as History,” Weatherhead Initiative on Global History and the Warren Center, Harvard University, Cambridge, MA.

Helms, J.E., (2018, February) Invited Talk, “Racial Identity Development in the Post-Racism Era,” University of Wisconsin-La Crosse, La Crosse, WI.

Helms, J.E., (2018, March) Invited Speaker, “Racial Healing: Dismantling Racial Trauma in Research, Policy, & Practice in Social Work,” Racial Justice Symposium, Boston College School of Social Work, Chestnut Hill, MA.

Helms, J.E., (2019, February) Invited Speaker, “Why Racism Won’t Die,” GSE Colloquium Series, The University at Buffalo Graduate School of Education, Buffalo, NY.

2. Contributed Talks

I contributed 27 talks prior to January 1, 2000.

Helms, J.E. (Aug. 4, 2000). Symposium: Model Minorities Coping with Racism. *108th Annual Convention of the American Psychological Association*, Washington, D.C.

Helms, J.E. (Aug.6, 2000). Symposium: To Define & Differentiate Race and Culture. *108th Annual Convention of the American Psychological Association*, Washington, D.C.

Helms, J.E. (August 8, 2000). Symposium: Using Structural Equation Modeling to Study People of Color. *108th Annual Convention of the American Psychological Association*, Washington, D.C.

Carter, R. & Helms, J.E. (February, 2002). Racial Harassment and Race-Based Trauma. Paper presented at the Winter Roundtable, Teachers College, Columbia University, New York, NY.

Carter, R. & Helms, J.E. (March 2002). Racial Discrimination and Harassment: A View from Psychology. Paper presented at the American Psychological Law Society, Division of APA. Austin, TX.

Helms, J.E. (Discussant). (Aug. 23, 2002). Symposium: Standardized Tests, Race, Culture: New Perspectives on Familiar Issues. *110th Annual Convention of the American Psychological Association*, Chicago, IL.

Carter, R. & Helms, J.E.(September 2002). Racial Discrimination and Harassment: A Race-Based Traumatic Stress Disorder. Paper presented at Orlando, FL.

Helms, J.E.(Discussant), (August 2003), Conceptual and Empirical Advancements in the Study of Whiteness. Annual Convention of the American Psychological Association, Toronto, Canada.

Helms, J.E., (November, 2004) Seminar, White Racial Identity... Then and Now, Grand Valley State University.

Helms, J.E., (Discussant), (January, 2005) The Impact of Educational and Cultural Experience on Interpretation of Cognitive Test Scores. *National Multicultural Conference and Summit, Hollywood, California.*

Helms, J.E., (Discussant), (February, 2005). Sharing our Psychological Works and Interests on Diversity in Massachusetts. *Committee on Ethnic Minority Affairs, Boston College, Massachusetts.*

Helms, J. E. (Discussant), (August, 2005). The Meaning of Race in psychology. APA Convention, Washington, D.C.

Helms, J. E. (August, 2005). Replacing race in testing. Paper presented in Invited Symposium: Effective strategies for the study of race in research and practice. APA, Washington, D.C.

Helms, J. E. (August, 2005). Role of race in the changing workplace. Paper presented in symposium: Changing World of Work-A Vocational Psychological Perspective. APA, Washington, D.C.

3. International Presentations

Keynote address: Black racial identity theory. The Psychology and Societal Transformation Conference. Capetown, South Africa, January 1994.

Invited Speaker, "Black in a White World", Bellagio Study and Conference Center, Bellagio, Italy, October 2004.

Invited Speaker, Black and White Racial Identity in the School. Liverpool, Wolverhampton, London, United Kingdom. A series of lectures and workshops were presented in various schools and community centers at these various sites between 2003-2004.

Invited Speaker, State of the Science Address, “Racial Identity Conceptual Frameworks Rather Than Racial/Ethnic Categories,” International Congress of Psychology, Capetown, South Africa, July, 2012.

Helms, J.E. (2017, October) Keynote Address, “White Racial Identity Theory: A Model for Explaining Why White People Can’t Talk About Race,” SIETAR Conference, Sophia University, Tokyo, Japan.

Helms, J.E. (2018, January) Keynote speaker, symposium, “Youth Empowerment and Career Development for Graduate and Undergraduate Students in Nigeria,” University of Nigeria, Nsukka, Nigeria.

Helms, J.E. (2019, June) Plenary Talk, “The Power Dynamics of White Racial Identity in Social Interactions,” ACBS World Conference, Dublin, Ireland.

