

Rhea Banerjee PhD LAC-NJ NCC | Assistant Teaching Professor
North Carolina State University
College of Education
Department of Educational Leadership, Policy, and Human Development
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EDUCATION

- **Ph.D.** Counselor Education and Supervision
The Pennsylvania State University
Dec 2023
- **M.Ed.** Counselor Education
The Pennsylvania State University
May 2017
- **M.S.** Applied Psychology
Women's Christian College (India)
May 2014
- **B.S.** Psychology
Women's Christian College (India)
May 2012

EMPLOYMENT/WORK EXPERIENCE

- **Assistant Teaching Professor and Clinical Coordinator (Online)**
Counselor Education, North Carolina State University
(Aug 2026 – Present)
 - Teach graduate-level courses in the Master's Counselor Education program and advise/mentor students
 - Coordinate clinical placements for online students
 - Serve on the Clinical Coordination Committee for the Counselor Education program
 - Courses taught: Techniques in Counseling; Multicultural Lifespan Development
- **Counselor**
School of Health Professions Counseling Clinic, Rutgers University
(Jan 2025 – Aug 2026)
 - Provided individual counseling to clients in a free university-based clinic, addressing various mental health concerns
 - Utilized a range of therapeutic approaches including psychodynamic therapy, Internal Family Systems (IFS), and Cognitive Behavioral Therapy (CBT)
 - Maintained thorough and timely clinical documentation in accordance with ethical and institutional guidelines

- **Assistant Professor**
Psychiatric Rehabilitation and Counseling Professions, Rutgers University
 (Jan 2024 – Aug 2026)
 - Taught and mentored students in the areas of psychiatric rehabilitation and counseling
 - Conducted research and published in academic journals
 - Participated in departmental and university service activities
 - Led development of Biofeedback & Neurofeedback Lab, including coordination with vendors, equipment setup, and creation of training and lab-use materials
- **Clinical Supervisor**
The Pennsylvania State University, University Park, PA
 (Feb 2023 – Dec 2023)
 - Co-created and implemented a comprehensive school-based mental health support program in partnership with a local middle/high school
 - Designed and distributed student wellness kits to promote resilience and coping strategies, integrating both preventive and responsive supports
 - Supervised seven master's counseling interns who provided telehealth individual and group counseling services to approximately 50 students in grades 7-12
 - Planned and facilitated teacher professional development workshops and parent trainings, and prepared students to lead peer-based wellness initiatives
- **Project Associate**
The Pennsylvania State University, University Park, PA
 (Jun 2022 – Jul 2023)
 - Grants: PA Expanded HIV Testing Initiative (PEHTI) & State Opioid Response
 - Helped PA Department of Health build database of sites providing HIV and viral hepatitis care services
 - Conducted trainings for drug and alcohol providers and contributed to resource development incorporating rehabilitation and syndemic theory into HIV and viral hepatitis care
- **Community and Student Liaison**
The Pennsylvania State University, University Park, PA
 (Jan 2021 – Dec 2023)
 - Conducted group counseling for victims of racial trauma applying specialized techniques to promote healing and resilience.
 - Managed coordination between task force and student needs integrating clinical mental health and rehabilitation strategies into program development.
- **Advanced Doctoral Supervisor**
The Pennsylvania State University, University Park, PA
 (Jan 2019 – Dec 2023)
 - Supervised masters level students in disciplines of Clinical Mental Health, School Counseling, and Rehabilitation Services.
 - Provided feedback and help students work on basic and advanced counseling skills and support them through crisis situations

- Developed personal supervision philosophy drawing from several theories: Discrimination model SAS model and HRO model
- **Graduate Assistant, Diversity and Community Enhancement Committee (DCEC)**
The Pennsylvania State University, University Park, PA
 (Aug 2018 – Jun 2020)

 - Organized events and committee meetings to advocate for diversity, inclusion, and equity in all aspects of identity
 - Served as a liaison between committee members and stakeholders involved in outreach efforts to promote rehabilitation and address diversity and equity issues
 - Maintained meeting and event documentation and webpage ensuring transparency and accessibility for promoting diversity and inclusion initiatives
- **Research Team Lead, Biofeedback Lab**
The Pennsylvania State University, University Park, PA
 (Aug 2018 – Dec 2023)

 - Collected and analyzed neurofeedback and physiological data using MATLAB and Python to support ongoing research studies
 - Maintained and updated lab equipment and software systems to ensure reliability and accuracy of data collection
 - Developed and organized training manuals to standardize research procedures and improve lab efficiency
 - Collaborated with faculty and peers to present findings and provide research support during team meetings
- **Graduate Assistant, PA Expanded HIV Testing Initiative (PEHTI)**
The Pennsylvania State University, University Park, PA
 (Aug 2020 – Jul 2021)

