

Curriculum Vitae

Rebekah J. Nelson, MSW RBT

Ph.D. Candidate in Social Work
The Florida State University
296 Champions Way, C2312 University Center, Tallahassee, Florida 32306-2570
Cell: 858-926-6711 | Email: rjnelson@fsu.edu
<http://csw.fsu.edu/phd-students/rebekah-nelson/>

EDUCATION

Florida State University, 2011 - Present

Ph.D. Candidate, Social Work (projected completion: Fall 2023)

Utah State University, 2008 - 2010

M.S.W., Social Work

Brigham Young University, 1999 - 2006

B.S.W., Social Work

Minor in English

PROFESSIONAL LICENSURE

BACB certified Registered Behavior Technician, CR# RBT-17-31004

EMPLOYMENT

Butterfly Effects: Registered Behavior Technician, Jan. 2017 – Present

One-on-one implementation of behavior analytic programming for clients with autism

Florida State University: Assistantships and Instruction, 2011 - Present

Teaching Assistant/Course Mentor, Aug. 2013 - Dec. 2013, May 2019 - Present

Research Assistant, Aug. 2011 - Aug. 2013, Jan. 2015 – Aug. 2015

Instructor, Jan. 2014 – May 2015

Far East University: Lecturer, Aug. 2010 - Mar. 2011

Lecturer: Social Welfare, Intensive English Language Institute, Global Leadership Development Program

LDS Family Services: Internship, Aug. 2009 - May 2010

Individual, Marital and Group Therapy

Bear River Mental Health: Internship, Sept. 2008 - April 2009

Supervised therapy with mental health clients, Assertive Community Outreach Team, Case Management, Crisis Support, Behavior management with parents of children with mental illness, Children's Group leader for girls ages 12-15 with mental illness

Providence Community Services, Oasis Clubhouse: Activities Coordinator, Jan. 2007-Aug. 2008.

This program focuses on helping transitional age youth, ages 16-25, who have mental health needs pursue mental wellness.

Plan and direct groups and volunteer work; develop, prepare and teach psychoeducational groups; coordinate monthly client activity schedule; crisis intervention; linking clients to

community resources; creative outreach presentations via volunteer work, open houses, working with neighboring high school campuses; prepare and publish clubhouse newsletter, with members as authors; Pamphlet/Flier/Logo designs for community outreach

YMCA Oz North Coast: Resident Supervisor, June 2006-Jan. 2007

Individual case notes; crisis counseling and supervision of resident activities; medication distribution, paperwork preparation and facility housekeeping; facilitator of community group meetings

Gathering Place: Internship, Sept. 2005-April 2006

Case management, in-take/Assessments, individual/group processing, case notes and service plans; crisis intervention with clients and family members; psychoeducational groups (prenatal education class development; relationship class instruction); community outreach

PROFESSIONAL QUALIFICATIONS

Instructor

SOW 4341-02, Social Work Practice with Individuals and Families (Spring, 2015)

SOW 3350-04 and -06, Interviewing and Recording (Fall, 2014)

SOW 4510-05, Undergraduate Field Instruction (Internship) (Summer, 2014)

SOW 3350-02, Interviewing and Recording (Spring, 2014)

Teaching Assistant/Course Mentor

SOW 5105, Human Behavior in the Social Environment (Spring 2021; Spring 2020)

SOW 5235, Social Welfare Policy and Services (Fall 2019, Fall 2020)

SOW 5432, Evaluation of Social Work Practice (Summer, 2020)

SOW 5404, Introduction to Social Work Research (Summer, 2019)

SOW 3350, Interviewing and Recording (Fall, 2013)

SOW 5938, Financial Literacy and Therapy (Spring, 2013)

Research Assistant

Spring 2015 – Summer 2015

Fall 2011 – Summer 2013

Guest Lecturer

HBSE: Adolescent Physical Development (Spring, 2012)

Research and Statistics: Scales and Measures (Spring, 2012)

Guest Reviewer

Research on Social Work Practice (Spring, 2012)

Language Proficiencies: Spanish – Functionally fluent, moderate reading and writing skills

Training

Nonviolent Crisis Intervention, July 2017

Prevention strategies, de-escalation and communication skills, and psychological and physiological responses that minimizes harm of aggressive behavior.

Registered Behavior Technician Training, Jan. 2017

Training to work one-on-one implementing behavior analytic programming for clients with autism.

Operation Family Caregiver, Caregiver Coach Training, Nov. 2015

Training to assist family members and caregivers of U.S. Military service members with their physical, mental and emotional needs.

Brain Games Training

Helping children with developmental/behavioral disorders develop cognitive skills

Wellness Recovery Action Plan Training, Aug. 2007

Assisting people with mental health needs in making a personalized action plan for when they are in crisis

Transitional Age Youth Immersion Training, TAY Academy, June 2007

Education working with youth, ages 16-25

RESEARCH

Peer-Reviewed Journal Publications

Nelson, R. J., Smith, T. E., Shelton, V. M., & Richards, K. V. (2015). Three interventions for financial therapy: Fostering an examination of financial behaviors and beliefs. *Journal of Financial Therapy*.

Nelson, R. J. (2013). Is Virtual Reality Exposure Therapy effective for service members and veterans experiencing combat-related PTSD? *Traumatology, 19*(3), 171-178.

Articles in Progress

Nelson, R. J. (Work in Progress). Validation of the Potential Obstacles to Steady Employment scale: An employment measure for persons with mental illness.