G. *Exhibits, Performances, Demonstrations and Other Creative Activities*

Originator of the Black and White Racial Identity Workshop
(Presented in Maryland, New York and California).

Helms, J. E. (Panelist). (1997, May 12). BSOS colloquium on race, urban poverty areas, and social sciences. University of Maryland at College Park. (Videocassette).

Helms, J. E. Parker, P., & Nelson, H. (1991). Dr. Janet Helms on “racial identity” (Videocassette).

Helms, J.E. (April, 2013) Webinar: “Using Racial Identity Social Interaction Theory to Assess Your Academic Climates,” Hosted by APAGS Committee on Ethnic Minority Affairs, Washington, DC.

Helms, J. E. (June, 2015) Webinar, “How Racial and Cultural Life Experiences Differentially Influence the Therapy Process,” Hosted by the Society for the Study of Psychiatry and Culture, Toronto, ON.

Jernigan, M. M., Green, C. E., Perez-Gualdron, L., Liu, M. M., Henze, K. T., Chen, C. (ISPRC Advisory Board), and Helms, J. E. (2015). #racialtrauma isreal, available at ISPRC website.

H. *Contracts and Grants*

Racial Conflict in Group Discussions on College Campuses. Funded by Institute of Dispute Resolution, August 1990-1992. \$55,000.

Addressing Cultural Factors and Mental Health Disparities in Research and Practice. Funded by NIMH, June 2007-2010. \$363,789.00. Grant Number 5R13MH78714-3

Integrating Race and Culture in Teaching, Funded by the American Psychological Association, June 2007. \$5,000.

Community Advocacy Project: A Qualitative and Quantitative Analysis of Student Outcomes, Collaborative Fellows Grant July 1, 2016-June 30, 2018, \$104,355

I. Fellowships, Prizes and Awards

Appointed Fellow in division of Counseling Psychology (Division 17 of the American Psychological Association), 1987 (Awarded by the Association in recognition of outstanding and unusual contributions to the science profession of psychology).

Appointed Fellow in the Society for the Psychological Study of Ethnic Diversity (Division 45 of American Psychological Association), 1988. (Awarded by the Association in recognition of outstanding and unusual contributions to the science and profession of psychology.)

Was first recipient of the University of Maryland's Multicultural Community Classroom Climate Award, November 14, 1990.

Was first recipient of Teachers College Columbia University's Janet E. Helms Award for Scholarship and Research Mentoring, February 22, 1991. (This award, named to honor me, will be awarded annually to the person who best exemplifies my accomplishments in training culture-focused researchers.)

Recipient of the University of Maryland's Outstanding Minority Faculty Member of the Year Award, Presented May 16, 1991.

"Plaza of Heroines" engraved brick. Iowa State University, October 6, 1995.

Recipient of the Division 45, 1999 Distinguished Career Contributions to Research Award.

Recipient of the 2002 Leona Tyler Award. The Tyler award is given in recognition of an outstanding research career and is the Society of Counseling Psychology's highest research award.

Recipient of the 2006 American Psychological Association's Distinguished Contributions to Education and Training in Psychology Award.

Recipient of the 2007 Association of Black Psychologists' Distinguished Psychologist Award

Recipient of the 2008 American Psychological Association's Award for Distinguished Contributions to Research in Public Policy.

Recipient of the Distinguished Elder Award at the 2009 National Multicultural Conference and Summit.

Recipient of the 2011 Elizabeth Hurlock Beckman Award, National Honor Recognizes Those Who Have Inspired Students To Change The World, Gail McKnight Beckman Trust.

Appointed Fellow in Division 35, Psychology of Women, of the American Psychological Association, 2013.

Honorary Degree recipient, Doctor of Science, Honoris Causa, The Chicago School of Professional Psychology, July 2013.

Recipient of the Elder Recognition Award for Distinguished Contributions to Counseling Psychology, Society of Counseling Psychology, American Psychological Association, August 2015.

Recipient of the 2017 Lifetime Achievement Award, APA Society for Counseling Psychology's (Division 17) Section for the Promotion of Psychotherapy Science

Recipient of the 2017 Human Rights Award, City of Newton, Newton, MA

Recipient of the 2017-2018 Society of Counseling Psychology, Division 17, of the American Psychological Association, Lifetime Achievement in Mentoring Award

Recipient of the 2018 Division 45 of the American Psychological Association Lifetime Achievement Award.

Gold Medal Award for Life Achievement in Psychology in the Public Interest: Janet E. Helms, American Psychologist, July-August 2019, Volume 74, Number 5, 527-528.

