

CURRICULUM VITAE

August 2025

Patrick David Cunningham

Assistant Professor
Appalachian State University
Reich College of Education
Department of Counseling, Family Therapy, and Higher Education
Professional School Counseling Program

Education

- Ph.D. The Ohio State University, College of Education and Human Ecology, Columbus, OH. Department of Educational Studies. Counselor Education. August 2020 – August 2023.
- MS. The University of North Carolina at Greensboro, School of Education. Greensboro, NC. Counseling and Educational Development: School Counseling. August 2012 – May 2014.
- BS. Elon University, College of Arts and Sciences, Elon, NC. Major in Psychology, August 2008 – May 2012.

Licenses and Credentials

- Licensed Clinical Mental Health Associate, North Carolina, License #1175262, held since 2025.
- Licensed Professional School Counselor, North Carolina K-12 School Counseling, License #1175262, held since 2014.
- Licensed Professional School Counselor, Minnesota K-12 School Counseling, License LPC #1004551, held since 2020.

Professional Experience

- August 2023 – Present Assistant Professor, Professional School Counseling Program, Reich College of Education, Appalachian State University
- August 2020 – July 2023 Graduate Research Associate, The Ohio Statewide Family Engagement Center, Center on Education for Training and Employment, College of Education and Human Ecology, The Ohio State University
- August 2012 – May 2014 Graduate Administrative Associate, Vacc Counseling and Consulting Clinic, Counseling and Educational Development, School of Education, The University of North Carolina at Greensboro

Counseling Experience

- March 2025 – Present Private Practice Clinical Counseling, Hickory, North Carolina

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| January 2022 – May 2022 | Practicum Experience with The Ohio State University's SMART Lab, Columbus, Ohio |
| August 2018 – June 2020 | High School and College Counselor, Korea International School Pangyo Campus, Seongnam, South Korea |
| August 2017 – June 2018 | Elementary School Counselor, Korea International School Seoul Campus, Seoul, South Korea |
| August 2015 – June 2017 | High School Counselor, Universal American School of Dubai, Dubai, United Arab Emirates |
| August 2014 – June 2015 | High School Counselor, Athens Drive High School, Raleigh, North Carolina |

Publications

Peer-Reviewed Manuscripts

7. Henry, S. M., Alvarez, J., Lee, S., **Cunningham, P. D.**, Saunders, R., Zyromski, B., Martin, I., Max, R., Hughes, D. C., & Shrewsbury-Braxton, S. True Goals' impact on SCIT competencies, imposter syndrome, & self-efficacy. Under review with *ACES Teaching Practice Briefs*.
6. **Cunningham, P. D.**, Zyromski, B., & Martin, I. (2025). The impact of True Goals as a classroom intervention on middle school students' hope and sense of school belonging. *Counseling Scholarship & Practice in Educational Communities*, 1(1), 116 – 153. <https://doi.org/10.7275/cspec.2311>
5. **Cunningham, P. D.** & Granello, D. H. (2024). Supporting students' re-entry and reintegration after crises: A framework for school counselors to promote mental health and safety. *Professional School Counseling*, 28(1b), <https://doi-org/10.1177/2156759X241247162>.
4. Bachman, H. F., **Cunningham, P. D.**, & Boone, B. J. (2024). Collaborating with families for innovative school mental health. *Education Sciences*, 14, 336. <https://doi.org/10.3390/educi14030336>
3. Johnson, K.F., **Cunningham, P. D.**, Tirado, C., Moreno, O., Gillespie, N., Duyilbe, B., Hughes, D., Goodman Scott, E., & Brookover, D. (2023). Social determinants of mental health considerations for counseling children and adolescents. *Journal of Child and Adolescent Counseling*. <https://doi.org/10.1080/23727810.2023.2169223>
2. Martin, I., **Cunningham, P. D.**, Zyromski, B., Nunez, M., Romero, S. D., & Choi, J. (2022). Small group investigation of the True Goals Curriculum with high school students: A randomized control study. *Professional School Counseling*. <https://doi.org/2156759X221137312>
1. Martin, I., Choi, J., Zyromski, B., Campos, L., Mansheim, S., **Cunningham, P. D.**, & Callahan, W. (2022). Small group investigation of the True Goals Curriculum with elementary and middle school students: A randomized control study. *Professional School Counseling*. <https://doi.org/10.1177/2156759X221134259>