 - Collaborated with PEHTI and PA Department of Health to conduct literature reviews on hepatitis elimination plans that informed Department of Health initiatives
 - Provided research support on PEHTI team projects
 - Collaborated on survey creation procedure for a statewide HCV initiative
 - Published a survey on HIV home self-testing initiative
- **Graduate Research Assistant**
The Pennsylvania State University, University Park, PA
 (Aug 2017 – May 2018)

 - Collected neurofeedback data and organized data files in the Biofeedback Lab
 - Developed research designs for new experiments in the lab
 - Streamlined the CACREP accreditation process through effective information management
- **School Mental Health Counseling Intern**
Young Scholars of Central PA Charter School, University Park, PA
 (Aug 2017 – Dec 2017)

 - Provided individual and group counseling services to elementary and middle school students, addressing a range of academic, behavioral, and emotional concerns

- Assisted with classroom interventions to support positive behavior and student engagement
 - Conducted consultations with teachers and parents, contributing to collaborative problem-solving and student support planning
 - Documented counseling sessions, interventions, and progress notes in alignment with ethical and professional standards
- Counseling Intern**
Crossroads Counseling Inc., University Park, PA
 (Aug 2016 – Jul 2017)
 - Conducted individual and group counseling sessions using evidence-based rehabilitation strategies to support clients in recovery from addiction and co-occurring mental health concerns
 - Managed a caseload of 14-16 clients, providing case management services, progress monitoring, and treatment planning
 - Collaborated with supervisors and multidisciplinary staff to refine clinical interventions, coordinate client care, and ensure continuity of services
- School Mental Health Counselor**
Kendriya Vidyalaya School, Chennai, India
 (Jun 2014 – Mar 2015)
 - Delivered counseling services and conducted sessions emphasizing the importance of recovery and resilience in school mental health
 - Conducted student interventions and organized professional talks
 - Led a comprehensive career workshop with both group and individual sessions
- Intern**
Mithra Rehabilitation Centre, Chennai, India
 (Feb 2013 – Mar 2013)
 - Designed and taught a detailed module on specific academic skills to a child with cerebral palsy utilizing rehabilitation strategies to promote learning.
 - Organized regular recreational activities for all students with intellectual disabilities at the center fostering a sense of community and contributing to their holistic rehabilitation.
- Intern**
The Voluntary Health Services Medical Centre, Chennai, India
 (May 2013 – Jun 2013)
 - Worked at the Department of Psychiatry and the Rajaji Centre for De-addiction involved in taking case histories for outpatients observing patient assessments counseling sessions and activity sessions.
 - Organized activity sessions for inpatients at the Centre contributing to rehabilitation and recovery strategies.
 - Interviewed inpatients for official documentation work gaining insight into patient history and their rehabilitation journey.

- **Intern**

Schizophrenia Research Foundation, SCARF India, Chennai, India

(Dec 2013 – Jan 2014)

- Organized daily activities for patients attending the vocational training center of the organization promoting rehabilitation through structured engagement.
- Conducted a detailed case study where an intervention was planned and executed based on the patient's needs reinforcing rehabilitation efforts in schizophrenia management.

LICENSES AND CERTIFICATIONS

- Licensed Associate Counselor (LAC), New Jersey
#37AC00906700 (Sep 2025 – Nov 2026)
- National Certified Counselor (NCC)
#1092181 (Jun 2021 – Jun 2031)

HONORS AND AWARDS

- ***Faculty/Staff Spotlight*** – SGA, Rutgers SHP; selected thrice (Feb, Mar, & Dec 2025) for student-nominated excellence in teaching/service
- ***Excellence in Teaching Award*** – Nominee, Rutgers SHP (Jan 2025)
- ***Ralph N. & Patricia P. Pacinelli Graduate Award*** – Penn State (Jun 2023)

GRANTS AND FUNDING

- ***Cultural Harmony Circles***. Rutgers Health **Joy at Work Mini Grant Program**, \$1,300. Principal Investigator. (2025-2026)

PROFESSIONAL SERVICE

- **Service on University Department/Program Committee**
 - Clinical Coordination Committee (NC State University, August 2026 – Present)
 - Strategic Plan Service Delivery Subcommittee (Rutgers University, Jul, 2025 – August 2026)
 - Curriculum Committee (Rutgers University, Jan, 2024 – August 2026)
 - Masters CAASP Committee (Rutgers University, Jan, 2024 – August 2026)
 - Task Force on Improving Assessment of Graduate Student Competencies (Rutgers University, Oct, 2024 – August 2026)
 - Community & Student Liaison, Racial Trauma Task Force (Penn State, Feb, 2021 – Dec 2023)
- **Service on School Committees**
 - Clinical Supervisor for Counselor Education Masters Students (State College Area School District and Herr Clinic partnership, 2019-2023)
- **Professional Service**
 - Editorial Board Member, *Journal of Counseling & Development (JCD)* (2025–present)