J. Editorship, Editorial Boards and Reviewing Activities

1. Editorial Boards

Editorial Board, 1997-1999, *Assessment*

Editorial Board, 1978-1999, 2002-2007, *Journal of Counseling Psychology*

Editorial Board, 1980-1982, *The Counseling Psychologist*

Editorial Board, 1998-2000, *Journal of Multicultural Counseling and Development*

Editorial Board (Council of Elders) 2001-2009, *Cultural Diversity & Ethnic Minority Psychology*.

Ad hoc reviewer for Journal of College Student Personnel, American Psychologist, Journal of Leisure, Measurement and Evaluation in Guidance Journal, The Counseling Psychologist, Journal of Applied Social Psychology, Professional Psychology, Journal of Black Psychology, Psychology of Women Quarterly, Journal of Adolescent Psychology, Community Psychology, Journal of Personality and Social Psychology, Measurement and Evaluation in Guidance, Journal of Applied Social Psychology.

2. Review Panels

NIMH Internal Review Board 1979-1983

Site Visitor for Depression Collaborative Study, NIMH, 1979-1980

NIMH Ad hoc committee to Review Minority Research Centers,
April, 1990

Howard University, Internal Grants program, April, 1990

Ad Hoc NIMH reviewer, 1987, 1988 and 1989

Accreditation site visitor for New York State Doctoral Evaluation
Project, 1986-1987

Special group to review NIH Minority Mental Health Research Centers
April, 1994

Special Review Group on "Minority Access to Research Careers Program
Honors Undergraduate Research Training Grants," Department of
Health and Human Services, Washington, DC, Spring, 1992

Special Review Group on "Minority Access to Research Careers"
Department of Health and Human Services, Winter, 1996, Fall,
1997.

3. Books and Chapter Reviews
Greenwood Press
Sage Publishers
William C. Brown Publishers

III. Teaching and Advising

A. Courses Taught in Last Five Years

1. General

PY46501 Psychological Testing (enrollment ranges from 22 to 55)

PY919 Seminar on Race, Gender, and Class (enrollment 16)

PY816 History of Psychology (enrollment ranges from 8 to 16)

2. Independent Study, Tutorial, Internship

Therapy Consultation with one doctoral student per year

3. Advising (non-research):

- a. Academic advising for 8-16 masters level mental health counseling students
- b. Doctoral professional mentoring for 4 to 7 doctoral students

4. Advising: Research Direction (completed) (In addition to the University of Maryland advisees listed, prior to January 1, 2000, I supervised two undergraduate research theses, 20 masters theses, and 24 doctoral dissertations. Also, supervised the research of 9 Masters and 8 Doctoral students at Washington State and Southern Illinois Universities, respectively, from 1975 through 1981 and 1 doctoral student at George Washington University in 1996.)

a. Masters

Codrington, J. (2000). Racial Identity Coalitions in Discussion Groups. University of Maryland, College Park, MD.

Lyons, H. (2001). Affirmative action and stereotype threat as influences on test performance. University of Maryland, college Park, MD

b. Advising Doctoral

(So far, I have supervised **49** doctoral dissertations, which includes five at Southern Illinois University, 27 at the University of Maryland, one at George Washington University, and 16 at Boston College.)

Bazelais, K. N. (2011). Triple jeopardy: Race-related stress, racial identity, coping patterns, and psychological distress among elderly African American women. Boston College

Cannon, C.E. (2000). White racial identity and religious orientation. University of Maryland, College Park, MD.

Chen, C. (2012). Teachers' perceptions of students' behaviors, and teachers' burnout. Boston College, Chestnut Hill, MA.

Collins, D. L. (2016). Perceived parental ethnic-racial socialization as a predictor of African American Youths' racial identity, critical consciousness, and race-related stress. Boston College, Chestnut Hill, MA.

Comilang, K. (2003). Asian Americans' racial identity and cultural values as predictors of performance on neuropsychological tests. Boston College, Chestnut Hill, MA.

Garcia, J. A. (2006). Cultural and racial perspectives on mental illness among Mexican Americans and Mexican immigrants. Boston College, Chestnut Hill, MA

Green, C. E. (2012). Racial identity and multicultural supervision as related to multicultural competence perceptions of ALANA trainees. Boston College, Chestnut Hill, MA

Harris, A. N. (2016). Perceived barriers to career self-exploration for adults with learning disabilities. Boston College, Chestnut Hill, MA

Henze, K. T. (2006). White racial identity and masculine gender role norms. Boston College, Chestnut Hill, MA.