Editor-Reviewed Manuscripts

2. Zyromski, B. & **Cunningham, P. D.** (2024). Hope and school belonging: School superpowers. *International Journal of Management and Applied Science*, 10(1), 91-95. Retrieved from: http://www.ijmra.in/journal/journal_file/journal_pdf/14-976-171220839191-95.pdf
1. Bachman, H. F., Allen, E. C., Anderman, E. M., Boone, B. J., Capretta, T. J., **Cunningham, P. D.**, Masonheimer, A. T., & Zyromski, B. (2022). Texting: A simple path to building trust. *Phi Delta Kappan*, 103(7), 18-22. <https://doi.org/10.1177/00317217221092229>

Book Chapters

3. **Cunningham, P. D.**, Wellamn, M. E., Park, G., Zyromski, B., Boone, B. J., Osborn, E. C. (in press). High-impact opportunities for home-school partnerships to support student mental health through protective factors. In Lewis, T., Hiatt-Michael, D. (Eds.), *Promising Practice for Engaging Families & Communities Around Mental Health in Schools*. Family School Partnership series. Emerald Publishing Limited.
2. Wathen, B., **Cunningham, P. D.**, Singleton, III, P., Mittman, D., Angeles, S. L., Fort, J., Freeman, R., & Hines, E. (2023). Creating positive academic outcomes for Black males: A school counselor's role as advocate and change agent in elementary, middle, and high school. In Hines, E., Fletcher, Jr., E. C. (Eds.), *Black Males in Secondary and Postsecondary Education: Teaching, Mentoring, Advising and Counseling*. (pp. 141-161). Emerald Publishing Limited.
1. Hines, E. M., Wathen, B., Golden, M. N., Singleton, III, P., & **Cunningham, P. D.** (2021). It takes a village: School counselors and teachers collaborating on the college and career readiness of Black males. In R. Skepple, C. S. Conway, & F. Mack (Eds.), *Teaching Diverse Populations: Inclusive Strategies for Learners Resource Guide*.

Research Briefs

3. **Cunningham, P. D.**, Zyromski, B., Wellman, M. & Boone, B. J. (2022). Partnering with families to support mental health: Research-based strategies for educators. Retrieved from <https://ohiofamiliesengage.osu.edu>.
2. Bussell, K., **Cunningham, P. D.**, Fletcher, E. C., Boone, B. J., & Lepicki, T. (2021). Partnering with families for middle school career exploration: Research-based strategies for middle-level educators. Retrieved from <https://ohiofamiliesengage.osu.edu>.
1. Boone, B. J., **Cunningham, P. D.**, Bachman, H. F., & Wellman, M. E. (2021). Partnering with families for early language and literacy: Research-based strategies for early childhood educators. Retrieved from <https://ohiofamiliesengage.osu.edu>

Media

3. **Cunningham, P. D.** (Guest contributor). (July, 2022). Diving in the deep end: Family-school partnerships to address mental health. *Family to Family: The Podcast*. [Audio podcast]. Ohio Statewide Family Engagement Center. <https://podcast.osu.edu/familytofamily/2022/07/01/diving-in-the-deep-end-family-school-partnerships-to-address-student-mental-health/>
2. **Cunningham, P. D.** (2021, October). How to engage families in middle school career exploration. *Ohio Statewide Family Engagement Center News and Guidance*.

1. **Cunningham, P. D.** (2021, July/August). Engaging in legislative advocacy. *American School Counselor Association: ASCA School Counselor Magazine*, 58(6), 22.

Grants and Awards

- 2024 Co-Principal Investigator, IES Rural Research and Development Center
 - Applied for a \$10 million grant to understand factors associated with rural students' pursuit of postsecondary education and develop a center focused on providing greater access and support
- 2022 ASCA Research Grant
 - \$8,000 award received for dissertation: A Multilevel Analysis of True Goals as a Tier 1 Intervention: Impacts on Hope and School Belonging through the Framework of ASCA's Mindsets and Behaviors

Presentations

Invited Presenter/Panelist for National and International Conferences

3. **Cunningham, P. D.** (2024, March 7). Evidence-Based School Counseling Conference Research Day Panelist on Cultivating Mentor and Mentee Relationships to Foster Impactful Scholarship [Panel discussion]. 2024 Evidence-Based School Counseling Conference (virtual conference).
2. **Cunningham, P. D.** (2023, March 10). Evidence-Based School Counseling Conference Research Day Emerging Scholars Panelist [Panel discussion]. 2023 Evidence-Based School Counseling Conference, Columbus, Ohio.
1. **Cunningham, P. D.** (2023, March 3). *Equity-focused family engagement* [Conference session]. Greater Edmonton Teachers' Convention Association, Edmonton, Canada.