- Invited external reviewer for *College Counseling and Student Services Program*, California State University, Northridge (2026)
- Principal Investigator, *Cultural Harmony Circles* – developed and facilitated a structured wellness and professional development initiative for faculty and staff (Rutgers Health, 2025-2026)
- Invited reviewer for doctoral research proposal submission (2025)
- Second reader for two PhD dissertations in Psychiatric Rehabilitation (2025)
- Reviewer for *American Educational Research Association (AERA)* 2021 (Annual Meeting Submission Review Panels 2020-2021)
- **Service to the Community**
 - Distribution of Student Wellness Kits, Teacher/Parent Trainings, Local School Partnership (Penn State, 2023)
 - Racial Trauma Support Groups, Racial Trauma Task Force (Penn State, 2021-2023)
 - Diversity and Community Enhancement Committee (Penn State, 2018 – 2020)

TEACHING EXPERIENCE

North Carolina State University – Raleigh, NC (2026 – Present)

Primary Instructor

- Techniques in Counseling
- Multicultural Lifespan Development

Rutgers University – New Jersey (2024 – 2026)

Primary Instructor

- Counseling and Case Management
- Career Counseling and Consultation
- Evaluation and Assessment
- Human Growth and Development
- Social and Cultural Diversity Issues
- Theories of Counseling and Personality

Co-Instructor

- Medical and Psychosocial Aspects of Disability
- Introduction to Statistical and Research Methods

The Pennsylvania State University – University Park, PA (2018 – 2021)

Teaching Assistant

- Medical Aspects of Disability

Co-Instructor

- Counseling Adolescents
- Counseling Internship and Integrative Seminar

- Introduction to Counseling as a Profession

PUBLICATIONS

- **Peer Reviewed Articles**

- Kim, S. R., **Banerjee, R.**, & Galván, A. (2025). The Mental Health of Asian International Students During the COVID-19 Pandemic. *Journal of Asia Pacific Counseling*, 15(1), 75–94. <https://doi.org/10.18401/2025.15.1.4>
- Eshak, T. B., Parker, L., Chiu, Y. C., Isadore, K. M., Zhai, Y., **Banerjee, R.**, & Conyers, L. M. (2022). Addressing the syndemic effects of incarceration: The role of rehabilitation counselors in public health. *Rehabilitation Research, Policy, and Education*, 36(1), 15–33. <https://doi.org/10.1891/RE-21-22>
- Russo, G. M., Schauss, E., Naik, S., **Banerjee, R.**, Ghoston, M., Jones, L. K., Zalaquett, C. P., Beeson, E. T., & Field, T. A. (2021). Extent of counselor training in neuroscience-informed counseling competencies. *Journal of Mental Health Counseling*, 43(1), 75–93. <https://doi.org/10.17744/mehc.43.1.05>
- **Banerjee, R.** (2015). Personality traits: Their relationship with depression and the intention to seek psychological help among depressed Indian young adults. *Indian Journal of Health and Wellbeing*, 6(3), 254–259. <https://research.ebsco.com/linkprocessor/plink?id=bf8104d5-a3e0-391b-8a56-3444193805d7>

- **Book Chapters**

- **Banerjee, R.**, Kim, S., & Zalaquett, C. (2023). Moments of excellence in counseling: Religion/spirituality. In C. Zalaquett (Ed.), *Moments of excellence in counseling and psychotherapy: Learning what works for relationship building and increased effectiveness*. Coherent Digital LLC.
- Kim, S., **Banerjee, R.**, & Zalaquett, C. (2023). Moments of excellence in counseling: Preferences. In C. Zalaquett (Ed.), *Moments of excellence in counseling and psychotherapy: Learning what works for relationship building and increased effectiveness*. Coherent Digital LLC.

- **Dissertation**

- **Banerjee, R.** (2023). *Attitudes towards seeking mental health services among international migrants and U.S. citizens: The role of stigma* (Publication No. 31085835) [Doctoral dissertation, The Pennsylvania State University]. ProQuest Dissertations and Theses Global. <https://www.proquest.com/openview/c83c1b2962e749a627fb4859a540eddf/1?pq-origsite=gscholar&cbl=18750&diss=y>

- **Online Publications**

- **Banerjee, R.** (2025). *The 4R model: Culturally responsive supervision for Asian international counseling students* [On-demand video]. Supervision in Counseling Virtual Summit, American Counseling Association. <https://counseling.evareg.com/supervision-in-counseling-virtual-summit/full-schedule>
- Zalaquett, C. [Creator], Kim, S. [Creator], **Banerjee, R.** [Creator], & Mindscape [Producer]. (2020). *Moments of excellence in counseling: Preferences* [180° video].