Jackson, S. (2000). Racial identity, acculturation, and CAT performance. University of Maryland, College Park, MD.

Jernigan, M. M. (2009). Using a Sankofa intervention to influence Black girls' racial identity development and school-related experiences. Boston College, Chestnut Hill, MA.

Liu, M. (2014). Asian American/Pacific Islander psychological and physical health outcomes of racism and racial identity. Boston College

Mason, T. (2000). Psychological adjustment of African American college students. University of Maryland, College Park, MD.

Perine, R. (2000). Racial identity and test wiseness as influences on performance on standardized cognitive ability tests. University of Maryland, College Park, MD

Perez-Gualdrón, L. M. (2011). A longitudinal study of a social justice orientation model for Latina/o students. Boston College, Chestnut Hill, MA

Shakes-Malone, L. (2002). Teacher expectations and racial identity. Boston College, Chestnut Hill, MA

Tallyrand, R. (2001). Racial identity and eating disorder symptomatology of African American women. University of Maryland, College Park, MD.

Torkelson, N. C. (2016). A contextual model of multiracial identity and well-being. Boston College, Chestnut Hill, MA

Warren, A. K. (2005). Womanist and racial identities in a community sample of African American women. Boston College, Chestnut Hill, MA.

Williams, S. D. (2016). Effects of gendered racism on health practices of Black women: A racial and gender identity model. Boston College, Chestnut Hill, MA

Yu, Q. (2015). Womanist identity, acculturation, and gender-role identity: An examination of Chinese female students in the United States. Boston College, Chestnut Hill, MA

d. Research mentor

Dr. Donalda Cook, Minority Women's Leadership Fellowship, Sponsored by Kellogg Foundation (1987).

Dr. Kim Nickerson, post-doctoral fellow. Sponsored by the University of Maryland, College Park, MD (1993-1994).

5. Advising: Research direction (In Progress)

Doctoral:
 Kim Ashby
 Dericka Canada
 Christina Douyon
 Stephanie Paulk
 Eva Wilson

IV. Service

A. Professional

1. Offices and committee memberships

Secretary 1987-1990, Division 17 of American Psychological Association
 Executive Board of Division 17, 1987-1990
 Member-at-large, 1993-1997, Division 45 of American Psychological Association
 Executive Board of Division 45, 1993-1996

APA Council Representative (Representing Division 17), 1998-2001;
 2003-2006
 Executive Board of Division 17, 1998-2001; 2003-2006; 2007-2010.

President-elect of Division 17, the Society for Counseling Psychology of the American Psychological Association, 2007-2008.

President, the Society for Counseling Psychology, Division 17 of the American Psychological Association, 2008-2009.

Past President of the Society for Counseling Psychology, Division 17 of the American Psychological Association, 2009-2010.

Committees:

Program Committee, 1980-1982 (Division 17)
 Committee on Women, 1980-1983 (Division 17)
 Sheriff Award Committee, 1984-1985 (Division 35)
 Scientific Affairs Committee, 1984-1986 (Division 17)
 Chair, Affirmative Action Task Force, 1995-1996 (Division 45)
 Member, Committee on Testing & Assessment, American Psychological Association, 1997-1999

APA's representative to the Joint Committee on Psychological and Educational Testing, 1998-2002

Co-chair of the Joint Committee on Psychological and Educational Testing, 2000-2002

2. Paid consultancies

Ethiopian Community Center, Basic Skills for Counseling Refugees, Washington, D.C. 1988

United Charities, Cultural values and racial identity, Chicago, IL, 1989

Ethiopian Community Center, Translation of the Hopkins Symptom Checklist, 1989

Instructor for ABPP Summer Institute Workshop on Black/White Interaction Theory, July, 1989

Matthew Clayton & Associates, Attorneys at Law, 1991

Ohio State ADAMH, Columbus Ohio; January, 1992

Notre Dame University; November, 1992

Psychological Corporation, 1982, WISC-Revisions

Acculturation Theory and Research: A Technical Assistance Workshop, September 9-10, 1996, NIMH; Parklawn Building.

Texas Higher Education Coordinating Board, Austin, Texas.

Consultant reviewer of a proposed doctoral program in Clinical Adolescent Psychology at Prairie View A&M University, April, 2004.