State, National, and International Conferences

25. **Cunningham, P. D.** (2025, July 12-15). *Support Student Reentry After a Mental Health Crisis* [Conference session]. 2025 American School Counselor Association, Long Beach, CA.
24. **Cunningham, P. D.** (2024, November 7). *Effectively supporting students' re-entry and reintegration after mental health crises* [Conference session]. 2024 North Carolina School Counselor Association Annual Conference, Concord, North Carolina.
23. **Cunningham, P. D.** (2024, November 7). *Rethinking family engagement in education: Advancing equity* [Conference session]. 2024 North Carolina School Counselor Association Annual Conference, Concord, North Carolina.
22. **Cunningham, P. D.,** Granello, D. H. (2024, March 7-9). *Supporting students' re-entry and reintegration after crises: An evidence-informed framework for school counselors* [Conference session]. 2024 Evidence-Based School Counseling Conference (virtual conference).
21. **Cunningham, P. D.,** Wellman, M. (2023, April 4). *Partnering with Families to Support Students' Mental Health* [Conference session]. 2023 Rural Summit, Charlotte, North Carolina.
20. **Cunningham, P. D.,** Hughes, D., & Lee, S. (2023, March 11-12). *Building students' hope and sense of school belonging through goal-setting* [Conference session]. 2023 Evidence-Based School Counseling Conference, Columbus, Ohio.

19. **Cunningham, P. D.** (2023, March 11-12). *Partnering with Families to Support Students' Mental Health* [Conference session]. 2023 Evidence-Based School Counseling Conference, Columbus, Ohio.
18. **Cunningham, P. D.** (2023, February 16). *Partnering with Families to Support Students' Mental Health* [Conference session]. 2023 Ohio State University Education and Human Ecology Research Forum, Columbus, Ohio.
17. Shrewsbury-Braxton, S., **Cunningham, P. D.**, & Max, R. (2022, October 19). *Addressing the culture of Whiteness in school counseling* [Conference session]. 2022 All Ohio Counseling Conference, Columbus, Ohio.
16. **Cunningham, P. D.**, & Zyromski, B. (2022, October 18). *School-family partnerships to support mental health* [Conference session]. 2022 All Ohio Counseling Conference, Columbus, Ohio.
15. **Cunningham, P. D.**, Hughes, Q., & Lee, S. (2022, October 18). *Building students hope and school belonging using research-based surveys and interventions* [Conference session]. 2022 All Ohio Counseling Conference, Columbus, Ohio.
14. **Cunningham, P. D.**, Gillespie, N., & Hughes, Q. (2022, October 17). *Social determinants of mental health considerations for counseling children and adolescents* [Conference session]. 2022 All Ohio Counseling Conference, Columbus, Ohio.
13. **Cunningham, P. D.**, & Zyromski, B. (2022, September 16). *Partnering with families to support mental health* [Conference workshop]. 2022 Ohio Family Engagement Leadership Summit (virtual conference).
12. **Cunningham, P. D.**, Shrewsbury, S., & Max, R. (2022, July 9-12). *Equity-Focused Family Engagement Strategies* [Conference session]. 2022 American School Counselor Association, Austin, TX.
11. Shrewsbury, S., **Cunningham, P. D.**, & Max, R. (2022, July 9-12). *Addressing the Whiteness Culture in School Counseling* [Conference session]. 2022 American School Counselor Association, Austin, TX.
10. Wellman, M., **Cunningham, P. D.**, & Alvarez Padilla, Y. (2022, June 1-3). *Powerful Family Conversations in Middle School: Promoting Career Exploration and Financial Literacy* [Conference session]. 2022 National Community Schools and Family Engagement Conference, Los Angeles, CA.
9. **Cunningham, P. D.**, & Wellman, M. (2022, March 11-12). *Partnering with Families to Support Middle School Students' Career Exploration* [Conference session]. 2022 Evidence-Based School Counseling Conference (virtual conference).
8. Martin, I., Choi, J., & **Cunningham, P. D.** (2022, March 11-12). *True Goals School Counseling Curriculum: Randomized Waitlist Control Study* [Conference session]. 2022 Evidence-Based School Counseling Conference (virtual conference).
7. Granello, P., Geiger, S., Hughes, Q., & **Cunningham, P. D.** (2022, March 11-12). *SMART – Development and Research of the Stress Management and Resiliency Training Labs* [Conference session]. 2022 Evidence-Based School Counseling Conference (virtual conference).
6. **Cunningham, P. D.**, Bussell, K., & Lepicki, T. (2021, November 4-5). *Partnering with Families in Middle School Career Exploration* [Conference session]. 2021 National Career Pathways Network Connect: A Virtual Conference.
5. Haag-Granello, D., Lee, D., Blake, T., Choi, J., **Cunningham, P. D.**, Hamilton, M., & Parsons-Christian, E. (2021, October 5-10). *How to Form a Research Identity in*