Nelson, R. J. (Work in Progress). Resource theory and communication in military and non-military families.

Nelson, R. J. (Work in Progress). Military families with a child on the autism spectrum: Current resources and recommendations for future services across military branches.

Intervention Manuals

Smith, T. E., Nelson, R. J., Richards, K. V., Shelton, V. M. (2012). *Financial Therapy: 5 Steps Toward Financial Freedom*. Tallahassee: Southeastern Professional Books.

Smith, T. E., Nelson, R. J., Richards, K. V., Shelton, V. M. (2012). *Guide to Financial Therapy Forms and Handouts*. Tallahassee: Southeastern Professional Books.

Invited Presentations

Nelson, R. J. (2017, January). *The Influence of Lifetime Mood Disorders on Current Self-Assessed Employment Difficulties using the National Comorbidity Survey Replication*. Poster session presented at The Society for Social Work Research 2017 Annual Conference, New Orleans, Louisiana.

Nelson, R. J., & Shelton, V. M. (2016, November). *Learning to Use Financial Therapy Interventions: An Introduction to the Use of Basic Financial Therapy Interventions*. Interactive workshop presented at Council on Social Work Education 62nd Annual Program Meeting, Atlanta, Georgia.

Kim, H., & Nelson, R. J. (2015, June). *The Effects of Self-Perception of Aging on Depression among Older Adults: A Meta-Analysis*. Paper presented at the 2015 Seoul International Social Work Conference, Seoul, Korea.

- Nelson, R. J. (2014, October). *Financial Challenges of Service Members and Spouses*. Poster session presented at The Financial Therapy Association Annual Conference, Nashville, Tennessee.
- Gromer, J., Kennedy, S. C., Lee, J., Mennicke, A., & Nelson, R. J. (2014, January). Development and validation of The Employability Scale: An employment measure for people with mental illness. In Abell, N. (Chair). *Developing and Validating Measures for Social Work Research and Practice*. Symposium conducted at The Society for Social Work Research 2014 Annual Conference, San Antonio, Texas.
- Nelson, R. J. (2014, January). *Differences in PTSD domains between survivors of war-type and not war-type traumatic events*. Poster session presented at The Society for Social Work Research 2014 Annual Conference, San Antonio, Texas.
- Durband, D. B., Ford, M., Goetz, J., Parry, T., Smith, T. E., Nelson, R. J., & Shelton, V. M. (2013, September). *Scholarly approach to curriculum development for Financial Therapy Classes*. In Delgadillo, L. M. (Chair). Roundtable discussion at the Financial Therapy Association Annual Conference, Lubbock, Texas.
- Smith, T. E., Richards, K., Nelson, R. J., & Shelton, V. (2013, September). *Five steps of Financial Therapy: First look at an intervention model*. Financial Therapy Association Annual Conference, Lubbock, Texas.
- Nelson, R. J., Lee, J., Lee, J., & Jo, A. (2013, July). *Does voluntary activity effect depression for older adults?* Poster session presented at the 20th World Congress of Gerontology and Geriatrics, International Association of Gerontology and Geriatrics, Seoul, South Korea.
- Nelson, R. J., Groton, D. B., Lee, J., Gromer, J. (2013, January). Is Virtual Reality Exposure Therapy effective for service members and veterans experiencing combat-related PTSD? In B. Thyer (Chair). *Systematic Reviews as a Doctoral Seminar Project: Four Case Examples*. Symposium conducted at the 2013 Society for Social Work Research, San Diego, California.

SERVICE

- Welfare Consultant, Church of Jesus Christ of Latter-day Saints, Aug. 2015 - Present*
- President, Doctoral Student Organization, College of Social Work, Florida State University, Sept. 2014 – Aug. 2015*
- Treasurer, Doctoral Student Organization, College of Social Work, Florida State University, Sept. 2013 – Aug. 2014*
- Vice President, Doctoral Student Organization, College of Social Work, Florida State University, Sept. 2012 - Aug. 2013*
- Navy Marine Corps Relief Society: Volunteer, Sept. 2007-Aug. 2008*
Budget counseling, receptionist duties, service member check-in/check-out
- San Diego Oceans Foundation: Volunteer, July 2007-Aug. 2007*
Educated disadvantaged youth from the San Diego community about ocean ecology and provided a unique ocean experience by assisting them in learning how to snorkel
- Utah State Hospital: Voluntary recreational therapy assistant, Sept. 2004-Dec. 2004*
Assist patients in learning decision-making and interpersonal skills
- The Church of Jesus Christ of Latter-day Saints: Voluntary Representative, May 2002-Dec. 2003*
Full-time cooperative teaching in Santiago, Chile; follow-up with learners; community service (English teaching, organizing donations for community orphanage)

AWARDS AND HONORS

2020 Nomination, Outstanding Teaching Assistant Award, FSU's Program for Instructional Excellence

2014 Financial Therapy Association Presentation Scholarship

PROFESSIONAL AFFILIATIONS

Behavior Analyst Certification Board

Financial Therapy Association

National Association of Social Workers

Society of Social Work Research

RESEARCH INTERESTS

Mental Health, Mental Health and Employment, Military Service Members, Military Families, Children with Autism, Financial Therapy, Integrated Theory, Systems Theory, Family Stress Theory and the ABC-X Model of Stress, Resource Theory