B. University

1. Departmental

Counseling Psychology Admissions Committee, 2000 to present

Promotion and Tenure Committee

Policy Planning Committee

2. Campus Activities

Boston College Committee for Strategic Planning

Search Committee for Dean of Lynch School, 2003-2004

Chair, Search Committee for Nelson Chair, 2004-2005

Director, Institute for the Study and Promotion of Race and Culture (ISPRC)

Member, Boston College Institutional Review Board (BC IRB), 2017-2020

3. Other

Provided expert testimony on test bias in the Supreme Court Case, Ricci et al. vs. DeStefano et al. (2009).

Convener for 18 years of the annual Diversity Challenge, an international conference focused on race and culture as important themes in society

Diversity Challenge: How to Survive Teaching Courses on Race and Culture, Institute for the Study and Promotion of Race and Culture at Boston College, October 12-13, 2001, Chestnut Hill, MA.

Diversity Challenge: How to Keep High-Stakes Tests from Making People Mentally Ill, Institute for the Study and Promotion of Race and Culture at Boston College, October 11-12, 2002, Chestnut Hill, MA.

Diversity Challenge: 30+ Years of Racial Identity Theory: What Do We Know? And How Does It Help Us?, , Institute for the Study and Promotion of Race and Culture at Boston College, October 17-18, 2003, Chestnut Hill, MA

Diversity Challenge: Making Race and Culture Matter in Community-Focused Interventions, Institute for the Study and Promotion of Race and Culture at Boston College, October 15-16, 2004, Chestnut Hill, MA.

Diversity Challenge: Making Race and Culture Work in the World of Work, Institute for the Study and Promotion of Race and Culture at Boston College, October 21-22, 2005, Chestnut Hill, MA.

Diversity Challenge: Do Immigrants Catch or Carry Race and Culture?, Institute for the Study and Promotion of Race and Culture at Boston College, October 20-21, 2006, Chestnut Hill, MA.

Diversity Challenge: Race and Culture Intersections in Scientific Research and Mental Health Service Delivery for Children, Adolescents, and Families, Institute for the Study and Promotion of Race and Culture at Boston College, October 19-20-24, 2007, Chestnut Hill, MA.

Diversity Challenge: Race, Culture, and Trauma, Institute for the Study and Promotion of Race and Culture at Boston College, October 3-4, 2008, Chestnut Hill, MA

Diversity Challenge: Racial Identity and Cultural Factors in Treatment, Research, and Policy, Institute for the Study and Promotion of Race and Culture at Boston College, October 23-24, 2009, Chestnut Hill, MA.

Diversity Challenge: Race and Culture in Teaching, Training, and Supervision. Institute for the Study and Promotion of Race and Culture at Boston College, October 15-16, 2010, Chestnut Hill, MA.

Diversity Challenge: Intersections of Race or Ethnic Culture with Gender or Sexual Orientation. Institute for the Study and Promotion of Race and Culture at Boston College, October 28-29, 2011, Chestnut Hill, MA.

Diversity Challenge: What to Do about Race and Culture and Violence. Institute for the Study and Promotion of Race and Culture at Boston College, October 19-20, 2012, Chestnut Hill, MA.

Diversity Challenge: Intersections of Race, Culture, and Health and Mental Health, Institute for the Study and Promotion of Race and Culture at Boston College, October 18-19, 2013, Chestnut Hill, MA.

Diversity Challenge: Racial or Ethnic Discrimination Across the Lifespan, Institute for the Study and Promotion of Race and Culture at Boston College, October 24-25, 2014, Chestnut Hill, MA.

Diversity Challenge: Race, Culture, and Social Justice, Institute for the Study and Promotion of Race and Culture at Boston College, October 23-24, 2015, Chestnut Hill, MA.

Diversity Challenge: Race, Culture, and Educating our Youths: Developing People Not Widgets, Institute for the Study and Promotion of Race and Culture at Boston College, October 28-29, 2016. Chestnut Hill, MA.

Diversity Challenge: Race, Culture, and Criminal Justice throughout the Lifespan, Institute for the Study and Promotion of Race and Culture at Boston College, October 13-14, 2017, Chestnut Hill, MA.

Diversity Challenge: Making Race and Culture Work in the STEM Era: Bringing All People to the Forefront, Institute for the Study and Promotion of Race and Culture at Boston College, October 19-20, 2018, Chestnut Hill, MA.

Diversity Challenge: Race, Culture, and WHMP: Survival, Resistance, and Healing in the Current Social Climate at Boston College, October 25-26, 2019, Chestnut Hill, MA.

Diversity Challenge: Goodbye "isms": Hello Future, Institute for the Study and Promotion of Race and Culture at Boston College, October 23-24, 2020, Chestnut Hill, MA.