- Counselor Education* [Conference session]. 2021 Association for Counselor Education & Supervision Conference, Atlanta, GA.
4. **Cunningham, P. D.**, Bussell, K., & Mack, K. (2021, September 17). *Family Engagement in Middle Schoolers' Career Exploration* [Conference session]. 2021 Ohio Family Engagement Leadership Summit (virtual conference).
 3. Haag-Granello, D., Lee, D., Blake, T., Choi, J., **Cunningham, P. D.**, Hamilton, M., & Parsons-Christian, E. (2021, June 5). *How to Form a Research Identity in Counselor Education* [Conference session]. 2021 Ohio Association for Counselor Education & Supervision Conference, OH (virtual conference).
 2. Bachman, H. F., Boone, B., & **Cunningham, P. D.** (2021, June 4). *Family Engagement for Every Family: Equitable Practices Through a Multi-Tiered Approach* [Conference session]. 2021 National Family Community Engagement Conference, OH (virtual conference).
 1. Shrewsbury, S., & **Cunningham, P. D.**, & Parsons-Christian, E., (2021, June 4-5). *Rethinking Grit and Resilience with Adolescents* [Conference session]. 2021 Association of Humanistic Counseling Conference, OH (virtual conference).

Invited Professional Trainings and Conferences

10. **Cunningham P, D.**, Wellman, M. (2023, April 12). *Partnerships to Support Child and Adolescent Mental Health* [Professional Training]. Ohio Fatherhood Commission, OH (virtual training).
9. **Cunningham, P. D.** (2023, March 9). *School Counselors as Family Engagement Leaders* [Professional development]. Ohio Department of Education School Counselor Meetup, OH (virtual training).
8. **Cunningham P, D.** (2022, May 11). *Partnering with Families to Support Middle School Students' Career Exploration* [Conference session]. Ohio State Support Team 7 Building Family Partnerships, OH (virtual conference).
7. **Cunningham, P. D.**, & Bussell, K. (2022, April 12). *Family Engagement in Middle School Career Exploration* [Conference session]. 2022 SuccessBound Spring Conference for Business Leaders, K-12, and Higher Educators, Columbus, OH.
6. Provenzano, A., & **Cunningham, P. D.** (2022, March 1). *Engaging the Generations: Kinship Connections* [Professional development]. Ohio State Support Team 5 Regional Meeting, OH (virtual training).
5. Bachman, H., & **Cunningham, P. D.** (2022, March 7). *A Multi-Tiered Approach to Partnering with Families to Support Student Wellness* [Professional development]. North Central Ohio Educational Service Center Counselors' Network, OH (virtual training).
4. **Cunningham, P. D.**, & Bussell, K. (2022, March 3). *Middle Years to Careers: Family Engagement in Middle School Career Exploration* [Professional development]. Ohio State Support Team 5 Regional Meeting, OH (virtual training).
3. **Cunningham, P. D.**, & Boone, B. J. (2022, February 22). *Family Engagement for Every Family: Using the MTSS Framework to Build Partnerships* [Professional development]. Ohio Department of Education School Counselor Meetup, OH (virtual training).
2. **Cunningham, P. D.**, & Bussell, K. (2022, January 11). *Middle Years to Careers: Resources & Tools for Schools in the Engagement of Middle School Families and Students* [Professional development]. Ohio Department of Education Career Readiness Leaders Meeting, OH (virtual training)

1. Bachman, H. F., & **Cunningham P, D.** (2021, May 6). *Middle Ground: Family Engagement for the Middle School Years* [Conference session]. Ohio State Support Team 7 Building Family Partnerships, OH (virtual conference).