- In *Interactive simulations: Moments of excellence in counseling*.
<https://mindscapecommons.net/view/moments-of-excellence-in-counseling-preferences>
- Zalaquett, C. [Creator], **Banerjee, R.** [Creator], Kim, S. [Creator], & Mindscape [Producer]. (2020). *Moments of excellence in counseling: Religion/spirituality* [180° video]. In *Interactive simulations: Moments of excellence in counseling*.
<https://mindscapecommons.net/view/moments-of-excellence-in-counseling-religion-spirituality>
 - **Upcoming Publications**
 - Kim, S., **Banerjee, R.**, & Galván, A. (in progress). *A practical approach to neuro-integrated multicultural counseling* [Textbook under contract]. Cognella, Inc.
 - **Banerjee, R.**, Lu, W., & Zalaquett, C.P. (in preparation). *Attitudes towards Seeking Mental Health Services among International Migrants and U.S Citizens: the role of stigma*.

CONFERENCE PRESENTATIONS

- **Banerjee, R.** (2025, October). *From surviving to thriving: Teaching cultural resilience in counselor training* [Poster presentation]. Biennial Association for Counselor Education and Supervision (ACES) Conference, Philadelphia, PA.
- **Banerjee, R.**, & Beck, C. (2025, February). *Supporting minority supervisees in challenging times: Creating safe spaces and leveraging social media for connection*. Accepted for presentation at the 2025 Annual American College Counseling Association Conference, New Orleans, LA.
- Beck, C., & **Banerjee, R.** (2024, April). *Virtual connections, real impact: Implementing a remote counseling program to enhance youth mental health and break stigmas*. Presentation at the IAPC World Conference, New Orleans, LA.
- **Banerjee, R.** (2021). *Asian International Students: Model Minorities or “Invisible” Minorities?* [Online Zoom Offering]. North Atlantic Region Association for Counselor Education & Supervision (NARACES) 2020-2021 Year of Learning & Communication: April.
- **Banerjee, R.**, Russo, G. M., & Zalaquett, C. P. (2021). *Neuroscience in counseling* [Conference Education Session]. International Society for Neuroregulation and Research (ISNR) Annual Conference (Virtual).
- Collura, T., Bonstetter, R., Sokhadze, E., Zalaquett, C., **Banerjee, R.**, & Russo, G. M. (2021). *Event-Related Potentials in Real Time for Assessment and Feedback* [Conference Workshop]. International Society for Neuroregulation and Research (ISNR) Annual Conference (Virtual).
- Forziat-Pytel, K., Galvan, A., & **Banerjee, R.** (2020). *Gather! Creative Group Counseling Approaches* [Conference Education Session]. Pennsylvania Counseling Association 2020 Virtual Conference.
- Kim, S. R., Fonseca, F., Ivey, A., & **Banerjee, R.** (2019, October). *Truth or Myth? Neuromyths among Counselors and Suggestions for Counselor Educators*. Educational session at the Association for Counselor Education and Supervision (ACES) Conference, Seattle, CA.
- **Banerjee, R.**, Dedeoglu, Y. N., & Ulupinar, D. (2018). *Avant-garde insights into facilitating relational depth with international counseling supervisees* [Conference Poster Session]. North Atlantic Region Association for Counselor Education & Supervision (NARACES) 2018 Regional Conference, Burlington, VT.

- **Banerjee, R.** (2015). *Personality traits: Their relationship with depression and the intention to seek psychological help among depressed young adults* [Conference Education Session]. International Conference on Psychology and Allied Sciences, September 26, 2014, Amity University, New Delhi.

INVITED PRESENTATIONS

- **Banerjee, R.** (2026). *The “invisible” work of becoming a counselor educator*. Invited presentation for *Becoming: PhD Alumni Talks* at The Pennsylvania State University, University Park, PA.
- **Banerjee, R.** (2025). *Cultural nuances in mental health: Addressing stigma and acculturation beyond the pandemic* [On-demand video]. Emerging Professionals Summit, American Counseling Association. <https://imis.counseling.org/store/detail.aspx?id=PEWEB25007#>

PROFESSIONAL DEVELOPMENT

- **Professional Memberships**
 - American College Counseling Association (ACCA) – Member, *Jan 2025 – present*
 - American Counseling Association (ACA) – Member, *Nov 2017 – present*
 - Association for Counselor Education and Supervision (ACES) – Member, *Jan 2018 – present*
 - American Rehabilitation Counseling Association (ARCA) – Member, *Jun 2023 – present*
 - American Mental Health Counselors Association (AMHCA) – Member, *Sep 2020 – present*
 - Chi Sigma Iota, Rho Alpha Mu Chapter – Member, *Mar 2016 – Dec 2023*
- **Faculty Development & Leadership Training**
 - **Advance, Engage, Mentor (AEM) Faculty-Development Cohort**, Rutgers Health – Competitively selected participant in year-long leadership and mentoring program, 2025