Research Experience & Projects

Dissertation (May, 2023)

- Analysis of True Goals as a Tier 1 Intervention: Impacts on Hope and School Belonging through the Framework of ASCA's Mindsets and Behaviors
 - Received an \$8,000 ASCA Research Grant to fund dissertation
 - Study utilized structural equation modeling to evaluate the impact of a Tier 1 school counseling intervention on students' hope and sense of school belonging
 - Occurred across two grade levels in two junior high schools with a student population of over 1,800 students, 90 teachers, and 6 school counselors

Research Interests

- School counseling intervention research, school counselors' roles in promoting school-family-community partnerships, social justice and anti-racist school counseling, and suicide prevention.
- Interested in the application of advanced statistical methods to counseling research. Experience with SPSS, MPlus, HLM, and R.

Additional Research Experience

- Graduate Research Associate, Ohio Statewide Family Engagement Center, August 2020 – Present
 - Conducted literature reviews for several translational research projects regarding family engagement in education.
 - Created research briefs regarding translational research topics designed for educators, summarizing important research findings on specific topics in family engagement including early-years literacy and language development, career exploration in middle school, and positive childhood experiences.
 - Participated as a member of a research team, contributing to the IRB submission process, data collection process, and manuscript writing process.

Teaching

Instructor

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| CED 5902/3 | Practicum in PSC and CMHC; Fall 2025 |
| CED 5110 | Social and Cultural Diversity Counseling: Summer 2024, 2025 |
| CED 6903 | Internship in Professional School Counseling: Spring 2024 |
| CED 5790 | Group Methods and Processes: Spring 2024, Summer 2024, 2025 |
| CED 5000 | Counseling Research and Evaluation: Fall 2023, 2024, 2025 |
| CED 6620 | School-Based Consultation: Fall 2023, 2024, 2025 |

Co-Teaching Assistant

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| ESCE 6743 | Group Counseling Techniques, Spring 2022 |
| ESCE 7741 | Multicultural and Social Justice Counseling, Fall 2021 |

ESCE 6189 Practicum in School Counseling, Spring 2021

Leadership/Service

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| August 2024 – Present | Field Experience Coordinator for the Professional School Counseling Program |
| August 2025 – Present | CACREP Liason for Appalachian State University's Counselor Education Programs |
| August 2025 – Present | CTH Scholarship Review Committee Member |
| August 2025 – Present | CTH Policy Committee Member |
| July 2024 – Present | Teaching and Supervision in Counseling Journal Editorial Board Member |
| May 2024 – Present | Professional School Counseling Journal Editorial Board Member |
| August 2023 – February 2024 | Professional School Counseling Search Committee Member |
| August 2022 – May 2023 | Volunteer with CACREP Self-Study |
| August 2020 – December 2023 | Volunteer for the Evidence-Based School Counseling Conference, reviewing proposal submissions and serving as a room host |
| August 2013 – May 2014 | Chair, Chapter Development Committee, Upsilon Nu Chi Chapter of Chi Sigma Iota |

Supervision

- School Counseling and Clinical Mental Health University Supervisor
 - January 2024 - Present
 - Professional School Counseling Program, Appalachian State University
- School Counseling Doctoral Supervisor
 - August 2020 – July 2022
 - Counselor Education and Supervision, The Ohio State University

Awards and Honors

- 2022 Travel Grant
 - College of Education and Human Ecology (\$250)
 - Department of Educational Studies (\$350)
 - Counselor Education Program (\$300)
- 2021 Alpha Lambda Rho Chapter of Chi Sigma Iota
 - The Ohio State University, Columbus, Ohio
- 2013 Upsilon Nu Chi Chapter of Chi Sigma Iota
 - University of North Carolina at Greensboro, Greensboro, North Carolina
- 2012 Magna Cum Laude
 - Elon University, Elon, North Carolina
- 2011 Phi Kappa Phi Honor Society
 - Elon University, Elon, North Carolina

Professional Affiliations

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| August 2012 – Present | American School Counselor Association |
| December 2020 – Present | American Counseling Association |
| December 2020 – Present | Association for Counselor Education and Supervision |
| August 2012 – Present | North Carolina School Counselor Association |
| May 2022 – August 2023 | Ohio Counseling Association |
| May 2022 – August 2023 | Ohio School Counseling Association |
| August 2015 – July 2020 | International School Counseling Association |
| August 2018 – July 2020 | International Association for College Admission Counseling |
| August 2014 – July 2020 | National Association for College Admission Counseling |